Chronic Renal Failure Patients Adherence Of Undergoing Maintenance Hemodialysis With Their Therapeutic Regimen

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Abstract:

*Background: People with chronic renal failure (CRF) require renal replacement therapy in the form of dialysis or a kidney transplant for survival. Many facets of their life, both within and outside the dialysis unit, are impacted by the management of this disease. It is important to comprehend the experiences of people undergoing hemodialysis in order to improve the care provided to them. Adherence with the prescribed medical regimen is a crucial factor for achieving good therapeutic results in dialysis patients. **The study aimed:** To assess adherence of chronic renal failure patients undergoing maintenance hemodialysis with therapeutic regimen. **Methods:** A descriptive cross sectional design was conducted in dialysis Unit at Hospital, Jeddah, KSA. A convenience sample of 200 adult patients with CRF admitted to [1]Hemodialysis Units at Scheduled. Three tools were used to measure study variables. **Results :** A majority (83%) of studied patients had adherence with medication , more than two third (68.5%) of studied patients had adherence with follow up, while more than half (55.5%) had in-adherence with dietary instructions and (44.5%) had adherence .there was a high positive significant correlation between knowledge score and adherence. **Conclusion:** The results revealed that studied patients with good knowledge score appeared adherence with the GR-SMAQ-HD scale, while studied patients who had poor knowledge appeared In-adherence. **Recommendations:** Counseling should be provided for all patients who are undergoing Hemodialysis that helps in preparation of them and give advice in adherence of therapeutic regimen.*

Key words: Hemodialysis, Adherence, Therapeutic Regimen.

Introduction

When there is greater than 50% anatomical or physiological damage to the kidneys or an estimated glomerular filtration rate (e GFR) that is less than 60 ml/min/1.73 m2 that lasts for at least three months, the condition is referred to as chronic kidney disease (CKD) [1]. CKD is a significant global health issue that affects more than 109.9 million individuals in developed countries and 387.5 million people in the developing world. This number is expected to rise further in the coming years [2]. Worldwide, it contributed to 956,000 fatalities in 2013, up from 409,000 in 1990 [3]. According to the 2017 Global Burden of Disease research, renal disorders cause 1.2 million fatalities globally, and the all-age mortality rate linked to CKD increased by 41.5% from 1990 to

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2017 [4].

Chronic kidney disease (CKD) is a progressive disease that cannot be reversed and can lead to kidney failure or end-stage renal disease (ESRD), if it is not detected and treated early. Because of its chronic nature and potentially serious complications, individuals suffering from CKD experience poor quality of life, financial burden, and significant life changes that also affect their families. CKD is devastating due to extreme poverty, poor accessibility to health care, and a diverse population that makes standardized health education difficult if not impossible because of differences in culture, values, and beliefs [5, 6]. Globally, chronic renal failure is major health issue in various parts of the world. Its problem both at the personal and national level, increased risk of cardiovascular disease and can cause high mortality rate worldwide. It refers to a disorder in which kidney damage or reduced glomerular filtration rate (GFR) occurs for three months or longer [7, 8].

End-stage renal disease is increasing worldwide. Renal replacement therapy (RRT) and kidney transplantation are increasing the burden on health systems. This condition is particularly serious in developing countries where health resources are inadequate [9, 10]. Hemodialysis represents the main therapeutic modalities for treatment of CKD such as hemodialysis (HD), peritoneal dialysis, or kidney transplantation patients undergo dialysis for at least 18 hours per week. Nurses comprise the main providers of hemodialysis care [11, 12]. Hemodialysis treatment is the most common type of renal replacement and alternative way of treatment in chronic renal failure patients. it' lifesaving procedure for patients with end stage kidney disease it gives more chance of living to the patients that filters waste, removes extra fluids and electrolytes [13, 14]. So the patients need to be adherent to the therapeutic regimen which include adherence to the prescribed medications, diet, fluid restriction, and attendance of hemodialysis sessions. Non-adherence to the prescribed regimen is a common problem in hemodialysis and is associated with increased morbidity and mortality [15, 16].

