

Abstract

The current study aimed at exploring the relationship between medication Adherence, Hope and Psychological Distress among Tuberculosis Patients. A correlational study design was used. A sample of 158 active Tuberculosis patients (81 males, and 77 females) were selected through purposive sampling technique. A protocol consisting of demographic sheet, Morisky Medication Adherence Questionnaire (Morisky, et al, 1986), Herth Hope Index (Herth,1989), and Psychological Distress Subscale of Mental Health Inventory (Vleit & Ware, 1989) were used. Analyses were carried through descriptive analysis, correlation, ANOVA and independent sample t-test. Results indicated a significant relationship between medication adherence and hope ($p < .01$). Further it showed inverse relationship between medication adherence and psychological distress and also in *psychological distress* and hope among TB patients. Regression analysis revealed that loss of emotional and behavioral control emerged as a predictor of non-adherence in TB patients. Medication adherence differ according to duration of treatment but no difference was found out in psychological distress and hope with reference to duration of treatment. Medication adherence was found insignificant according to level of education; on the other hand psychological distress and hope had significant difference with reference to level of education. The findings of the research highlighted the need of counseling services for TB patients.

Keywords: Tuberculosis, medication adherence, hope, psychological distress.