

**ORIGINAL PAPER**

**The Effect of Sociodemographic Features and Beliefs about Medicines  
on Adherence to Chronic Kidney Disease Treatment**

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**Abstract**

**Background:** Several studies have shown that non-adherence is a common and increasing problem regarding those with chronic illnesses, including chronic kidney disease (CKD) patients undergoing hemodialysis (HD).

**Objective:** The present study aimed to investigate the influence of sociodemographic features as well as beliefs about medicines on adherence to medication treatment among HD patients.

**Methodology:** A sample of 168 individuals was recruited from six General Hospitals in the broader area of Athens, consisting of patients undergoing in - centre HD. Measurements were conducted with the following instruments: the Medication Adherence Rating Scale (MARS) and the Beliefs about Medicines Questionnaire (BMQ).

**Results:** Medication adherence was associated positively with family ( $r= 0.24$ ,  $p= 0.00$ ) and work status ( $r= 0.26$ ,  $p= 0.00$ ) as well as BMQ - concern ( $r= 0.19$ ,  $p= 0.02$ ).

**Conclusions:** The present study demonstrates the importance of sociodemographic characteristics in understanding medication adherence in HD patients as well as the contribution of beliefs about medicines.

**Key Words:** Adherence, Medication, Hemodialysis, Chronic Kidney Disease.