

"تأثير الاكتئاب والقلق على التزام المرضى بالأدوية بعد احتشاء عضلة القلب الحاد"

“The Effect of Anxiety and Depression on Medication Adherence of Patients post-Acute Myocardial Infarction”

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This Thesis was submitted in Partial Fulfillment of the Requirements

For the Master's degree in Nursing

At

Applied Science Private University

Deanship of Scientific Research and Graduate Studies

Jan 2022

ABSTRACT

Background: Anxiety and depressive symptoms are widespread among patients diagnosed with cardiovascular diseases, particularly acute myocardial infarction. The high level of anxiety and depressive symptoms in those patients might affect their adherence to medication and, as a consequence, affect their quality of life and the prognosis of the disease. **Objective:** The main purpose of this study is to investigate the effect of anxiety and depressive symptoms on medication adherence among patients diagnosed with acute myocardial infarction in Jordan. **Methods:** A cross-sectional, descriptive correlational design was adopted, including a sample of 210 patients post-acute myocardial infarction. Patients answered the General Medication Adherence Scale (GMAS), Hospital Anxiety and depressive scale (HAD) and socio-demographic characteristics sheet. **Results:** Results showed that patients diagnosed with acute MI in Jordan had a partial adherence level of $24,89 \pm 3,64$. Patients reported a mild level of anxiety at 8.38 ± 2.81 and a normal level of depressive at 7.43 ± 2.42 . Employment, age, duration of myocardial infarction, anxiety, and depressive were significant predictors of adherence to medication. In comparison, the monthly income, gender, educational level and marital status did not significantly predict adherence to medication. **Conclusion:** Anxiety and depressive symptoms of patients with post-acute myocardial infarction are under-diagnosed in Jordan. Screening and referral to psychological health specialists are needed. Nurses should consider the employment status, age, duration of myocardial infarction, anxiety, and depressive levels when caring for patients diagnosed with acute myocardial infarction, as these were found to affect patients' adherence to treatment.

keywords: —adherence“, " anxiety", —cardiovascular, "depressive ", =‘medications, =‘myocardial infarction“, and "psychosocial.‡