The World Health Organization (WHO) defines adherence as the extent to which the persons' behavior including medication-taking corresponds with agreed recommendations from a healthcare provider. It includes the initiation of the treatment, implementation of the prescribed regime, and discontinuation of the pharmacotherapy [17, 18]. Compliance and adherence are used interchangeably. Unfortunately, poor patient adherence to hemodialysis is a prevalent problem in health care that has considerable medical, social and economic consequences, predominantly among patients undergoing hemodialysis [19]. According to National Kidney Foundation-Kidney Disease Outcomes Quality Initiative (NKF-KDOQI) non-adherence in hemodialysis (HD) includes non-adherence to pharmaceutical treatment, omitting or shortening the time of HD session, excessive intake of fluids and foods containing potassium and phosphorus. ESRD under hemodialysis is a long-term illness that deprives patients of living a normal life .factors, which influence HD patient adherence, vary and may be treatment-related, condition-related, health system-related or socioeconomic [20].

The main types of non-adherence categorization are indisputable and there is a degree of overlap. The firs type is primary non adherence, in which providers write prescription but the medication is never filled or initiated, this type is commonly called non fulfillment adherence [21]. A second type of non- adherence is called non persistence in which patients decide to stop taking a medication after starting it without being advised by a health professional to do. So is rarely intentional and happens when patients and provider miscommunication about therapeutic plans [22]. A third type of non-adherence is non-conforming, includes a variety of ways in which medication are not taken as prescribed, this behavior can range from skipping doses to taking medications at incorrect times or at incorrect doses, to even taking more than prescribed [23].

Nurses must respect the beliefs and choices of the patient and must assess the degree of adherence, avoiding judging the patient. Tailoring the therapy to the patients' needs is sometimes necessary. This includes investigating patients' preferences, simplifying dosing regimens, and using adherence aids. No single intervention leads to large improvements in adherence and treatment outcomes, but a combination of interventions, human behavior's motivations are multiple, complex and sometimes unspecified [24]. Therefore, the aim of this study is to assess adherence of chronic renal failure patients undergoing maintenance hemodialysis with therapeutic

regimen.

Method

A descriptive cross sectional design was conducted in dialysis Unit at Hospital, Jeddah, KSA. A convenience sample of 200 adult patients with CRF admitted to Hemodialysis Units. The sample size was calculated using a power analysis by using EP-info software package. The inclusion criteria were as follow: Confirmed diagnosis of chronic renal failure, adult patients from (21 to 60 year), and undergoing hemodialysis for at least 6 months and receive dialysis at least three times weekly, conscious patient able to communicate and accept to participate in the study. The exclusion criteria were as follow: Patients with history of mental illness, malignance carcinoma.

Three tools were used to data collection at this study after reviewing the relevant literature [25-30]. Those three tools aimed to assess adherence of chronic renal failure patients undergoing maintenance hemodialysis with therapeutic regimen Tool (I): Structured Interview Schedule. Tool (II): Patient's Knowledge Assessment Questionnaire (PKAQ). Tool (III): GR-Simplified Medication Adherence Questionnaire Hemodialysis (GR-SMAQ-HD). Tool (I): Structured Interview Schedule: This tool was developed by the researcher based on relevant literature review for collection of baseline data [31-34], to assess patient's socio demographic data, clinical information and their knowledge about hemodialysis and Clinical and investigation data.

Tool (II): Patient's knowledge assessment questionnaire: (PKAQ): It was developed by researcher after review the relevant Literature written in Arabic language [30-34, 25-27] to assess patient's knowledge about renal failure disease process such as: Definition and causes, hemodialysis: definition, purposes , side effect, and investigation. Treatment regimen were including diet and fluid restrictions, medication adherence, importance of adhering to hemodialysis sessions, care of blood access site. Scoring system: Patient who was responded by correct and complete answer was given a score two, correct and incomplete answer was given a score one and the patients who responded wrong and Incorrect answer was given a score zero.

Scoring system of patient's knowledge assessment questionnaire was done as follow: Items of knowledge 30 questions so the total scoring system of patients knowledge was (60) and was classified as the following: Very good level of knowledge was considered when total score of items response was from75% to more (45 - 60). Fair level of knowledge was considered when total score of items response was from 60% to less than 75% (36 - 44). Poor level of knowledge was considered when total score of items response was from less than 60% of total score (< 36).

Tool (III): GR-Simplified Medication Adherence   Questionnaire Hemodialysis (GR-SMAQ-HD). The original scale was developed by Alikari (2017) [17], to assess level of patient adherence to hemodialysis regimen. It was consists of eight items exploring the three dimensions of adherence in hemodialysis medication adherence include one to fourth items , Attendance at Hemodialysis Session include fifth and six items and Diet / Fluid restrictions include seventeen and eight items . Three of the items are dichotomous (Yes /No) While five are scored on a five point Likert – type Scale. The internal consistency of the scale has been studied (Cronbach's Alpha 0.751) as the following. The score ranges from (0 - 8). Higher scores indicate higher adherence to HD regimen.

