

## **Health Related Behaviors and Medication Adherence in Patients with Hepatitis C**

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The present study was conducted to assess health related behaviors and medication adherence in patients with hepatitis C in Pakistan. It was hypothesized that: there are likely to be significant changes in the pre and post diagnosis health related behaviors of the patients with hepatitis C; there will be relationship between health related behaviours and medication adherence of the patients. The sample comprised of 100 patients diagnosed with hepatitis C and they were recruited from two teaching hospitals of Lahore, Pakistan. The patients ranged in ages between 20- 50 years, with mean age of 35 years ( $SD = 8.47$ ). A self constructed health related behavior questionnaire was used to assess pre and post diagnosis health related behaviors of the patients and Morisky Medication adherence scale (Morisky, Green, & Levine, 1986) was used to assess medication adherence of the patients. Paired sample t-test and correlation analysis were used to analyze data. Results showed significant improvement in health related behaviours of the patients post-diagnosis. Medication adherence had significant positive relationship with diet and eating behavior and had negative relationship with tiredness The patients showed medium to high level of medication adherence and high level of information related to hepatitis C. Findings have important implications for the prognosis of patients with hepatitis C in Pakistan.

*Keywords:* Hepatitis C, health related behaviors, medication adherence