

Study on knowledge, awareness and medication adherence among hypertensive patients in Saudi Arabia

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ABSTRACT

Introduction: Hypertension, high blood pressure, is a prevalent non-communicable condition worldwide. Blood pressure control remains a challenge worldwide due to poor adherence to blood pressure treatments. Although hypertension is a predominant health burden in Saudi Arabia, affecting a significant percentage of adults.

Objectives: To evaluate knowledge, awareness, and medication adherence among patients with hypertension in Saudi Arabia.

Methods: A cross-sectional online survey study was conducted in Saudi Arabia in July 2024 to examine knowledge, awareness and medication adherence among hypertensive patients in Saudi Arabia. Logistic regression analysis was used to identify predictors of hypertension knowledge.

Results: A total of 391 patients were involved in this study. The mean adherence score for the patients was 7.5 (SD: 1.9); which reflects high adherence to hypertension medications. The most commonly reported reasons for non-adherence to hypertension medications were forgetfulness (24.0%; n= 94), adverse drug reactions (18.4%; n= 72), and worry about taking medicine or are about concern about side effects of medicine (12.0%; n= 47). Binary logistic regression analysis identified that there is no statistically significant difference in patients' adherence to hypertension medications based on their sociodemographic characteristics ($p>0.05$).

Conclusion: In the current study, there was a high level of knowledge about their disease and adherence to medications noted in patients with hypertension. The three most commonly stated reasons for not adhering were not remembering to take the medication and side effects from medicine. Future research needs to focus on interventions that address forgetfulness and more tailored ways to reduce adverse drug reactions. Such practices oriented toward reminder systems, improvement in patient education, and support for mental health could therefore improve adherence toward hypertension medications by addressing some very key barriers elicited in this study.

Keywords: Adherence; Awareness; Hypertension; Knowledge; Saudi Arabia

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