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**A Study on Associated Factors Related to Treatment
Compliance Among Hypertensive Patients in Kurdistan, Iraq,
2015.**

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Master Degree in Medical Surgical Nursing**

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Abstract

Background: Hypertension forms a major public health problem in Kurdistan region, Iraq. Control of blood pressure can reduce cardiovascular morbidity and mortality. Compliance to antihypertensive drugs and life style modification play a main role for the control of hypertension. With the used of Health Belief Model (HBM) conceptual framework, the study considered factors affecting treatment compliance with antihypertensive therapy among patients attended three hospitals in Sulaimani.

Objectives: The objective of this study was to determine the level of compliance to treatment and identified factors contributing to poor compliance among hypertensive in Sulaimani city.

Materials and Methods: A cross sectional study design was undertaken among 380 hypertensive patients over the age of eighteen years who have been following their treatments at least for six months in three hospitals in Sulaimnai during 2015. The hospitals was selected purposively, proportionate to population size was used to determine the sample of patients from each hospital. Data was collected using pretested interviewer administered structure questionnaire. The analysis was done using SPSS version 19. Chi square test was used to measure any association between the dependent and independent variables. An association was consider significant at p-value less than 0.05. The descriptive findings were presented graphically and numerically in tables.

Results: The study revealed a 47.9% compliance rate while 52.1% of them were not-compliant. There was a significant association between level of compliance and age ($p=0.001$), marital status ($p=0.032$), level of education ($p<0.0001$), residential area ($p=0.001$), occupation ($p=0.001$) and duration of hypertension ($p=0.036$). Also Major factor for non-compliance was used of traditional medicine (68.7%), and stop medication when feeling better (59.5%). With the use of Bivariate analysis (Pearson correlation and Chi-square) the HBM variables (perceived susceptibility, perceived benefit, perceived barrier and cues to action) were statistically significant, the perceived severity did not show statistical significance. With Multi-nominal logistic regression analysis the strongest predictor was perceived benefits and cues to action to hypertensive treatment.

Conclusions and Recommendations: The study showed that higher proportion of treatment compliance among older age, female, low level of education and longer duration of hypertension. There was a significant association between level of compliance and age, level of education, and duration of hypertension. The most important reasons identified for non-compliance with medication by this study were use of traditional medicine, feeling well (asymptomatic), avoiding addiction to medication and forget to take medication. However, after applying logistic regression, it was found that only perceived of benefit of using medicine and perceived of cues to action (reminders) were statically significant to the treatment compliance and the remaining HBM variables were not statistically significant. Patients should be aware of the importance of compliance to medications, emphasis on health education of hypertensive patients that attend primary health care centers about importance of compliance to medication and complication of hypertension through planned health education program.

Keywords: Compliance, hypertension, Sulaimani, Kurdistan.