Official permission was obtained from the University to conduct the study. Written approval hospital permission was obtained from the responsible authority of hemodialysis Units at Hospital before conducting this study. Written consent was obtained from every patient included in the study after explanation of the aim of the study and assuring them of confidentiality of collected data. Confidentiality and anonymity was maintained by the use of code number instead of name and the right of withdrawal is reserved. Confidentiality was assured to the patient. Nature of the study will not cause any harm or pain for the entire sample.

Content validity: All tools of the study were reviewed for content validity by a panel of five experts in the study field. It was calculated and found to be = (96%). Modifications were done to certain relevance and completeness. Reliability of the tools: The reliability for the study tools was calculated by Cronbach's Alpha test; it was 0.786 for Tool I and 0.853 for Tool II, which

consider highly reliable tools.

A pilot study: It was conduct on 10% (20) hemodialysis patient in Hemodialysis Unit to test the clarity, feasibility and applicability of the different items of the determent tools to detect any obstacles that may be encountered during the period of data collection and needed modification will be done by researcher before study according to the experience gained from this pilot study has been done Subject of pilot study are excluded from the original sample and the subject was selected randomly

The researchers collected the data through the morning and the afternoon sessions throughout the week to cover the entire patients as they had fixed hemodialysis session time, data was collected by using tool I ‹tool II & tool III during the morning and afternoon shift according to each Hospital rules, in the Hemodialysis Units at Hospital during the time after one hour of insertion to hemodialysis.

After data collection, data was coded, analyzed then tabulated under the direction of a statistician to obtain results to answer the research questions. Finally, most new patients approach a hemodialysis procedure with fear. Moreover, to lessen or even prevent this, providing patients with information about the disease, hemodialysis and important of adherence to therapeutic regimen is essential in order to prepare the patients physically, emotionally and intellectually for the procedure of hemodialysis. Statistical analysis: The following tests used in the study were chi-square test to assess the relationship between knowledge and the GR-Simplified Medication Adherence of patients undergoing hemodialysis.

The data was collected and statistically analyzed using the Statistical Package for Social Sciences (SPSS) version 28 for continuous variables (mean ±SD, Linear Correlation Coefficient and chi-square tests Linear Correlation Coefficient [r]: was used for detection of correlation between two quantitative variables in one group. The level of significance chose in the study was set at 0.05 levels. Non significance if P-value > 0.05, significance if P-value < 0.05, high significance if P-value < 0.001.

Results

Table (1) illustrates percent distribution of studied patients according to their socio demographic characteristics. The table revealed that the mean age of studied patients was (46.78±6.52) more than half (56.0%) in the age their age late adult hood ranged from 51 to 60 years old and, majority of them (84.0%) were male, while only (16.0%) were females, and majority (81%) of the studied patients were married and less than half (47.5%) of studied patients had employee. Moreover, it was observed that nearly less than one third of studied patient (46%) was preparatory school.

Table (2) illustrates Percent distribution of studied patients according to their adherence to treatment regimen. It shows that, majority (96%) of studied patients didn't feel bad about their condition deteriorates when they stop taking their medications .In relation to forget to take medicines, nearly four fifth (78%) of studied patients didn't forget to take medicines. Regarding their forgot to take your medications during the time between two dialysis sessions , the result show that nearly more than three quarters (82%) of studied patients didn't forgot to take their medications during the time between two dialysis sessions .

Table (3) illustrates percent distribution of studied patients regarding to level of the GR-Simplified   Medication Adherence Questionnaire Hemodialysis (GR-SMAQ- HD) scale among studied subjects. This table showed that, less than two third (61%) of studied patients had adherence with the GR-SMAQ-HD scale, while more than one third (39 %) of them had non-adherence with the GR-SMAQ-HD scale. **Table (4)** illustrates Correlation between studied patient's total knowledge score and adherence. It can be seen that, there was highly   positive significant   correlation (r=0.375, 0.427, 0.169, 0.395, 0.427 respectively) between knowledge score and adherence, P value <0.001.

Table (5) illustrates Relation between patient's total knowledge score and the GR-SMAQ-HD scale. It is observed that, majority (89.6%) of studied patients had good knowledge and adherence with medication, while majority (93.8%) had good knowledge, adherence with

follow up and majority (89.6%) had good knowledge, adherence with fluid restrictions, Also less than two-third (60.4%) had good knowledge and adherence with dietary instructions .It was found that, majority (93.8%) of studied patients had good knowledge and adherence with the GR-SMAQ-HD scale. Moreover, there was <0.05.

