



Tehran University of Medical Science

International Campus

Nursing and Midwifery School

TITLE

“Relationship between risk perception and medication adherence among hypertensive patients referred to Baghdad Teaching Hospital (Iraq) 2023-2024.”

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Medical-Surgery Nursing

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Abstract

Background: Hypertension is a disease with increasing prevalence and a risk factor for cardiovascular diseases and premature death worldwide. Poor medication adherence is widespread among hypertensive individuals. Poor antihypertensive medication adherence is likely to be a critical factor in medication failure. So, the lack of risk perception in the future leads to increased mortality. Therefore, risk perception must be determined to aid health education, especially among high-risk patients. Knowing the patient about the risks of the disease is an essential initial step in managing the risks appropriately. This research was conducted to determine the relationship between Risk perception and medication adherence among hypertension patients at Baghdad Teaching Hospital (Iraq) 2023-2024.

Methods: In this descriptive cross-sectional study, a correlational study design was conducted on 211 hypertensive patients registered in Baghdad Teaching Hospital in Iraq's outpatient clinics in Baghdad. Patients meeting inclusion criteria include patients ≥ 18 years of age, patients with primary hypertension, patients taking antihypertensive medication, patients agreeing to participate in the study, and patients with at least six months since the hypertension diagnosis. Patients who met the exclusion criteria were excluded: Patients who did not complete the questionnaires, patients who need medical assistance for high blood pressure (such as stroke and chronic heart failure), patients who have mental abnormalities, patients with psychiatric conditions, patients who refuse to participate in the study. Tehran University of Medical Sciences Common Ethics Committee approved the study's ethics (IR.TUMS.FNM.1402.160). In SPSS version 26, Techniques such as Pearson's correlation coefficient and ANOVA were utilized to explore the relationships between the critical variables of illness perception and adherence.

Results: The mean age of the patients is 58.57 years (SD = 8.72). The majority of the patients are male (65.9%), married (98.1%), and have a family history of hypertension (99.1%). Furthermore, 55% of the patients reside in rural areas, and a significant portion (88.2%) have chronic diseases. The total score for the EBIPQ has a mean of 55.03 (SD = 4.33). The total adherence score had a mean of 73.18 (SD = 3.54), ranging from 62 to 81. There is a nonsignificant relationship between demographic data and the two variables. The correlation between various dimensions of the Illness Perception Questionnaire (EBIPQ) and components of Medication Adherence (TAQPH) among hypertensive patients shows a non-significant negative correlation with Medication adherence ($R = -0.142$, $P = 0.04$). Additionally, there was

a negative correlation between medication adherence and illness perception ($R = -0.031$, $P = 0.657$), indicating that as patients' perception of their illness becomes more negative, their adherence to medication tends to increase slightly, although this correlation is not significant.

Conclusions: The study found that among hypertension patients at Baghdad Teaching Hospital, there was a negative association between medication adherence and risk perception. Considering this intricate network of problems, the Iraqi healthcare system must prioritize a few crucial measures. Including educational initiatives in treating hypertension can enable patients to care for their health better. Periodic assessments should be a consideration for healthcare practitioners to spot early indicators of non-adherence and low-risk perception. Working together, healthcare facilities and medical professionals can provide hypertension patients with specialized therapies and counseling. Patients would be better prepared to handle the difficulties of treating their hypertension more vigorously and responsibly if they followed these guidelines.

Keywords: Risk Perception, Medication Adherence, Hypertension