

Table 1 Sociodemographic characteristics, diabetes profile and medication adherence of patients with diabetes (*n* =103) based on the 8-item Morisky Medication Adherence Scale

Variable	Value	
<i>Age (years) [mean (SD)]</i>	52.7 (8.6)	
<i>Sex (no., %)</i>		
Female	71	68.9
Male	32	31.1
<i>Marital status (no., %)</i>		
Single	2	1.9
Married	83	80.6
Divorced	4	3.9
Widowed	14	13.6
<i>Education level (no., %)</i>		
Primary	57	55.3
Secondary	32	31.1
University/higher education	14	13.6
<i>Employment status (no., %)</i>		
Employed	36	35.0
Unemployed	12	11.7
Housewife	55	53.4
<i>Diabetes duration (years) (no., %)</i>		
< 5	38	36.9
5–10	32	31.1
> 10	33	32.0
<i>Diabetes medication (no., %)</i>		
Oral hypoglycaemic	31	30.1
Insulin	23	22.3
Oral hypoglycaemic + insulin	49	47.6
<i>HbA1c (%) [mean (SD)]</i>	9.10 (2.31)	
<i>Overall MMAS-8 score [mean (SD)]</i>	5.25 (2.01)	
<i>Medication adherence groups (No., %)</i>		
Low (score < 6)	58	56.3
Moderate (score ≥ 6–< 8)	35	34.0
High (score 8)	10	9.7

SD = standard deviation; *HbA1c* = glycosylated haemoglobin.