



The effectiveness of self-efficacy-based motivational interview on increasing medication adherence in women with type-2 diabetes

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Abstract

Aim: The purpose of this study was to determine the effectiveness of self-efficacy-based motivational interview intervention on increasing medication adherence in women with type 2 diabetes. **Method:** The current study is a quasi-experimental study with a pre-test, post-test, and follow-up design and an available sampling method, which was conducted on 30 type-2 diabetes patients, members of the Tehran Diabetes Research Institute, who were eligible to participate in the study in 2017. The data were collected using the eight-item Morisky Medication Adherence Scale (2008) and the demographic questionnaire by interviewing and taking blood samples. Each member of the intervention group underwent five 30-to-45-minute sessions of motivational self-efficacy-based interviews based on self-efficacy. Data were analyzed using a variance of repeated measures. **Results:** The findings showed that self-efficacy-based motivational interview significantly reduced medication adherence ($F=23.73$, $Sig=0.000$) of patients with type 2 diabetes, and this effect was in the stable follow-up phase. **Conclusion:** The motivational self-efficacy-based interview intervention in five sessions positively affected medication adherence in type 2 diabetes patients. Therefore, it is suggested that this intervention be done in more time and sessions.

Keywords: *motivational interview, efficacy, adherence therapy, type 2 diabetes.*

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