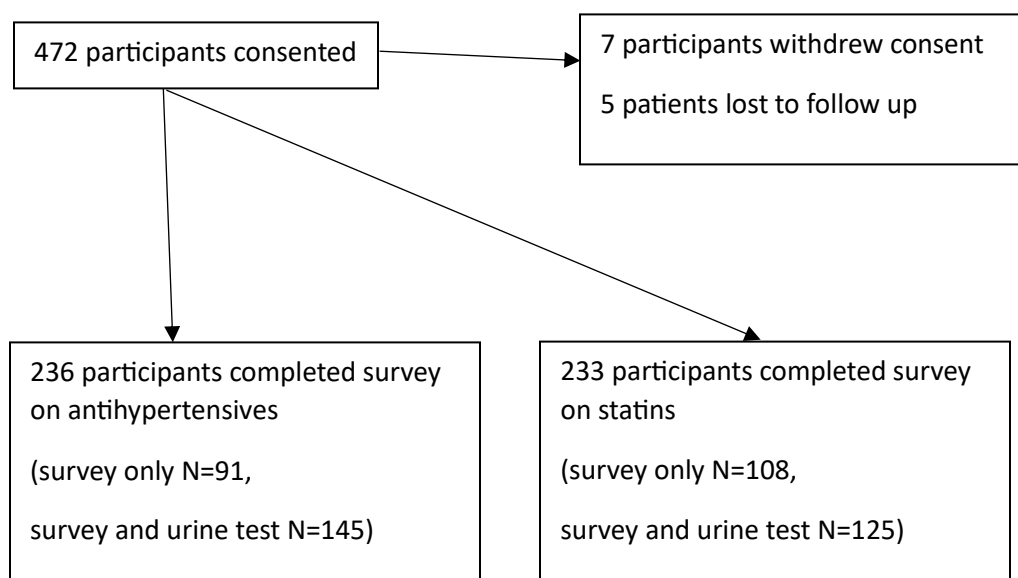


Participant flow



Baseline Characteristics

Table 1. Demographic characteristics at baseline for adherent and non-adherent patients receiving antihypertensive medication.

Demographic Characteristics	Adherent N (%)	Non-Adherent N (%)	<i>P</i>
Age (Years)			0.001
Mean age (SD)	67.71 (10.31)	61.38 (11.29)	
Sex			0.895
Female	82 (43.61)	20 (42.55)	
Male	106 (56.38)	27 (57.44)	
Ethnicity			0.049
White British	88 (65.18)	14 (48.27)	
White other (other white background)	21 (15.55)	5 (17.24)	
Black British/ Black/ African/ Caribbean	9 (6.66)	5 (17.24)	
Arab	3 (2.22)	1 (3.44)	
Other ethnic group	3 (2.22)	1 (3.44)	
Asian British/ Asian	9 (6.66)	0 (0.00)	
Mixed (any mixed background)	2 (1.48)	3 (10.34)	
Relationship Status			0.000
Single	49 (25.93)	8 (17.02)	

Divorced/ Separated	11 (5.82)	13 (27.66)	
Widowed	22 (11.64)	3(6.38)	
Partnered	20 (10.58)	9 (19.14)	
Married	87 (46.03)	14 (29.78)	
English Language			0.091
Yes	122 (90.37)	23 (79.31)	
No	13 (9.63)	6 (20.70)	
Smoker			0.006
No, never smoked	88 (46.56)	22 (46.81)	
No, ex-smoker	86 (45.50)	14 (29.79)	
Yes	15 (7.94)	11 (23.40)	
Carer			0.309
Yes	12 (6.34)	5 (10.63)	
No	177 (93.65)	42 (89.36)	
Duration (Years)			0.616
0-1	17 (8.99)	5 (10.64)	
2-3	21 (11.11)	8 (17.02)	
4-5	17 (8.99)	7 (14.89)	
6-7	23 (12.17)	4 (8.51)	
8-9	14 (7.41)	3 (6.38)	
10 or more	97 (51.32)	20 (42.55)	
Medication (Number)			0.007
1-2	40 (21.28)	22 (47.83)	
3-4	66 (35.11)	7 (15.22)	
5-6	49 (26.06)	8 (17.39)	
7-8	20 (10.64)	6 (13.04)	
9-10	9 (4.79)	2 (4.35)	
10 or more	4 (2.13)	1 (2.17)	
Medication (Frequency)			0.008
Once	98 (52.13)	27 (57.45)	
Twice	69 (36.70)	14 (29.79)	
Three times	13 (6.92)	1 (2.13)	
Four times	7 (3.72)	1 (2.13)	
More than four times	1 (0.53)	4 (8.51)	
Self-Pay			0.354
Yes	19 (14.73)	1 (6.25)	
No	110 (85.27)	15 (93.75)	

