

Measuring Medication Adherence Using the Self-Efficacy for Appropriate Medication Use Scale (SEMAS) Among Type 2 Diabetes Patients in Hail City, Saudi Arabia: A Cross-Sectional Study

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Abstract:

Medication adherence plays a critical role in managing chronic diseases, particularly type 2 diabetes, where non-adherence is associated with poor health outcomes and increased healthcare costs. This study aimed to evaluate medication adherence among patients with type 2 diabetes in Hail City, Saudi Arabia, using the Self-Efficacy for Appropriate Medication Use Scale (SEMAS). Data were collected from 377 patients attending diabetes clinics in five hospitals: King Khalid Hospital, King Salman Specialized Hospital, General Hail Hospital, Mowag Hospital, and Al-Shenan Hospital, between May 2023 and May 2024.

The study assessed self-efficacy in medication adherence and the influence of sociodemographic factors such as age, gender, education, and diabetes duration. Descriptive statistics summarized demographic data, and the Mann–Whitney U and Kruskal–Wallis tests explored associations between these variables and adherence. Results showed a significant association between diabetes duration and medication adherence, with patients who had diabetes for less than five years demonstrating higher adherence levels compared to those with a longer duration of the disease.

The findings emphasize the need to understand psychological and demographic factors in medication adherence and highlight areas for targeted interventions to improve adherence and health outcomes in type 2 diabetes patients.

Keywords:

Type 2 diabetes, medication adherence, self-efficacy, SEMAS, Saudi Arabia.