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## Effect of social support on the adherence of patients with hypertension to treatment

Gulcan Bahçecioglu Turan , Bahar Çiftçi and Meyreme Aksoy  
Ataturk University, Turkey

**Objective:** This descriptive study was conducted to determine the effect of social support on drug treatment compliance in patients with hypertension.

**Method:** The study population consisted of patients admitted to the cardiology clinic of a university hospital in Turkey between January and June 2017. The sample consisted of patients diagnosed with hypertension at least a year ago at these dates, started treatment, agreed to participate in the study, had no advanced chronic renal failure, heart failure and any communication problems and who are over the age of 18. Data were collected by 'Patient Information Form', 'Compliance/Adherence to Drug Treatment Self-Efficacy Scale', 'Multidimensional Perceived Social Support Scale' and face-to-face interviews by the researcher with the patients who agreed to participate in the research after describing the purpose of the research. Data were analyzed using the SPSS packet program, the descriptive statistics, arithmetic mean, standard deviation, frequency, percentile and Kendall's tau B correlation analysis.

**Results:** It was determined that 48.3% of the patients participating in the study was in the 61-75 age group, 58.7% was female, 91.9% was married, 66.4% was living in the city and 38.2% was primary school graduate. It was also found that 71% of the patients had at least one patient with hypertension in the family, 79.2% was using at least one blood pressure medication, 61% was adhered to his/her diet and 72.2% was adhered to the disease. In Kendall's tau\_B correlation analysis, carried out to assess the effect of social support on the compliance of patients with hypertension to drug treatment, a positive correlation of 0.257 was found.

**Conclusion:** The compliance to drug treatment was found to increase positively as the social support of patients with hypertension increases.

### Biography

Young researcher Meyreme Aksoy I was born in 1984 Batman. I graduated from nursing in 2006. In 2015. Atatürk University Faculty of health sciences, fundamental of nursing, I finished the master's degree in nursing . Now Atatürk University faculty of nursing, Department of fundamental of nursing, PhD student and research assistant.

meryeme\_072@hotmail.com

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