

# Understanding the influence of ethnicity on adherence to antidiabetic medications: Meta-ethnography and systematic review

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## 1. Background

A high prevalence of diabetes and diabetes-related complications in ethnic minority communities is of significant concern<sup>1-6</sup>. Several studies have indicated low adherence rates to antidiabetic medications in ethnic minorities<sup>7-9</sup>. Poor adherence to antidiabetic medications leads to a higher risk of complications and mortality<sup>10-12</sup>. This review aims to explore the barriers to and facilitators of adherence to antidiabetic medication among ethnic minority groups in high-income countries.

## 2. Methods

- This meta-ethnography systematic review is registered with PROSPERO (CRD42022320681) and has been conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines<sup>13</sup>.
- A systematic and comprehensive literature search was conducted in the following electronic databases: Medline, Embase, CINAHL, and PsycINFO.
- The Critical Appraisal Skills Programme tool were used to assess study quality<sup>14</sup>.
- Key concepts and themes from relevant studies were synthesised using a meta-ethnographic approach<sup>15</sup>.

SPIDER components	Inclusion criteria
Sample	People with diabetes from ethnic minority group.
Phenomenon of Interest	Factors identified among different ethnic groups that perceived as barriers or facilitators of adherence to antidiabetic medication.
Design	Structured or semi structured interviews, and focus group.
Evaluation	Barriers and facilitators of adherence to antidiabetic medication in the views of people from ethnic minority group.
Research type	Qualitative research

Table 1: Inclusion criteria for systematically reviewed studies.

## 3. Results

Figure 1: PRISMA flow diagram of included studies.

