

Adherence to Antihypertensive Therapy in Community Pharmacy: Evaluating the Psychometric Properties of the Morisky Medication Adherence Scale (MMAS-8) Translated into Spanish. Pilot Study

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SUMMARY. Psychometric properties of a version of MMAS-8 translated into Spanish were evaluated in hypertensive patients in community pharmacy. Adherence to antihypertensive medications was studied. Patients were included who were over the age of 18 and being treated with antihypertensive therapy. The patients had their blood pressure taken and they responded to the MMAS-8 questions. Validity and reliability were studied. Of the patients, 57.0% were women and the mean age was 65.47 (SD: 10.75) years-old. In regards to BP, the mean systolic pressure was 141.66 (SD: 17.18) mmHg and the diastolic BP mean was 80.65 (SD: 11.40) mmHg. The exploratory factor analysis lead to 3 factors that explained a 61.89% variance. The Cronbach's alpha coefficient was 0.676. Non-adherence was classified in 51% of patients. The psychometric properties of the translated MMAS-8 studied were moderated. Less than 50% of patients were adherent to antihypertensive treatment.

RESUMEN. Las propiedades psicométricas de una versión de MMAS-8 traducida al español fueron evaluadas en pacientes hipertensos en una farmacia comunitaria. Se estudió la adherencia a los medicamentos antihipertensivos. Los pacientes incluidos eran mayores de 18 años que están siendo tratados con terapia antihipertensiva. Los pacientes tenían medida su presión arterial y respondieron a las preguntas contenidas en el MMAS-8. Se estudió la validez y la fiabilidad. De los pacientes, el 57,0% eran mujeres y la edad media fue de 65,47 (DE: 10,75) años de edad. En cuanto a la PA, la presión sistólica media fue de 141,66 (DE: 17,18) mm Hg y la PA media diastólica fue 80,65 (DE: 11,40) mm Hg. El análisis factorial exploratorio señaló 3 factores que explicaban un 61,89% de varianza. El coeficiente alfa de Cronbach fue de 0,676. La no adherencia se registró en el 51% de los pacientes. Las propiedades psicométricas de la traducción del MMAS-8 estudiados fueron moderadas. Menos del 50% de los pacientes eran adherentes al tratamiento antihipertensivo.

KEY WORDS: Hypertension, Medication adherence, Patient compliance, Questionnaires, Reproducibility of results.

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