Table 2. Demographic characteristics at baseline for adherent and non-adherent patients receiving statin medication.

Demographic characteristics	Adherent N (%)	Non-Adherent N (%)	<i>P</i>
Age (Years)			0.05

Mean age (SD)	66.98 (9.36)	64.13 (9.57)	
Sex			0.445
Female	65 (38.01)	27 (43.55)	
Male	106 (61.99)	35 (56.45)	
Ethnicity			0.270
White British	88 (67.18)	22 (50.00)	
White other (other white background)	20 (15.27)	8 (18.18)	
Black British/ Black/ African/ Caribbean	9 (6.87)	6 (13.64)	
Arab	2 (1.53)	2 (4.55)	
Other ethnic group	5 (3.817)	2 (4.55)	
Asian British/ Asian	6 (4.58)	2 (4.55)	
Mixed (any mixed background)	1 (0.76)	2 (4.55)	
Relationship Status			0.860
Single	31 (18.13)	15 (24.19)	
Divorced/ Separated	25 (14.62)	9 (14.52)	
Widowed	10 (5.85)	4 (6.45)	
Partnered	18 (10.53)	5 (8.07)	
Married	87 (50.88)	29 (46.77)	
English Language			0.040
Yes	125 (95.42)	38 (86.36)	
No	6 (4.58)	6 (13.64)	
Smoker			0.931
No, never smoked	70 (40.94)	26 (41.94)	
No, ex-smoker	84 (49.12)	29 (46.77)	
Yes	17 (9.94)	7 (11.29)	
Carer			0.724
Yes	7 (6.93)	2 (9.09)	
No	94 (93.07)	20 (90.91)	
Duration (Years)			0.607
0-1	26 (15.21)	8 (12.90)	
2-3	27 (15.79)	8 (12.91)	
4-5	28 (16.37)	7 (11.29)	
6-7	15 (8.77)	10 (16.13)	
8-9	14 (8.19)	5 (8.07)	
10 or more	61 (35.6)	24 (38.71)	
Medication (Number)			0.525
1-2	61 (35.67)	18 (29.03)	
3-4	53 (30.99)	18 (29.03)	
5-6	30 (17.54)	15 (24.19)	
7-8	17 (9.94)	4 (6.45)	
9-10	6 (3.51)	4 (6.45)	
10 or more	4 (2.34)	3 (4.84)	
Medication (Frequency)			0.247
Once	95 (55.88)	36 (58.07)	

Twice	64 (37.65)	18 (29.03)	
Three times	6 (3.53)	2 (3.23)	
Four times	2 (1.18)	2 (3.23)	
More than four times	3 (1.77)	4 (6.45)	
Self-Pay			0.802
Yes	20 (11.70)	8 (12.90)	
No	151 (88.30)	54 (87.10)	

Table 3. Psychological characteristics at baseline for adherent and non-adherent patients receiving antihypertensive medication.

