

The Impact of Parental Beliefs on juvenile idiopathic arthritis Treatment Adherence: A Study Using the Belief on Medicine Questionnaire (BMQ)

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❖ **Introduction:**

- The Beliefs about Medicines Questionnaire (BMQ) is a validated tool designed to assess perceptions of medication necessity and concerns.
- These beliefs are critical factors influencing adherence in chronic diseases.
- In the context of Juvenile Idiopathic Arthritis (JIA), parental beliefs about immunosuppressive treatments play a pivotal role in treatment adherence.
- Understanding these beliefs provides valuable insights into how parents balance the perceived benefits and potential risks of therapies for their children.

❖ **Aim:**

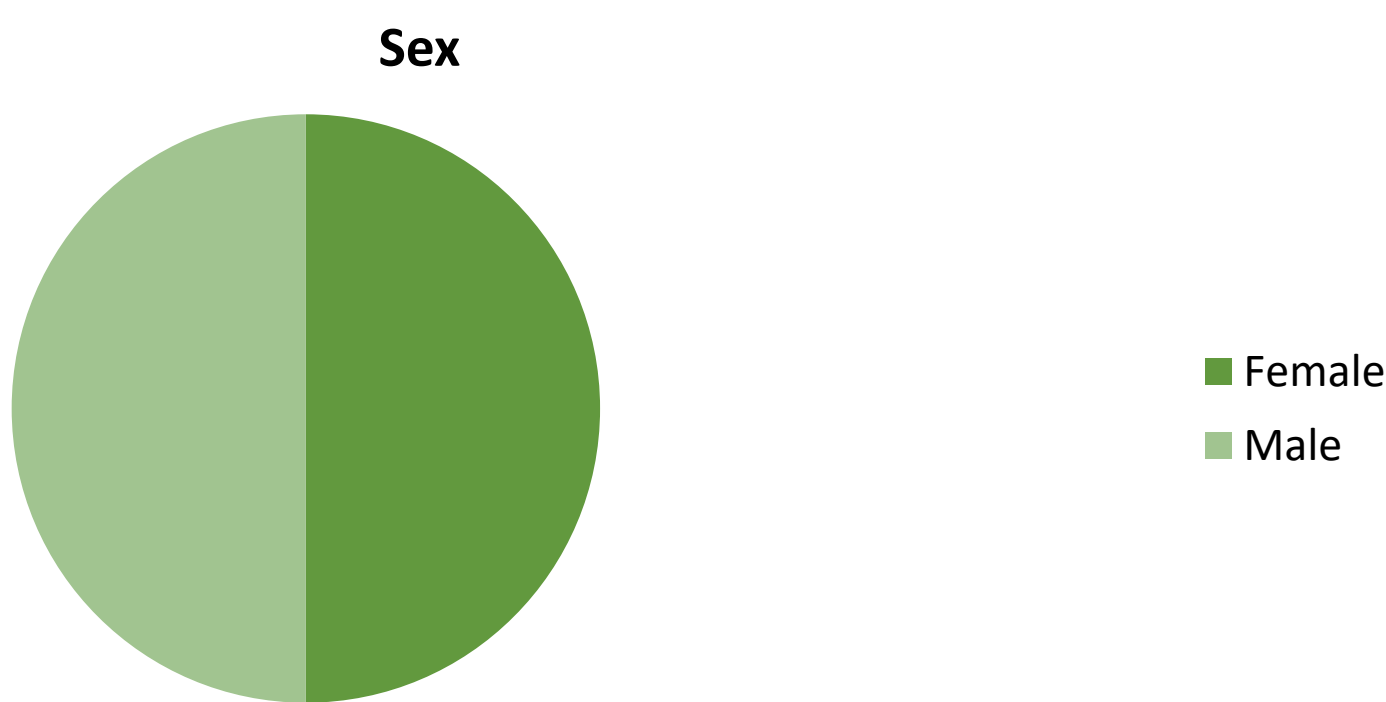
- The aim of this work is to explore the beliefs of parents of children with JIA regarding the use of treatment.
- It also aims to highlight the ambivalence between the recognized benefits of treatment and parental fears.

❖ **Materials and Methods:**

- A cross-sectional study was conducted involving parents of children with JIA.
- One parent per child was asked to complete the Arabic version of the BMQ during a telephone interview.
- The BMQ includes two subscales:
 - One assessing perceived necessity of treatment
 - The other assessing concerns related to the treatment
- Each subscale consists of five items, graded from 1 (strong disagreement) to 5 (strong agreement).
- Sociodemographic, clinical, and therapeutic data were collected from the medical records.

❖ **Results:**

- The study included 28 children with JIA:



- The questionnaire was completed by 70% of the mothers.

• **Parental beliefs about necessity:**

- 60% believed their child's current health depended on the treatment
- 85.6% felt the treatment prevented the condition from worsening
- 10.7% disagreed with the statement "My child's life would be impossible without treatment"
- 18% were undecided on that same statement
- 71.4% believed their child would become very ill without treatment
- 82% felt their child's future health depended on treatment
- The mean score for perceived necessity was 20 out of 25, indicating a strong perceived need

• **Parental concerns:**

- 60% expressed worry about their child taking medication
- 64.2% were concerned about long-term effects
- 67.8% feared treatment dependency
- 60.6% disagreed that their child's treatment was a mystery to them
- 75% felt the treatment did not interfere with their child's life
- The mean score for treatment-related concerns was 15 out of 25, indicating a moderate level of concern

• **Balance of necessity vs. concern:**

- A positive score difference indicated that perceived benefits outweighed concerns
- 82.1% of parents believed the benefits outweighed the risks
- 14.2% thought people taking medications should stop occasionally
- 82.1% disagreed with the statement "Treatments do more harm than good"
- 64.2% disagreed that natural remedies are safer than medical treatments
- 67.8% rejected the notion that doctors place too much trust in treatments

- A significant correlation was found between perceived necessity of treatment and therapeutic adherence ($p = 0.009$)

❖ **Conclusion:**

- This study highlights the importance of understanding parental beliefs to improve treatment adherence in JIA.
- The BMQ proves to be a valuable tool for identifying families at risk of non-adherence.
- Addressing parental concerns through targeted education can enhance adherence and improve health outcomes for children with JIA.