

## A Comparison of Objectively- and Subjectively-Measured Adherence in Glaucoma Patients of African Descent

**Nabeel Awan<sup>1</sup>**, Ankita Sutaria<sup>1</sup>, Silvia Bigatti<sup>2</sup>, Emily Sirk<sup>2</sup>, Elizabeth Hosty<sup>2,1</sup>, Chloe Payton<sup>1</sup>, Shelbi Grow<sup>1</sup>, Bradley Sutton<sup>3</sup>, Julie Torbit<sup>3</sup>, Lyne Racette<sup>1</sup>

<sup>1</sup>Eugene and Marilyn Glick Eye Institute, Department of Ophthalmology, IU School of Medicine;

<sup>2</sup>Department of Social and Behavioral Sciences, IU Fairbanks School of Public Health, <sup>3</sup>Indianapolis Eye Care Center, IU School of Optometry

**Purpose.** Adherence to medical treatment of glaucoma is challenging. People of African descent (AD) have higher prevalence of open-angle glaucoma (OAG) and have been shown to have worse adherence. The goal of this prospective, observational study was to compare objectively- and subjectively-measured adherence in patients of African descent and to determine their relationship with self-efficacy. **Methods.** Twenty-one patients of AD diagnosed with OAG in the past five years were included in this study. Patients used a once-daily topical prostaglandin analog eye drop and self-administered their medication. Subjective adherence was assessed through self-report. Adherence was objectively measured using MEMS bottles. The cap of these bottles records the number of times the bottle is opened. Self-efficacy was assessed using the 10-item Glaucoma Medication Self-Efficacy scale and the 6-item Eye Drop Technique Self-Efficacy scale. MEMS adherence percentages were compared to self-reported adherence using a paired sample two-tailed t-test. To assess the relationship between objectively measured adherence and self-efficacy, patients were divided into 3 groups (n=7 each): high, medium and low adherence groups. The Chi-square test was used to determine whether differences in self-efficacy between the groups were present for each question on the two self-efficacy scales. **Results.** Subjective adherence (mean  $\pm$  standard deviation) ( $97.34\% \pm 5.61$ ) was significantly higher than objective adherence ( $66.34\% \pm 26.68$ ) ( $p=0.01$ ). Of the 21 patients, 17 self-reported higher adherence levels than MEMS adherence levels. 4 patients with the highest levels of objectively measured adherence were the only patients to correctly estimate their adherence by self-report. Only one question was significantly associated with objective adherence: patients with high adherence were significantly more confident about taking their glaucoma medications when they do not experience symptoms ( $p=0.04$ ). **Conclusions.** Results showed that patients with higher adherence are more confident about using their eye drops in the absence of symptoms.

**Mentors:** Lyne Racette, Department of Ophthalmology, IU School of Medicine, IUPUI; Silvia Bigatti, Department of Social and Behavioral Sciences, IU Fairbanks School of Public Health, IUPUI