

- Q1 Do you sometimes forget to take your diabetic medication(s)?
- 
- Q2 People sometimes miss taking their medications for reasons other than forgetting. Thinking over the past two weeks, were there any days when you did not take your diabetic medication(s)?
- 
- Q3 Have you ever cut back or stopped taking your medication(s) without telling your doctor, because you felt worse when you took it?
- 
- Q4 When you travel or leave home, do you sometimes forget to bring along your diabetic medication(s)?
- 
- Q5 Did you take your diabetic medication(s) yesterday?
- 
- Q6 When you feel like your blood glucose is under control, do you sometimes stop taking your medication(s)?
- 
- Q7 Taking medication(s) every day is a real inconvenience for some people. Do you ever feel hassled about sticking to your diabetic treatment plan?
- 
- Q8 How often do you have difficulty remembering to take all your medication(s)?
- 

<sup>1</sup>MMAS-8: 8-item version of the Morisky Medication Adherence Scale. The MMAS (8-item) content, names and trademarks are protected by US copyright and trademark laws. Permission for use of the scale and its coding is required. A license agreement is available from: MMAR, LLC, Donald E. Morisky, ScD, ScM, MSPH, 294 Lindura Court, Las Vegas, NV 89138 - 4632; USA; [dmorisky@gmail.com](mailto:dmorisky@gmail.com).

# Morisky Medication Adherence Scale Mmas Manual

**AW Chickering**



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