

ABSTRACT

The association between personality type and medication adherence among adult
hypertensive patients

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Aims – To investigate the association between personality type and medication adherence among adult hypertensive patients

Methods – All hypertensive patients attending at a type V health centre in Kingston over a 2-month period were invited to participate. Questionnaires were used to assess both personality type using the Big Five Inventory (BFI) and antihypertensive medication adherence using the Morisky Medication Adherence Scale (MMAS-8), as well as to collect additional data. All questionnaires were interviewer-administered. Chi square tests, t-tests and correlations and regression techniques were used to examine associations between variables.

Results – There were 301 participants (response rate 94.7%) with an age range of 30 to 92 years and 23% were male. Moderate internal consistency was found for the MMAS-8 (0.651) and BFI (0.679). The majority of respondents (N = 200, 66.4%) scored between 4 and 6 on the MMAS-8 (mean = 5.00, SD = 1.69). 7.3% demonstrated high adherence, 32.9% medium adherence and 59.8% low adherence. There was a relatively high degree of agreeableness and conscientiousness, in contrast to a low level of expressed neuroticism. Scores for neuroticism and agreeableness were negatively and positively correlated with antihypertensive medication adherence respectively ($r = -0.156$, $p = 0.007$; $r = 0.13$, $p = 0.022$). In multinomial regression analysis, employment status was the only significant predictor of medium adherence level, while there were two statistically significant predictors of high adherence; age and neuroticism.

Conclusions – High Neuroticism was associated with increased risk of non-adherence. Employment status and age were also found to be significant predictors for antihypertensive medication adherence.

Keywords – Personality, medication adherence, hypertension, neuroticism