

**ORIGINAL PAPER**

**Adherence to Medication among Older Israeli Arabs: a Cross-Sectional Study**

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**Abstract**

**Objective.** To identify the factors that affect adherence to medication among older persons aged 65 and older in the Arab sector using an extended Theory of Reasoned Action.

**Design, Sample:** A Cross-sectional questionnaire survey was conducted among convenience sample of 200 older persons in Israel aged 65 and older from the Israeli Arab sector who use prescription drugs.

**Measurments:** The questionnaire was prepared by the researchers based on the literature review and the extended research model.

**Results.** Research findings indicate that 80.5% of respondents fully adhere to medication. Respondents believe that medication is important and must be adhered to and they attribute much significance to the effect of significant others (physician, children) on medication adherence. Moreover, adherence was found to decline with the rise in number of medications. Adherence also rises with lower functioning of respondents, who consequently receive more assistance with daily activities.

**Conclusion.** The present study supports the use of an extended psychosocial theory for identifying factors affecting the medication adherence of older Arabs. It is very important to assess older persons' adherence to medication. Reevaluation of the number of medications prescribed, sources of assistance, and guidance for proper administration of medications, should be considered.

**Keywords:** Adherence; Medication; Older Israeli Arabs; Theory of Reasoned Action, Nursing