Table (6) illustrates the relation between socio of studied subjects and their The GR-SMAQ-HD scale. This table showed that the age of studied patients from 51 to 60 years old, more than half (58.9%) who had Adherence with The GR-SMAQ-HD, (41.1%) had In-adherence, and less than three fourth (73.8%) of studied patients who had adherence were male, while (26.2%) had in-adherence . On other hands more than half (53.1%) of studied patients who had adherence were female , while nearly less than half (46.9%) patients high a statistical significant difference among studied patients between knowledge and medication , follow up , fluid restriction , dietary instruction and The GR-SMAQ-HD scale , p-value was had in-adherence. As regards to marital status, more than two third (67.9%) of studied patients who had adherence were married, while (32.1%) had in-adherence. Also, more than half (58.9%) of studied patients who had adherence were employee, while less than half (41.1%) had in-adherence. It was found that, there was a highly statistical significant difference between adherence in relation to age , sex , marital status, occupation, level of education, residence and economic status, p-value was <0.001**

Discussion

Hemodialysis treatment is the most common type of renal replacement and a lifesaving procedure for patients with end stage kidney disease. Although 3 times 4 hours weekly dialysis equal less than 10% of normal renal clearance, so the patients are exposed to some problems and adverse effects. Also, the patients with ESRD need to be adherent to the therapeutic regimen which include adherence to the prescribed medications, diet, and fluid restriction, and attendance of hemodialysis sessions, non-adherence to the prescribed regimen is a common problem in hemodialysis and is a3sociated with increased morbidity and mortality [35-37]. Adherence to treatment and management recommendations is essential for optimal health and survival of persons with ESRD. It is necessary to educate patients with chronic disease like chronic renal failure in order to improve their quality of life in long-term.

Unfortunately, poor patient adherence to hemodialysis is a prevalent problem in health care that has considerable medical, social and economic consequences, predominantly among patients undergoing hemodialysis. It was revealed that non adherence to treatment negatively affects patient outcomes and increases healthcare expenses. Not only patients themselves are affected, but non-adherence behavior influences the normal work-load of the hemodialysis unit [38, 39]. Regarding to socio-demographic characteristic, the current study's findings, more than half of patients having hemodialysis were between the ages of group ranged from 51 to 60 years. This may be attributing to most people in their late 50 or older; their risk for ESRD is increased due to presences of some disease such as hypertension, diabetes mellitus and prostatic enlargement. And ESRD dramatically increases with aging, particularly after the age of 50 year.

This result was in the same line with Arbagy et al. (2015) [40] in a study Prevalence of end stage renal disease, reported that the mean age of the hemodialysis patient was 52 years. On other hand, this finding was contradicted with Elmoghazy et al. (2016) [41] in a study to Nursing intervention for enhancing hemodialysis patient adherence to therapeutic regimen. Who reported that the present study revealed that less than one half of the study subjects their age were less than 40 years. This finding might be due to that ESRD is more common among the middle adulthood persons. In relation to gender, the current study results revealed that the majority of studied patients were male this because the load of the working and associated stress and may be related to the life style of most men and Farmers' job among the males makes them at risk for interstitial nephritis due to the exposure to agrochemicals, dehydration and consumption of contaminated water. Add to that, male older adults are at risk for benign prostatic hypertrophy which may lead to reflux of the urine to the kidney and compromise the kidney functions.

This finding was in accordance with Sharaf et al. (2016) [42] in a study The impact of educational interventions on hemodialysis patients adherence to fluid and sodium restrictions who reported that more than half of subjects were male and develop ESRD more than females, Also,

this result was supported by Makusidi et al. (2014) [43] in a studied Hemodialysis performance and outcomes among end stage renal disease patients and mentioned that ESRD predominantly affect males more than females. On other hand, this finding was contradicted with Vafaei et al. (2017) [44] and Mousavi1 et al. (2015) [45] they illustrated that majority of studied patients were female .They explain that the women under hemodialysis have lower scores of quality of life and higher risk of death when compared to men. This is associated with the maintenance of the function of providing care to the home and children.

