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Intention to adhere to medication among Chinese hypertensive Patients: The application of the health belief model

Abstract:

Hypertension is a leading risk factor of mortality and primary cause of disability-adjusted life years. Adherence to hypertensive medication is an effective management of the disease for hypertensive patients. However, only half of hypertensive patients over the globe adhere to the medication. Few studies examined factors associated with medication adherence among Chinese hypertensive patients using a theoretical model. Utilizing the Health Belief Model, the present study examined factors associated with intention to adhere to hypertensive medication among Chinese hypertensive patients who had suboptimal medical adherence. A total of 523 hypertensive patients who had suboptimal medication adherence (scored ≤ 7 out of 8 of the MMAS-8) were recruited from the community in Hong Kong and completed a cross-sectional telephone survey. Their intention to adhering to medication and variables related to Health Belief Model (i.e. perceived susceptibility and severity of hypertension, perceived benefits and barriers of adhering to medication, cues to action, and self-efficacy) were measured. Overall, 88.5% reported high intention to adhere to hypertensive medication in the coming year. Results from hierarchical regression revealed that after controlling for significant background variables, perceived severity ($\beta = .09$, $p < .05$), perceived barriers ($\beta = -.15$, $p = .01$), perceived benefits ($\beta = .27$, $p < .001$) and self-efficacy ($\beta = .32$, $p < .001$) were significantly associated with intention to adhere to hypertensive medication in the coming year. Interventions to promote medication adherence among hypertensive patients should highlight the consequences of hypertension and benefits of adhering to medication, remove barriers to medication, and increase their confidence in adhering to medication.

Biography

Phoenix Mo obtained her Ph.D. in Applied Psychology from the University of Nottingham. She is a chartered psychologist of the British Psychological Society, a chartered scientist of the UK Science Council, and an Associate Fellow of the British Psychological Society and the Hong Kong Psychological Society. She is currently the Associate Professor of the School of Public Health and Primary Care and Director of the Center for Health Behaviours Research of the Chinese University of Hong Kong. She has published more than 180 papers from peer-reviewed journals.