

### MMAS-4 & MMAS-8

#### MMAS-4

1) Do you ever forget to take your medicine?

2) Are you careless at times about taking your medicine?

3) Sometimes if you feel worse when you take the medicine, do you stop taking it?

4) When you feel better do you sometimes stop taking your medicine?

#### MMAS-8

1) Do you sometimes forget to take your pills?

2) People sometimes mistaking their medications for reasons other than forgetting. Thinking over the past two weeks, were there any days when you did not take your medicine?

3) Have you ever cut back or stopped taking your medicine without telling your doctor because you felt worse when you took it?

4) When you travel or leave home, do you sometimes forget to bring along your medicine?

5) Did you take all your medicine yesterday?

6) When you feel like your symptoms are under control, do you sometimes stop taking your medicine?

7) Taking medicine everyday is a real inconvenience for some people. Do you ever feel hassled about sticking to your treatment plan?

8) How often do you have difficulty remembering to take all your medicine?

\_\_\_ A. Never/rarely?

\_\_\_ B. Once in a while?

\_\_\_ C. Sometimes?

\_\_\_ D. Usually?

\_\_\_ E. All the time

### Scoring

#### Adherence

#### MMAS-4 Score

#### MMAS-8 Score

High Adherence

0

0

Medium Adherence

1-2

1-2

Low Adherence

2-4

3-8

Credit: Morisky DE, Green LW, Levine DM. Concurrent and predictive validity of a self-reported measure of medication adherence. Med Care. 1986;24:67-74.



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Page 1 of 1.

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