

Shared Healthcare Decision-Making and Medication Adherence Among Patients with Type 2 Diabetes Mellitus in Saudi Arabia: Cross-sectional study

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ABSTRACT

Type 2 diabetes mellitus (T2DM) is a leading cause of morbidity and mortality worldwide, necessitating lifelong management through pharmacological therapy, behavioral modification, and lifestyle interventions. This study aims to assess the association between shared healthcare decision-making and medication adherence among patients with type 2 diabetes mellitus in Saudi Arabia. This cross-sectional study was conducted on 300 adult diabetic type 2 patients in Jeddah, Saudi Arabia. Volunteer sampling was employed, and data were collected through an online questionnaire developed using Google Forms. The questionnaire comprised questions of the Shared Decision-Making Questionnaire (SDM-Q-9) and General Medication Adherence Scale (GMAS). The study showed that shared healthcare decision-making is associated with good medication adherence among patients with type 2 diabetes mellitus. Gender and glycemic control, as per the last HbA1c, were statistically significant factors associated with Medication Adherence. Diabetic type 2 patients in Saudi Arabia generally exhibited overall high medication adherence, which is associated with being shared in their healthcare decisions.

Keywords: Diabetes mellitus, Shared healthcare decision-making, Medication adherence, Patient engagement, Patient-centred care, Saudi Arabia

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