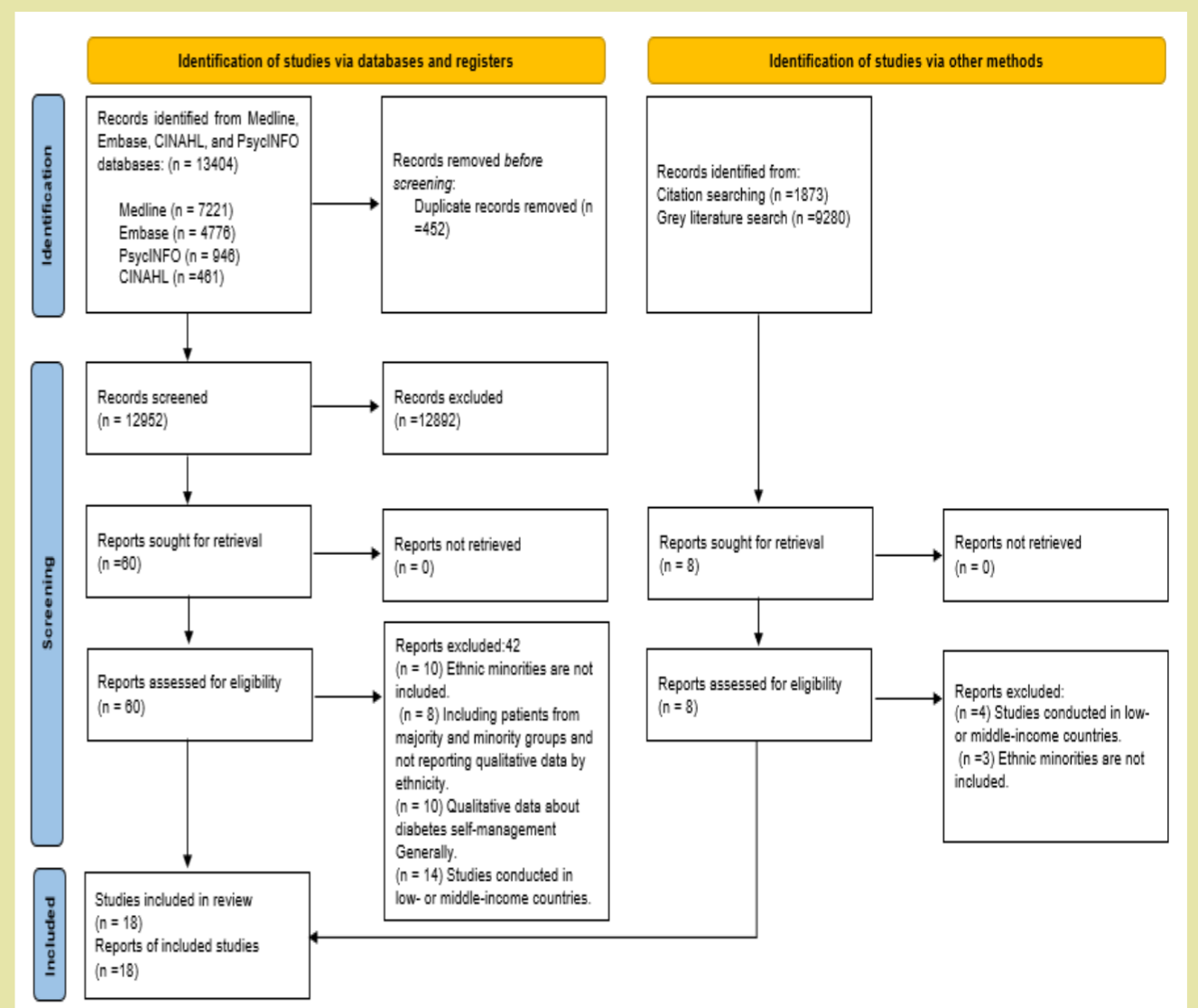
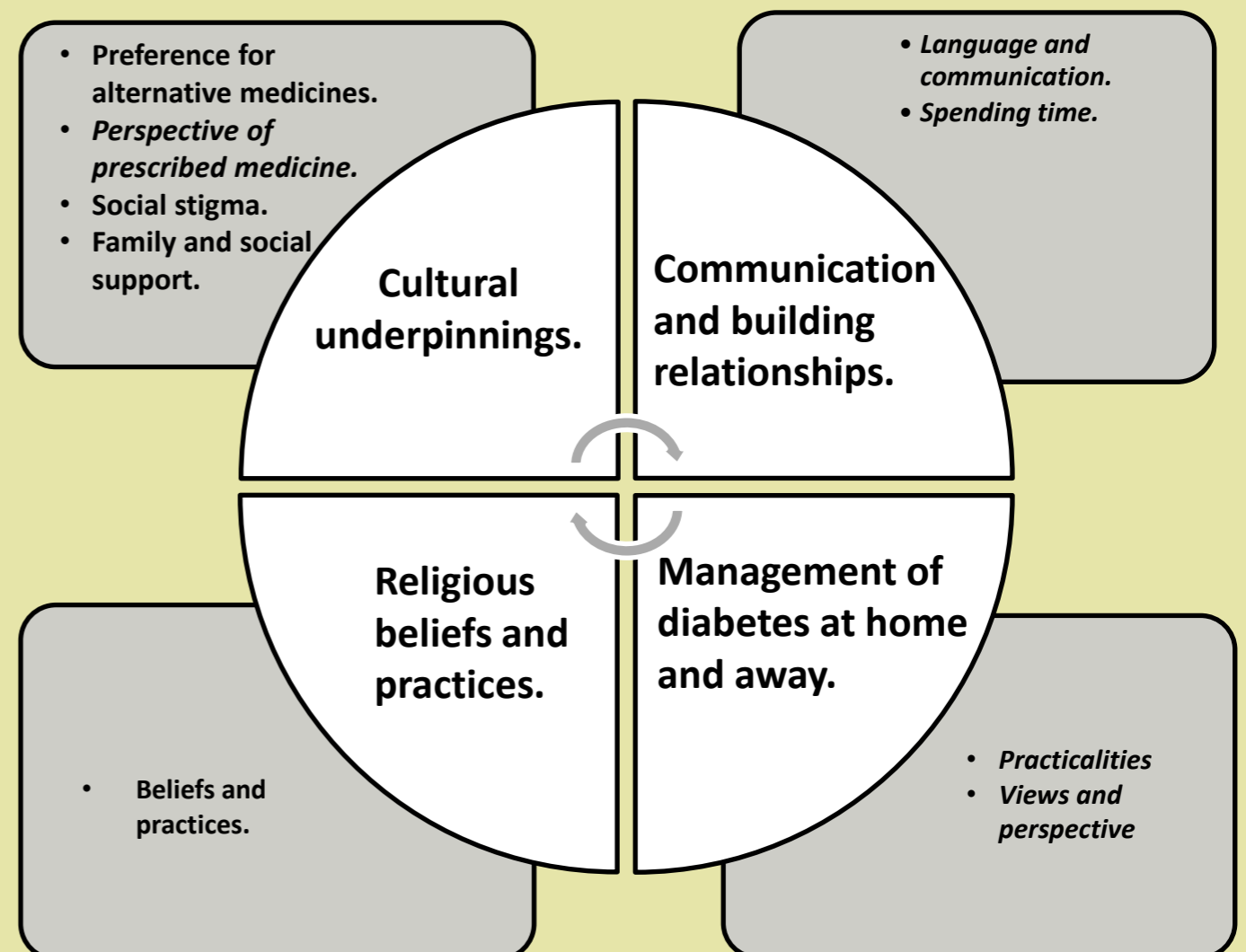


Figure 2: Developed themes and subthemes for barriers and facilitators of adherence to antidiabetic medication in ethnic minority groups



## 4. Conclusions

Multiple barriers and facilitators of adherence to antidiabetic medication among ethnic minority people in high-income countries have been identified. A medication adherence intervention focusing on identified barriers to adherence to antidiabetic medication in ethnic minorities may help in improving diabetes outcomes in these groups.



Protocol in Prospero



References