Concerning to their adherence to treatment regimen, the current study result revealed that the majority of studied patients no stop taking your medications if feel bad your condition deteriorates .This finding was consistent with Tan et al. (2014) [46] they mentioned that the majority of studied patient, ever discontinued taking your medication When you feel bad. In the study results from the translation and cultural adaptation of the geek simplified medication adherence questionnaire in patients with lung cancer. In relation to forget to take medicines, the current study results revealed that four fifth of studied patients didn't forget to take medicines. This finding was in agreement with Lam et al. (2015) [47] in a study medication adherence measures: an overview. Bio Med Research International who ask have you ever forgotten to take your medication. Also, reported in the study more than half no forgotten to take your medication.

This finding in agreement with Culig et al. (2014) [48], measure the adherence to medication. Who ask have you ever forgotten to take your medications during the time interval between two dialysis sessions? Who reported in the study nearly four fifth didn't forget to take their medications during the time between two dialysis sessions. Concerning to level of the GR- Simplified Medication Adherence Questionnaire Hemodialysis (GR- SMAQ- HD) scale among studied subjects. The results of the study revealed that only around less than two third of the patients on Hemodialysis adhered to the Greek simplified medication adherence.

This finding in agreement with Maanen et al. (2015) [49], in a study Adherence with dosing guideline in patients with impaired renal function at hospital discharge who reported that about less than two-third of the studied participants adherence to CKD medications. Correlation between studied patient's total knowledge score and adherence. The present study demonstrated that there was highly positive significant correlation between knowledge score and adherence. This finding was consistent with study done by Sayed et al. (2013) [50], in study Effect of the Patient's knowledge on peritonitis rates in peritoneal dialysis who demonstrated that knowledge was strongly associated with adherence to the ESKD treatment regimen .

Conclusion

Based on the findings of the present study, it can be concluded that: In patients with chronic kidney diseases, dialysis is a critically important treatment that prolongs the survival time and improves the quality of life. Dialysis facilitates the excretion or removal of the toxic and harmful metabolic wastes from the human body. However, the poor compliance of patients might negatively influence its effects. Patients can be doing not adherent with different aspects of their treatment, which includes medications, treatment regimens, and dietary restrictions. To minimize non-adherence, assessment needs to focus on both patient factors and the extent to which relationships and system problems compromise the patient's ability to adhere to medication and treatment plans.

There was highly positive significant correlation between knowledge and adherence of studied patients, the results revealed that studied patients with good knowledge score appeared adherence with the GR-SMAQ-HD scale, while studied patients who poor knowledge had appeared In-adherence with the GR-SMAQ-HD scale include In-adherence with (medication, follow up , fluid restrictions and dietary instructions). The study also revealed that, there were certain factors that influence the knowledge and adherence of studied patients as in age, sex, marital status, level of education, residence and economic Status. Finally, overall findings revealed that good knowledge to the patient Undergoing Hemodialysis, improve adherence with their therapeutic Regimen.

Based upon the findings of this study, the following recommendations are derived and

suggested: Recommendation for patients; counseling should be provided for all patients who are undergoing Hemodialysis that helps in preparation of them and give advice in adherence of therapeutic regimen. Recommendation for clinical practice: Assessment of patient's knowledge about hemodialysis must be done upon patient admission. Assessment of patient's knowledge about renal failure and hemodialysis must be done regarding definition, purposes, side effect, and investigation. Treatment regimen including diet and fluid restrictions, medication adherence, importance of adhering to hemodialysis sessions, care of blood access site must be done in the initial data collection and be documented in patients file by nurses using.

Table (1): Percent distribution of studied patients according to their socio demographic characteristics (n = 200)

Personal information	N=200	%
Age (years)		
21-30	20	10.0
31-40	28	14.0
41-50	40	20.0
51-60	112	56.0
Mean ± SD	46.78±6.52	
Sex		
Male	168	84.0
Female	32	16.0
Marital status		
Single	24	12
Married	162	81
Divorced	9	4.5
Widow	5	2.5
Occupation		
Employee	95	47.5
Unemployed	79	39.5
Retired	26	13
Smoking history		
Yes	28	14.0
No	172	86.0
cessation of smoking		
Yes	12	42.9
No	16	57.1
How many cigarette per day		
Mean ± SD	1.5±0.43	
Level of education		
Illiterate	40	20.0
Preparatory School	92	46
Secondary school	44	22.0
University	24	12.0

Table (2): Percent distribution of studied patients according to their adherence to treatment regimen

The GR-SMAQ-HD scale	N	%
feel bad your condition deteriorates, you stop taking your medications		
Yes	8	4
No	192	96
forget to take medicines		
Yes	44	22

