MMAS-8 SCORE ASSESSMENT OF THERAPY ADHERENCE TO GLYCEMIC CONTROL OF PATIENTS WITH TYPE 2 DIABETES MELLITUS, TANJUNG PURWOKERTO, JAVA, INDONESIA (OCTOBER 2018)

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Abstract	Diabetes mellitus (DM) type 2, a metabolic disease caused by insulin resistance, remains a global health problem. Glycated hemoglobin (HbA1c) level is used to evaluate diabetes therapy, and a variety of factors influence HbA1c level, one of which is therapy adherence. A cross-sectional study of type 2 diabetes mellitus (DM2) patients (n = 92) at the Primary Health Facility, Tanjung Purwokerto, Indonesia was conducted to evaluate HbA1c levels and therapy adherence using an Indonesian language 8-item Morisky Medication Adherence Scale (MMAS-8) questionnaire. No single sociodemographic characteristic, (certain) co-morbidity or vitamins/iron supplementation was significantly associated with either of the two parameters. Correlations were observed between treatment adherence and age (r = 0.221, p-value = 0.034), and between therapy adherence and HbA1c levels (r =-0.221, p-value = 0.035). Construction of a receiver operating characteristic curve demonstrated that MMAS-8 score was not a reliable predictor of therapy adherence (area under curve = 0.58, 95% confidence interval (CI): 0.46-0.70), using HbA1c level <7% as the reference standard. In conclusion, reliance on MMAS system as the sole predictor of therapy adherence in DM2 patients should be considered with caution.
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