

Morisky Medication-Taking Adherence Scale-MMAS (4-item)

English Version

(Please check one box on each line)

- | | Yes | No |
|---|-----------------------|-----------------------|
| 1. Do you ever forget to take your (name of health condition) medicine? | <input type="radio"/> | <input type="radio"/> |
| 2. Do you ever have problems remembering to take your (name of health condition) medication? | <input type="radio"/> | <input type="radio"/> |
| 3. When you feel better, do you sometimes stop taking your (name of health condition) medicine? | <input type="radio"/> | <input type="radio"/> |
| 4. Sometimes if you feel worse when you take your (name of health condition) medicine, do you stop taking it? | <input type="radio"/> | <input type="radio"/> |
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MEASUREMENT AND SCORING CRITERIA

The MMAS is a generic self-reported, medication-taking behavior scale in which the specific health issue (high blood pressure, diabetes, elevated cholesterol, HIV, contraception, etc.) is inserted for the “health concern”. The MMAS consists of four items with a scoring scheme of “Yes” = 0 and “No” = 1. The items are summed to give a range of scores from 0 to 4.