

# Medication adherence among Systemic Lupus Erythematosus patients and correlated factors

Imen Hamdi, Ahmed Mhalla 2 , Badii Amamou 2 , Rim Klli 1 , Sonia Hammami 1 , Ines Khochtali 1 , Melek Kechida 1 , Lotfi Gaha 2

1- Internal Medicine and Endocrinology Department, 2- Psychiatry Department, Fattouma Bourguib University Hospital, Monastir, Tunisia



## Introduction :

We aimed to assess medication adherence (MA) among SLE patients and its correlated factors

## Methods :

A cross-sectional study conducted on SLE patients, between March 2019 et January 2020. SLE diagnoses was based on the ACR 1997 criteria. Morisky Medication assessment scale 8 items (MMAS-8) was performed to assess patients medical adherence, Rosenberg scale for the Self-esteem , the Beck scale for depression and the Short Form 36 Health Survey (SF-36) for the Health Quality assessment. A correlation study was performed based on Pearson coefficient.

## Results:

Among 42 patients with SLE (mean age  $41.5 \pm 14,9$  years), 36 (85,7%) were female. Mean disease duration was  $6,5 \pm 5,7$  years

**Tabel 1: General results**

Score	n (%)
Morisky Non –observant Patients	23(54,8)
Rosenberg Average self-esteem	35 (83,3)
Beck Absence of depression	36 (85,7)
SF36 Impaired quality of life	22 (52,4)

**Tabel 2: Factore associated with medical non adherence in SLE**

Parametres	P-value
Depression	0.010
physical functioning	0.010
Body Pain	0.016
General health	0.033
Physical Component Summary	0.011
overall average of SF36 score	0.032

**Tabel 3: Correlation study**

Correlation	P value	Pearson coefficient.
Medical adherence and Depression	0,004	-0,43
Medical adherence and Life Quality	0,032	0,45

## Discussion :

The non-compliance rates reported in the largest studies were similar to our results: more than half of the patients were considered non-compliant (2). In terms of predictors of medication nonadherence, our study revealed that the risk of medication nonadherence was higher for those who have clinical depression , which agrees with the findings of Alsowaida et al (3) .Nonadherence in our study was associated with an impaired quality of life . This correlation was under-researched in the literature. Other correlations with medical nonadhrnce were found in some studies : Disease activity, age , academic level (4) , Number of comorbidities,Clinical symptomatology (5) which is not similar to our results .

## Conclusion :

Medical adherence among patients with SLE was significantly associated with depression and impaired quality of life

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Email Adresse : imenhamdi6457@gmail.com