

Mental Health, Binge Drinking, and Antihypertension Medication Adherence

Jim E. Banta, PhD, MPH; Kelly B. Haskard, PhD; Mark G. Haviland, PhD; Summer L. Williams, MA; Leonard S. Werner, MD; Donald L. Anderson, MD; M. Robin DiMatteo, PhD

Objectives: To evaluate the relationship between self-reported mental health and binge drinking, as well as health status, sociodemographic, social support, economic resource, and health care access indicators to antihypertension medication adherence. **Method:** Analysis of 2003 California Health Interview Survey data. **Results:** Having poor mental health days predicted medication nonadherence, whereas binge drinking did not. Nonadherence predictors included younger age, Latino, non-

US citizen, uninsured, less education, and no regular medical care. Adherence predictors were older age, African American, having prescription insurance, a college degree, poor health, comorbid diabetes or heart disease, and overweight or obese. **Conclusion:** Better mental health may improve medication adherence among hypertensive individuals.

Key words: hypertension, medication adherence, mental health, binge drinking

Am J Health Behav. 2009;33(2):158-171
