

# Abstract

Noncompliance of patients with type 2 diabetes mellitus is the result of a complex interaction among many factors. These factors include patient-centered factors, psychological factors, therapy-related factors, healthcare team/system factors, social and economic factors, and disease factors. **Aim:** is to identify factors affecting compliance toward therapeutic regimen. **Setting:** diabetic outpatient clinic, Beni Suef University Hospital. **Subjects:** A descriptive exploratory study was conducted on 114 adult patients. **Tools:** 1. patient interview questionnaire sheet: to assess factors affecting patient's compliance toward therapeutic regimen 2. Patient's compliance assessment sheet: including Morisky Medication Adherence Scale (MMAS) (2010) to assess the patient's compliance toward medication, and Diabetes Self-Care Activities Measure (2009): to assess compliance toward diet, exercise, blood-glucose testing, foot care, and smoking status. **Results:** (98.2%) of the patients with type 2 diabetes mellitus had unsatisfactory level of compliance toward therapeutic regimen. Furthermore, there are a highly positive correlations was found between age, level of education, smoking, and monthly income for therapy costs and compliance level; while, there was a positive correlations was found between residence, level of patients' knowledge patient's beliefs and motivation; smoking, the length of the treatment period; therapy and transition costs; the severity of the disease symptoms and the compliance rate. Moreover, there was a positive correlation was found between compliance rate and satisfaction with health care services, and health care provider relationship. **Conclusion:** many factors were affecting patients' compliance negatively which include age, level of education, smoking, monthly income for therapy costs, residence, level of patients' knowledge, patient's beliefs and motivation; smoking, the length of the treatment period; transition costs; the severity of the disease symptoms, satisfaction with health care services, and health care provider relationship. **This study recommended that** the compliance toward therapeutic regimen can be achieved through educational program for diabetic patients' with type 2 and their families about diabetes mellitus and the importance of proper compliance toward prescribed therapeutic regime including medication, diet, exercise, self monitoring of blood glucose level, and foot care to achieve adequate glycemic control, prevention of complication and maintain the quality of care.

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**Key words:** Factors Affecting, Compliance, Therapeutic Regimen, Type 2 diabetes mellitus.