

# THE IMPORTANCE OF VALIDATING PSYCHOMETRIC SCALES IN HEALTHCARE RESEARCH: A FOCUS ON MEDICATION ADHERENCE

## Background

The Medication Adherence Report Scale (MARS-5)—a 5-item self-report tool assessing both intentional and unintentional medication non-adherence—has demonstrated strong psychometric properties in conditions like hypertension, asthma, and diabetes. However, until now, it lacked formal validation in Albanian.

## Key Findings

In the study by Mihani et al. (2025), the Albanian version of the MARS-5 demonstrated **excellent psychometric properties**. These results confirm that MARS-5 is a **robust and culturally appropriate tool** for assessing medication adherence in the Albanian population. Based on these findings, we **strongly recommend its routine use** in both clinical practice and health research to support more accurate assessment, monitoring, and intervention strategies related to patient adherence.

## Policy Implications

### ☐ Standardized Adherence Assessment Tool

With proven validity in Albanian, MARS-5 can be routinely implemented in primary care and outpatient settings for diverse chronic conditions.

### ☐ Targeted Adherence Improvement Programs

Routine use will help identify non-adherent patients, enabling personalized interventions such as:

*a. Medication counseling*

*b. Reminder systems (pill boxes)*

*c. Patient education on medication necessity and side effects*

### ☐ Cost-Effective Strategy

The brevity and ease of MARS-5 make it a feasible, scalable solution for low-resource healthcare systems.

## Recommended Actions

Action	Responsibility	Outcome
<b>Integrate MARS-5 into routine visits</b>	Primary care clinics, pharmacies	Systematic adherence screening
<b>Train staff</b>	Health ministries, professional bodies	Accurate, consistent tool administration
<b>Develop referral pathways</b>	Clinics, community health programs	Seamless intervention for non-adherent patients
<b>Monitor &amp; evaluate</b>	Health authorities, researchers	Adherence data, patient outcomes, cost-effectiveness

## Key Stakeholders

- **Ministries of Health**
- **Primary health care providers & community pharmacists**
- **Public health institutions and epidemiologists**
- **Patient advocacy groups**
- **Health researchers and academic institutions**


## Conclusion

---

MARS-5 as a reliable, valid, and contextually appropriate tool for measuring medication adherence in Albanian. Its implementation across healthcare settings can significantly enhance the monitoring and management of chronic disease adherence,

## Contact information

---

 For more information, please read the [open access article](#).

 Or feel free to **contact me via email at** [suela.kellici@umed.edu.al](mailto:suela.kellici@umed.edu.al) or [joana.mihani@gmail.com](mailto:joana.mihani@gmail.com)