



# **Adherence to therapeutic recommendations in chronic diseases. Does gender matter?**

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# Material and methods

- The study involved 1570 inpatients (821 women, mean age  $61.23 \pm 14.34$ ) with hypertension (1039), type 2 diabetes (n=541).
- Standardized tool was used:
  - the Adherence to Refills and Medication Scale (ARMS)
    - 12-48 points, higher scores indicating lower adherence
- Socioclinical data were taken from the hospital records.

The study was approved by the local Bioethics Committee (No. 730/2019)



# Key results

	Women (n=821)				Men (n=749)				p
	$\bar{x}$	Min	Max	SD	$\bar{x}$	Min	Max	SD	
ARMS – total score [pkt.]	18.2	12.0	48.0	6.1	19.0	8.0	46.0	6.8	<b>0,015</b>

$\bar{x}$  - mean; Min – minimum; Max – maximum; SD – standard deviation



# Does gender matter?

		ARMS – suma - linear regression									
		Simple linear regression analysis					Multiple linear regression analysis				
		B	SE	t	p-value	β	B	SE	t	p-value	β
Disease	DM	Ref.					Ref.				
	HTN	0.92	0.17	5.46	<0.001	0.14	0.99	0.19	5.35	<0.001	0.14
Gender	Male	Ref.					Ref.				
	Female	-0.40	0.16	-2.44	0.015	-0.06	-0.47	0.16	-2.95	0.003	-0.07
Age		-0.01	0.01	-0.3	0.75	-0.01	-	-	-	-	-
Residence	Urban	Ref.					Ref.				
	Rural	0.35	0.17	2.01	0.044	0.05	-	-	-	-	-
Education	Primary	Ref.					Ref.				
	Vocational	-1.26	0.22	-5.69	<0.001	-0.16	-1.16	0.22	-5.30	<0.001	-0.14
	Secondary	0.90	0.23	3.94	<0.001	0.11	0.39	0.25	159	0.111	0.04
B - unstandardized regression coefficient B; SE – standard error; t: B/standard error; β- standardized regression coefficient β;											

## Conclusions:

1. Gender is a significant factor that is related to the level of adherence to pharmacological recommendations.
2. Female gender is the most important determinants improving adherence to pharmacological therapy.

