

# Info, motivation, behavioral skill affect med adherence

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(HealthDay)—Patients' adherence-related information, motivation, and behavioral skills (IMB) are important targets for interventions promoting adherence to diabetes medications, according to a study published online March 5 in *Diabetes Care*.

Lindsay S. Mayberry, Ph.D., and Chandra Y. Osborn, Ph.D., M.P.H., both from the Vanderbilt University Medical Center in Nashville, Tenn., conducted an interviewer-administered survey in 314 participants, along with an A1C test. The effects of [diabetes](#) medication adherence-related information, motivation, and behavioral skills were examined on medication adherence and the effect of medication adherence on A1C.

The researchers found that IMB elements explained 41 percent of the variance in adherence, and adherence explained 9 percent of the

variance in A1C. Behavioral skills had a direct, significant effect on adherence (P "Medication adherence promotion interventions may benefit from content targeting patients' medication [adherence](#)-related information, motivation, and behavioral skills and assessing the degree to which change in these determinants leads to changes in [medication adherence](#) behavior," the authors write.

**More information:** [Abstract](#)  
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