



Factors associated with medical adherence in systemic lupus erythematosus



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Introduction:

Systemic lupus erythematosus (SLE) is a chronic autoimmune disease affecting patients physical, social and psychological well-being. The aim of this study is to assess medication adherence among patients with SLE and determine its associated factors.

Patients and methods:

A cross-sectional study conducted on SLE patients, between March 2019 et January 2020. SLE diagnoses was based on the ACR 1990 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. Factors associated with adherence to Medication are determined by a comparative study of adherent and non-adherent patients using multivariate analysis

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. A total of 34 patients (81%) had inactive disease. About 95% of the patients were on hydroxychloroquine, 78.6% on steroids , 4.8% on azathioprine and 2.4% on mycophenolate mofétil. Mean number of medications was 3.

Medication non adherence was found in 23 patients (54,8%), A high medication adherence was assessed on 9.5% of the patients. Assessment of self esteem, quality of life and depression are described in table 1, Factors associated with adherence to Medication are described in table 2

Table 1: Self esteem, quality of life and depression assessment

| Parameters | n(%) |
|---|-----------|
| average self-esteem (Rosenberg 's scale) | 35 (83.3) |
| impaired quality of life (SF36) | 22 (52.4) |
| Clinical depression (Beck's scale) | 6 (14.2) |

Table 2: Factors associated with medical 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 |

Conclusion:

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