

CHRD 2024: Abstract Submission Form

Presenter Name

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Presenter Status

Non-Trainee

Role in the project

Write Abstract

Research Category

Clinical

Title

Medication Adherence in Youth with Type 2 Diabetes

Background

Medication adherence can be a challenge for youth (10–18-year) with type 2 diabetes (T2D).

Objective

We hypothesize that psychological and social factors affect medication adherence.

Methods

A cross-sectional analysis evaluated self-reported adherence to oral and/or injectable diabetes medications in 190 youth with T2D from the improving Renal Complications in Adolescents with Type 2 Diabetes through REsearch cohort (iCARE) using validated questionnaires. Youth were classified as "more adherent" if they reported taking their medications $\geq 5 - 7$ days a week or "less adherent" if < 5 days a week. Univariate associations with distress, perceived stress, resiliency, social support, and food security were assessed. Co-variables included age, sex, HbA1c, BMI z-score and diabetes duration

Results

We found 55(28.9%) of participants were on oral medications only, 90(47.4%) on injectable medications only and 45(23.7%) on both. 57.7%, 52.6% and 52.5% of those on oral medications, injectable medications and both were classified as more adherent respectively. In the less adherent group of the participants on both medications, HbA1c was higher (9.82% vs 9.00%), however, there was no association with reported distress ($p=0.21$), perceived stress ($p=0.995$) or resiliency ($p=0.35$). Social support ($p= 0.049$) and food security ($p=0.019$) were positively associated with adherence

Conclusion

Social support and food security are associated with adherence to medication regimens. There was no significant association between mental health measures and medication adherence in our cohort. Additional strategies to support youth with T2D are required.

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No

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