Psychological Characteristics	Total Mean (SD)	Adherent Mean (SD)	Non-Adherent Mean (SD)	P
Knowledge	4.28 (0.98)	4.33 (0.94)	4.09 (1.11)	0.176
Skills	4.75 (0.51)	4.74 (0.53)	4.79 (0.46)	0.451
Role (Trust)	3.69 (0.91)	3.66 (0.92)	3.78 (0.89)	0.426
Role (Health)	4.68 (0.58)	4.78 (0.43)	4.26 (0.87)	0.000
Optimism	3.95 (1.15)	4.04 (1.12)	3.59 (1.20)	0.021
Beliefs (Consequences)	3.98 (1.07)	3.92 (1.09)	4.22 (0.98)	0.066
Beliefs (Medication)	4.44 (0.51)	4.48 (0.45)	4.29 (0.67)	0.074
Positive Reinforcement	4.18 (0.86)	4.20 (0.82)	4.12 (1.02)	0.614
Negative Reinforcement	2.22 (1.41)	2.10 (1.32)	2.68 (1.64)	0.028
Intentions	4.90 (0.46)	4.93 (0.28)	4.77 (0.85)	0.193
Goals	4.81 (0.55)	4.82 (0.52)	4.78 (0.67)	0.699
Memory	2.24 (1.17)	2.05 (1.07)	3.01 (1.22)	0.000
Environment	1.91 (0.96)	1.73 (0.81)	2.61 (1.15)	0.000
Social	2.54 (1.41)	2.48 (1.37)	2.80 (1.53)	0.200
Emotion	3.61 (1.27)	3.56 (1.26)	3.82 (1.28)	0.214
Behavioural Regulation	4.53 (0.65)	4.60 (0.57)	4.23 (0.83)	0.006

Table 4. Psychological characteristics at baseline for adherent and non-adherent patients receiving statin medication.

Psychological Characteristics	Total Mean (<i>SD</i>)	Adherent Mean (<i>SD</i>)	Non-Adherent Mean (<i>SD</i>)	<i>P</i>
Knowledge	4.61 (0.72)	4.56 (0.76)	4.74 (0.58)	0.06
Skills	4.72 (0.53)	4.77 (0.48)	4.58 (0.61)	0.03
Role (Trust)	3.70 (0.90)	3.81 (0.83)	3.40 (1.01)	0.01
Role (Health)	4.60 (0.77)	4.74 (0.57)	4.22 (1.08)	0.00
Optimism	3.93 (1.12)	3.91 (1.18)	3.98 (0.96)	0.66
Beliefs (Consequences)	4.17 (0.95)	4.16 (0.97)	4.20 (0.89)	0.76
Beliefs (Medication)	4.34 (0.65)	4.42 (0.53)	4.11 (0.86)	0.01
Positive Reinforcement	4.12 (0.96)	4.20 (0.89)	3.91 (1.11)	0.07
Negative Reinforcement	2.06 (1.37)	1.80 (1.22)	2.81 (1.47)	0.00
Intentions	4.84 (0.60)	4.94 (0.32)	4.59 (1.00)	0.01
Goals	4.88 (0.36)	4.89 (0.33)	4.84 (0.43)	0.38
Memory	2.23 (1.17)	1.92 (0.99)	3.07 (1.24)	0.00
Environment	1.96 (1.02)	1.74 (0.86)	2.56 (1.19)	0.00
Social	2.38 (1.30)	2.27 (1.19)	2.69 (1.54)	0.06
Emotion	3.31 (1.35)	3.29 (1.32)	3.35 (1.44)	0.77
Behavioural Regulation	4.63 (0.60)	4.75 (0.43)	4.30 (0.83)	0.00

Primary Outcome Measures

Table 5. Comparing compliance rates through urine sample testing and self-reported compliance among both adherent and non-adherent patients receiving antihypertensive medication.

	Adherent N (%)	Non-Adherent N (%)	<i>P</i>
Tested (urine sample)	129 (88.97)	16 (11.03)	$< 2.2 \times 10^{-16}$
Self-reported	189 (80.08)	47 (19.92)	$< 2.2 \times 10^{-16}$

Table 6. Comparing compliance rates through urine sample testing and self-reported compliance among both adherent and non-adherent patients receiving statin medication.

	Adherent N (%)	Non-Adherent N (%)	<i>P</i>
Tested (urine sample)	102 (81.60)	23 (18.40)	3.026×10^{-12}
Self-reported	171 (73.39)	62 (26.61)	1.491×10^{-12}

Secondary Outcome Measures

Table 7. Habit and compliance in all patients receiving antihypertensive medication.

Psychological Characteristic	Mean (<i>SD</i>)	<i>P</i>
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Habit	3.49 (1.22)	0.966
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Table 8. Habit and compliance in all patients receiving stain medication.

Psychological Characteristic	Mean (<i>SD</i>)	<i>P</i>
Habit	3.52 (1.31)	0.81

Adverse Events

There were no adverse events associated with this study.