

Abstract

The present study aimed to explore the relationship between treatment, medication adherence and quality of life in psychiatric and medical patients with chronic illnesses through cross-sectional research design. A sample of 203 (psychiatric (n) = 101, medical (n) = 102) patients were selected through purposive sample from 4 major public hospitals of Lahore. Instruments used in current study were Treatment Self-Regulation Questionnaire (*TSRQ*; Ryan & Connell, 1989); Morisky Medication Adherence Scale (*MMAS-8*; Morisky et al., 1986); World Health Organization Quality of Life-BREF (*WHOQOL-BREF*; WHO, 1999) and a demographic questionnaire about the participant's age, gender, religion, level of education, socio-economic status, family system, number of family members, marital status, number of children, and type of relationship with significant others. Permission to use the scales has been sought to the principal authors. Pearson product moment correlation was carried out to examine the relationship between study variables and the findings of the study revealed highly significant positive relationship between treatment motivation, medication adherence and quality of life among psychiatric and medical patients. Results of independent sample t-test revealed no significant differences between two distinct groups of patients. Moreover, results of multiple stepwise linear regression analysis exposed extrinsic motivation, medication adherence, family support and income as significant predictors of quality of life in psychiatric patients, while in medical patients, treatment motivation did not exhibit as predicting factor for quality of life. These finding suggest that there is need to pay fundamental heed to enhance motivation essential for greater adherence with medication and better quality of life in both psychiatric as well as medical patients.