

Health Literacy and Medication Adherence among Hypertensive Patients: A Cross-Sectional Study

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ABSTRACT

Background: Evaluating drug adherence is necessary for improving individuals' compliance with their medications to help them prevent long-term negative outcomes and attain better quality of life. This study aims to determine health literacy levels and their impact on health-related behaviors and medication adherence among hypertensive patients in the Hail Region of Saudi Arabia.

Methods: A cross-sectional study design was employed and involved 693 participants with hypertension. Data collection occurred between September and November 2022.

Results: The hypertensive patients adequately adhered to their prescribed medications (35.13 ± 4.535) and had marginal health literacy (13.70). There were significant differences between gender and Medication Adherence Report Scale (MARS-5) ($t = -16.321$; $p < 0.000$) and BRIEF ($t = -6.611$; $p < 0.000$), nationality and MARS-5 ($t = -3.252$; $p = 0.001$) and BRIEF ($t = 5.527$; $p < 0.000$), age and MARS-5 ($F = 249.266$; $p = 0.000$) and BRIEF ($F = 44.592$; $p = 0.000$), civil status and MARS-5 ($F = 16.675$; $p < 0.000$) and BRIEF ($F = 38.344$; $p < 0.000$), and educational attainment and MARS-5 ($F = 37.902$; $p < 0.000$) and BRIEF ($F = 49.074$; $p < 0.000$). Conversely, BRIEF and MARS-5 were not significantly correlated ($r = -0.029$; $p > 0.445$).

Conclusion: The main findings of this study evolved with adequacy of adherence and marginal health literacy of hypertensive patients. Moreover, there were significant differences between gender, nationality, age, civil status, and educational attainment with and Medication Adherence Report and BRIEF. The BRIEF and MARS-5 were not significantly correlated. This study results can be used to create and implement programs that increase hypertensive patients' knowledge about their medications.

Keywords: Adherence, Health literacy, Hypertensive patients, Medication

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