

ADHERENCE TO REFILLS AND MEDICATIONS SCALE (ARMS)

I will now ask you how often you actually miss taking your medicines. There are no right or wrong answers. For each question, please answer “none of the time,” “some of the time,” “most of the time,” or “all of the time.”

	<u>None</u>	<u>Some</u>	<u>Most</u>	<u>All</u>
1. How often do you forget to take your medicine?	1	2	3	4
2. How often do you decide not to take your medicine?	1	2	3	4
3. How often do you forget to get prescriptions filled?	1	2	3	4
4. How often do you run out of medicine?	1	2	3	4
5. How often do you skip a dose of your medicine before you go to the doctor?	1	2	3	4
6. How often do you miss taking your medicine when you feel better?	1	2	3	4
7. How often do you miss taking your medicine when you feel sick?	1	2	3	4
8. How often do you miss taking your medicine when you are careless?	1	2	3	4
9. How often do you change the dose of your medicines to suit your needs (like when you take more or less pills than you’re supposed to)?	1	2	3	4
10. How often do you forget to take your medicine when you are supposed to take it more than once a day?	1	2	3	4
11. How often do you put off refilling your medicines because they cost too much money?	1	2	3	4
12. How often do you plan ahead and refill your medicines before they run out?	1	2	3	4

Scoring: Item 12 should be reverse coded. Then add up the points. Lower scores indicate better adherence. Scores can be treated as a continuous measure or dichotomized as 12 or >12 (for the full ARMS) or as 7 or >7 (for the ARMS-7).

Item reduction

The ARMS-7 consists of the 7 items highlighted above in blue.

Correlation of the ARMS-7 with the full 12-item ARMS, Morisky MMAS-4, and measures of refill adherence is shown below.

Correlations

		ARMS composite (12- item)	ARMS composite (7- item)	Morisky scale	Weighted CMG 12 mo final	Weighted CMG 6 mo follow-up	Weighted CMG 6 mo pre-study
ARMS composite (12-item)	Pearson Correlation	1	.950**	-.646**	.263**	.241**	.339**
	Sig. (2-tailed)		.000	.000	.000	.000	.000
	N	435	435	434	420	407	410
ARMS composite (7-item)	Pearson Correlation	.950**	1	-.598**	.270**	.251**	.339**
	Sig. (2-tailed)	.000		.000	.000	.000	.000
	N	435	435	434	420	407	410
Morisky scale	Pearson Correlation	-.646**	-.598**	1	-.111*	-.122*	-.238**
	Sig. (2-tailed)	.000	.000		.022	.014	.000
	N	434	434	434	419	406	409
Weighted CMG 12 mo final	Pearson Correlation	.263**	.270**	-.111*	1	.697**	.442**
	Sig. (2-tailed)	.000	.000	.022		.000	.000
	N	420	420	419	420	407	401
Weighted CMG 6 mo follow-up	Pearson Correlation	.241**	.251**	-.122*	.697**	1	.467**
	Sig. (2-tailed)	.000	.000	.014	.000		.000
	N	407	407	406	407	407	390
Weighted CMG 6 mo pre-study	Pearson Correlation	.339**	.339**	-.238**	.442**	.467**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	
	N	410	410	409	401	390	410

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).