

# Auto-Compliance Method and Fast Medical Care Influence the Poor Adherence in Diabetics attended in the Basic Health Unit

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To evaluate the factors that influences the adherence in diabetics and correlate with the low and high Morisky Green Test (MGT) scores. Subjects and methods: A total of 301 type 1 and type 2 diabetes patients aged 18 to 90 years using insulin and oral hypoglycemic agents were evaluated with instruments MGT, MedTaKe test (MT), Pharmacotherapy Complexity Index (CPI), Complication of Diabetes Index (CDI) and Auto-Compliance Test (ACT). The patients were divided into two groups: adherent diabetics with scores >80 in MGT and non-adherent diabetics with scores ≤ 80 in MGT, and their differences were compared with the student T-test and odds ratio with their respective confidence intervals. Results: Significant differences were found in the variables: MGT ( $91.3 \pm 8.5$  vs.  $59.2 \pm 10$ ,  $p < 0.00$ ), MT ( $62.5 \pm 19$  vs.  $56.3 \pm 21.6$ ,  $p < 0.01$ ), ACT ( $94 \pm 23$  vs.  $69.9 \pm 44$ ,  $p < 0.00$ ) of the adherent diabetics compared to the nonadherent diabetics. ACT ( $r = 0.23$ ,  $p < 0.02$ ), marital status ( $r = 0.90$ ,  $p < 0.00$ ), and race ( $r = 0.94$ ,  $p < 0.00$ ) were correlated positively with the >80 MGT scores, and schooling level ( $r = -0.15$ ,  $p < 0.03$ ) was correlated negatively. For the nonadherent diabetics, the attendance service time ( $r = 0.21$ ,  $p < 0.01$ ), ACT ( $r = 0.34$ ,  $p < 0.00$ ), marital status ( $r = 0.73$ ,  $p < 0.00$ ),

and CPI section two ( $r = 0.18$ ,  $p < 0.04$ ) were correlated positively, and drug loads ( $r = -0.18$ ,  $p < 0.04$ ) was correlated negatively. Linear regression analysis showed that race ( $p < 0.00$ ) may influence the >80 MGT scores and attendance service time ( $p < 0.01$ ), marital status ( $p < 0.00$ ) and race influenced the ≤ 80 MGT group scores. Conclusions: ACT, marital status, race and attendance service time may influence the low adherence in diabetics.

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