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Title:

Factors associated with adherence to treatment in Iranian
patients with inflammatory bowel disease

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**Factors associated with adherence to treatment in a sample of patients with
inflammatory bowel disease in Iran.**

Abstract

Background: In this study, we investigated several socioeconomic, clinical and psychological factors associated with medication adherence in a sample of Iranian patients with inflammatory bowel disease (IBD).

Methods: This study was conducted on 110 IBD patients from 2013-2014 in Isfahan, Iran. The patients were invited to complete three anonymous questionnaires including the Hospital and Anxiety Depression Scale (HADS) for assessing the levels of anxiety and depression; Inflammatory Bowel Disease Questionnaire (IBDQ-9) for the quality of life; and a visual analogue scale assessing the medication adherence. A self-assessment adherence rate of more than 80% was considered "appropriate adherence".

Results: Overall, 99 patients completed the questionnaires. Among them, 77.8% reportedly adhered to their medications. There was no statistical difference between adherence and non-adherence rates in terms of gender, educational status, disease type, disease severity, and family history of IBD. Conversely, single patients (100% vs. 74.1%; $p=0.03$), non-smokers (79.4% vs. 0.0%; $p=0.04$), patients receiving immunosuppressive drugs (100% vs. 71.9%; $p=0.01$) and corticosteroids (95.1% vs. 65.5%; $p=0.01$) were more likely to be adhered than their counterparts. No differences emerged in terms of the mean HADS scores in either of the sexes. The mean IBDQ-9 score was significantly higher in adhered patients only in females (31.08 ± 11.6 vs. 24.7 ± 9.1 ; $p=0.04$), but not in males.

Conclusion: The adherence rate in Iran is almost similar to developed countries. Single marital status, not smoking, receiving corticosteroids and immunosuppressive drugs and higher IBDQ-9 score in females are associated with higher adherence rate in Iranian patients.

Keywords: Inflammatory bowel disease; adherence; non-adherence; treatment; Iran.

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