

## ABSTRACT

### Background

Tuberculosis (TB) is still a public health problem the world over, with a great part of its morbidity and mortality concentrated in developing countries. Tuberculosis, the infectious disease caused by the bacillus *Mycobacterium tuberculosis*. The cornerstone of tuberculosis management is at least a 6-month course of combination of first line drugs: Isoniazid, Rifampicin, Pyrazinamide, Ethambutol and Streptomycin. Objective The aim of the study was to assess factors influencing adherence to anti-TB drugs among patients aged 15-60 years in ARRH

### Method

A descriptive cross sectional study was employed to assess the factors influencing adherence to anti-TB drugs among patients aged 15-60 years in ARRH June to October 2016. A total of 354 TB patients attending TB clinic Arua Regional Referral Hospital were included in this study using probability, systemic sampling technique. A structured questionnaire was used to collect data. Data were entered and analyzed using SPSS version 20.

### Result

From the assessment done the level of adherence to TB treatment was low at 66.4%. as marital status ( $P=0.004$ ), monthly income level ( $P=0.005$ ), treatment support ( $P=0.000$ ), knowledge on causes of TB ( $P=0.045$ ), knowledge on treatment duration ( $P=0.014$ ), side effect ( $P=0.041$ ), taking other medicines( $P=0.013$ ), mother medicines being taken ( $P=0.049$ ), phase of treatment, money spend on transport ( $P=0.029$ ), waiting times ( $P=0.021$ ), availability of medicine ( $P=0.000$ ), and availability of health workers ( $P=0.000$ ) were statistically significant at the final logistic regression

### Conclusion

The prevalence of non-adherence was high. TB patients should be targeted with interventions to improve medication adherence, particularly by supporting them to continue their treatment. The findings highlight the need for going educational, informational and improving on the socio-economic status interventions of the respondents to address the adherence to TB treatment in order to increase the rate of TB adherence to treatment.