Public Abstract

First Name:Todd

Middle Name:M.

Last Name:Ruppar

Adviser's First Name:Vicki

Adviser's Last Name:Conn

Co-Adviser's First Name:

Co-Adviser's Last Name:

Graduation Term:SP 2009

Department:Nursing

Degree:PhD

Title:A Behavioral Feedback-Based Intervention to Improve Medication Adherence in Older Adults with Hypertension

Medication adherence among older adults is far below the levels needed for clinical effectiveness from many medications. Control of hypertension prevents the development of further chronic disease and limits morbidity and mortality. This exploratory RCT tests an 8-week behavioral feedback-based intervention to improve medication adherence and blood pressure control among older adults with hypertension. Fifteen adults aged 60 years and older were randomized to intervention or control groups. At 12 weeks post-randomization, outcomes were improved in the intervention group versus control group for medication adherence (Cohen's d = 1.35), systolic blood pressure (d = 0.99), and diastolic blood pressure (d = 1.12). The intervention was well-received by study participants, and outcomes show promise for improving adherence and blood pressure outcomes.