

### Hill-Bone HBP Compliance to High Blood Pressure Therapy Scale (HB-HBP)

No.	Item	Response: 1. All of the Time 2. Most of the Time 3. Some of the Time 4. None of the Time
1	How often do you forget to take your <b>high blood pressure</b> medicine?	
2	How often do you decide NOT to take your <b>high blood pressure</b> medicine?	
3	How often do you eat salty food?	
4	How often do you shake salt on your food before you eat it?	
5	How often do you eat fast food?	
6	How often do you make the next appointment before you leave the doctor's office?*	
7	How often do you miss scheduled appointments?	
8	How often do you forget to get prescriptions filled?	
9	How often do you run out of <b>high blood pressure</b> pills?	
10	How often do you skip your <b>high blood pressure</b> medicine before you go to the doctor?	
11	How often do you miss taking your <b>high blood pressure</b> pills when you feel better?	
12	How often do you miss taking your <b>high blood pressure</b> pills when you feel sick?	
13	How often do you take someone else's <b>high blood pressure</b> pills?	
14	How often do you miss taking your <b>high blood pressure</b> pills when you are careless?	

\* Reverse coding

Note:

Scale and subscale scores are calculated by summing individual items.

Reducing sodium intake subscale: Items 3,4,5

Appointment keeping subscale: Items 6,7

Medication taking subscale: Items 1, 2, 8,9,10,11,12,13,14

### Hill-Bone Medication Adherence Scale (HB-MAS)

No.	Item	Response: 1. All of the Time 2. Most of the Time 3. Some of the Time 4. None of the Time
1	How often do you forget to take your <b>high blood pressure</b> medicine?	
2	How often do you decide NOT to take your <b>high blood pressure</b> medicine?	
3	How often do you forget to get prescriptions filled?	
4	How often do you run out of <b>high blood pressure</b> pills?	
5	How often do you skip your <b>high blood pressure</b> medicine before you go to the doctor?	
6	How often do you miss taking your <b>high blood pressure</b> pills when you feel better?	
7	How often do you miss taking your <b>high blood pressure</b> pills when you feel sick?	
8	How often do you take someone else's <b>high blood pressure</b> pills?	
9	How often do you miss taking your <b>high blood pressure</b> pills when you are careless?	

**Note:**

This 9-item scale has broad application across various chronic diseases and conditions for self-assessment of medication adherence. The words “**high blood pressure**” may be replaced with other conditions as applicable.

Details on scale scoring and psychometric properties are provided in the references below:

Kim, M.T., Hill, M.N., Bone, L.R., Levine, D.M. Development and testing of the Hill-Bone compliance to high blood pressure therapy scale. Progress in Cardiovascular Nursing Summer 2000, 90-96. <https://www.ncbi.nlm.nih.gov/pubmed/10951950>

Lambert EV, Steyn K, Stender S, Everage N, Fourie JM, Hill M. Cross-cultural validation of the Hill-Bone compliance to high blood pressure therapy scale in a South African, Primary Health Care Setting. Ethnicity & Disease 2006; 16:286-291. <https://www.ncbi.nlm.nih.gov/pubmed/16599385>