



**TEHRAN UNIVERSITY OF MEDICAL SCIENCES**

**International Campus**

**School of Nursing and Midwifery**

**“Relationship between knowledge, illness perception, and  
medication adherence among hypertensive patients in  
Babylon (Iraq) -2021”**

Submitted in partial fulfillment of the Requirement for a Master of Science Degree in Medical  
Surgical Nursing.

By

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## Abstract

**Background:** Hypertension is considered one of the major challenges facing the world now and continuously, and these challenges lead to difficulties in providing health care to patients with hypertension. Given that no study has been conducted in Iraq, This research was conducted to determine the relationship between knowledge, illness perception, and medication adherence among hypertensive patients in Babylon (Iraq) in 2021.

**Methods:** In this descriptive cross-sectional study, a correlational study design was conducted on 258 hypertensive patients registered in the outpatient clinics at Imam Al-Sadiq Hospital in Iraq in the city of Babylon. After obtaining permission to conduct the study and to control the inclusion criteria, the researcher provided questionnaires related to information (the Sociodemographic Information Questionnaire, the Hypertension Knowledge Level Scale (HK-LS), and The Brief Illness Perception Questionnaire, and the Medication Adherence Rating Scale). All questionnaires were in Arabic. At a significance level of 0.05, In SPSS version 16, descriptive and analytical statistics were used to examine the collected data. After that got approval The Tehran University of Medical Sciences' Common Ethics Committee approved the study's ethics (IR.TUMS.FNM.1400.097). Furthermore, the Ethics Committee of Babylon Imam Al Sadiq Hospital, Iraq.

**Results.** The study's results showed that 143 patients (55.4%) were female and 78 people (30.2%) were over 61 years old. The patients' mean systolic and diastolic blood pressures were 149.89 (19.10) and 93.39 (13.19), respectively. Headache was the most common symptom of hypertension in patients (40.3%). 66 patients (25.6%) did not know the cause of high blood pressure. The mean illness perception is  $(42.57 \pm 11.97)$ . the mean of patient knowledge is  $(35.64 \pm 27.527)$ . Also, the mean and standard deviation of medication adherence  $(9.48 \pm 2.50)$ . The two have a strong and positive relationship. adherence to therapy and perception of disease ( $r = .142, P = .022$ ) and between adherence to treatment(control treatment) and disease awareness ( $r = .144, P = .018$ ) means some means increasing one standard deviation in the knowledge and illness perception, respectively, 0.135 and 0.132 units increase in Medication adherence in patients hypertension.

**Conclusions:** The rate of medication adherence was affected by several factors, including The number of medications that have been prescribed for the patient. patient and the side effects that they cause. There was a great relationship between the components of patient knowledge, such as lifestyle, diet, and complications caused by hypertension. Levels of illness perception around a patient are affected by cultural, educational, and environmental factors, which affect the dimensions of the patient's perception of the illness. The people in charge at the Ministry of Health should work with the nurses to come up with relief plans and programs that will help control hypertensive patients. This will make the nurses' jobs easier.

**Keywords:** Hypertension, Knowledge, Illness perception, Medication adheren