The GR-SMAQ-HD scale	N	%
No	156	78
forgot to take your medications during the time between two dialysis sessions		
Yes	36	18
No	164	82
not take the medicine during the last week		
3-5	8	4
1-2	52	26
None	140	70
Last month, how many times did you shorten the session by yourself		
4-5	8	4
3	32	16
2	16	8
1	24	12
I never did a shorter session than myself	120	60
Last month, how many minute did you shorten the session by patient		
>30 min.	24	12
21- 30 min.	32	16
11-20 min.	20	10
<=10 min.	8	4
Never	116	58
Over the past week, how often have you followed the instructions for fluid restrictions		
Never	24	12
Rarely	28	14
Sometime	32	16
Often	52	26
+every-time	64	32
During the past week, how many times have you followed the dietary instructions		
Never	28	14
Rarely	48	24
Sometime	20	10
Often	44	22
every-time	60	30

Table (3): Percent distribution of studied patients regarding to level of the GR- Simplified Medication Adherence Questionnaire –Hemodialysis (GR-SMAQ-HD) scale among studied subjects

The GR-SMAQ HD scale	N	%
Adherence	122	61
non-adherence	78	39
Total	200	100

Table (4): Correlation between studied patient's total knowledge score and adherence

Items of adherence	Total knowledge	
	R	P-value
Adherence with medication	0.375	0.002*
Adherence with follow up	0.427	<0.001**
Adherence with fluid restrictions	0.169	0.035*
Adherence with dietary instructions	0.395	<0.001**
The GR-SMAQ-HD scale	0.427	<0.001**

>0.05 Non significant   <0.05* significant   <0.001** High significant

Table (5): Relation between studied patient's total knowledge score and the GR-SMAQ-HD scale

	Total knowledge						Chi-square	
	Poor		Fair		Good			
	N	%	N	%	N	%	x^2	P-value
Adherence with medication								
Adherence	52	66.7	71	95.9	43	89.6	25.011	<0.001**
In-adherence	26	33.3	3	4.1	5	10.4		
Adherence with follow up								
Adherence	35	44.9	57	77.0	45	93.8	36.858	<0.001**
In-adherence	43	55.1	17	23.0	3	6.3		
Adherence with fluid restrictions								
Adherence	15	19.2	38	51.4	43	89.6	59.451	<0.001**
In-adherence	63	80.8	36	48.6	5	10.4		
Adherence with dietary instructions								
Adherence	20	25.6	40	54.1	29	60.4	18.891	<0.001**
In-adherence	58	74.4	34	45.9	19	39.6		
The GR-SMAQ-HD scale								
Adherence	22	28.2	55	74.3	45	93.8	62.425	<0.001**
In-adherence	56	71.8	19	25.7	3	6.3		

>0.05 Non significant   <0.05* significant   <0.001** High significant

Table (6): Relation between socio of studied subjects and their adherence

	The GR-SMAQ-HD scale					Chi-square	
	Adherence		In-adherence		Total		
	N	%	N	%		X2	P-value
Age							
21-30	18	90	2	10	20	16.736	<0.001**
31-40	23	82.1	5	17.9	28		
41-50	34	85	6	15	40		
51-60	66	58.9	46	41.1	112		
Sex							
Male	124	73.8	44	26.2	168	5.53	0.019*
Female	17	53.1	15	46.9	32		
Marital status							
Single	20	83.3	4	16.7	24	4.155	0.245
Married	110	67.9	52	32.1	162		
Divorcee	8	88.9	1	11.1	9		
Widowed	3	60	2	40	5		
Occupation							

	The GR-SMAQ-HD scale						
	Adherence		In-adherence		Total	Chi-square	
	N	%	N	%		X2	P-value
Employee	56	58.9	39	41.1	95	0.911	0.634
Unemployed	48	60.8	31	39.2	79		
Retired	18	69.2	8	30.8	26		
Level of education							
Illiterate	21	52.5	19	47.5	40	16.24	0.003*
Reads and writes	58	65.9	30	34.1	88		
preparatory School	3	75	1	25	4		
High school	37	84.1	7	15.9	44		
University	22	91.7	2	8.3	24		
Residence							
Urban	58	76.3	18	23.7	76	1.994	0.158
Rural	83	66.9	41	33.1	124		
Economic Status							
Below average	24	66.7	12	33.3	36	3.84	0.147
Average	96	68.6	44	31.4	140		
above average	21	87.5	3	12.5	24		

>0.05 Non significant   <0.05* significant   <0.001** High significant

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