**Abstract**

Introduction: Medication adherence among individuals with type II diabetes is associated with various barriers.

Objective: The primary objective of the study was to identify barriers for medication adherence.

Method: An online survey was posted on various websites to the public.

Results: Forgetting to take medications was the most common barrier (81.3%), and negative side effects (50%) was the second most cited barrier.

Conclusion: Results of the survey indicated that most common reason is that individuals do not take their prescription medication because they forget.

**Methods**

- IRB approval was attained for the study.
- Participants for this study included adults with type 2 diabetes.
- Both men and women from all ages and racial ethnic background were recruited. Refer to Table 1.
- Study materials included the online survey platform Google Forms.
- The survey included eight questions with one short answer question, and it was designed to take approximately five minutes to complete.
- The survey was posted on Call for participants, Pinterest, and Reddit.

**Results**

<table>
<thead>
<tr>
<th>Total</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
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</tr>
<tr>
<td>Male</td>
<td>7</td>
</tr>
<tr>
<td>Age</td>
<td></td>
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<tr>
<td>29-44</td>
<td>8</td>
</tr>
<tr>
<td>45-67</td>
<td>7</td>
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<tr>
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<td>Hispanic/Latino</td>
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<td>Hawaiian</td>
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</tr>
</tbody>
</table>

- A total of 16 participants completed the Diabetes Medication Usage Survey.
- Participants were given the option to select more than one barrier that they face for medication adherence. Refer to Table 2.
- Forgetting to take medications was the most common reason (81.3%), and negative side effects (50%) was the second most cited barrier.
- The opinion question on the survey was to identify social norms about barriers other people face for medication adherence.
- The majority of them believe that other individuals with diabetes forget to take their medications as well (75%) and the cost of medication was the second most cited barrier (68.8%).

**Policy Implications**

- Addressing and reducing barriers for medication adherence is a must for improving health of patients (Devine, Edwards, Feldman 2018)
- One method to address this is by implementing a policy that mandates physicians to provide an electronic medication device (MMD’s) to patients.
- This will allow patients to use visual, audible aids and texts to remind them.

**Discussions**

- The purpose of this research was to identify additional barriers for medication adherence among individuals with type 2 diabetes.
- Results of the survey indicated that the most common reason individuals do not take their prescription medication is because they forget.
- The second most experienced barrier was fear of the side effects.
- The response from opinion section was used to identify social norms for medication adherence.
- Participants cited that forgetting and cost of medication were commonly perceived.

**References**