

**RELATIONSHIP BETWEEN ANXIETY AND NON-ADHERENCE TO  
TUBERCULOSIS TREATMENT AMONG PATIENTS IN SELECTED CHEST  
CLINICS IN MOMBASA COUNTY, KENYA**

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**A RESEARCH PROJECT SUBMITTED TO THE SCHOOL OF LAW, ARTS  
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**DECLARATION**

This research project is own original work and as not submitted to any other institution of learning for the award of certificate, diploma or degree

Signature.....

Date...12/8/2023.....

C50/NKU/PT/37482/2017

This project has been submittd for review with my approval as a Kenyatta University supervisor

Signature.....

Date...12/06/2023.....

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## ABSTRACT

Non-adherence to anti tuberculosis therapy continues to be a major impediment to the control and management of Tuberculosis (TB) despite many efforts that have been put in place by government. Government initiatives to treat TB include ongoing training for medical personnel and providing free TB drugs in all government facilities. Non-adherence to TB treatment will result to increase the burden of health care, morbidity and mortality. Many drug related factors have been noted to contribute to non-adherence to TB and other chronic ailments. However little has been done on relationship between anxiety and non-adherence. This study sought to find out the relationship between anxiety and Non-adherence to TB treatment. The study was guided by the following objectives; to find out the level of Non-adherence to TB treatment among TB patients, to determine the level of anxiety among TB patients, to establish the effect of anxiety on Non-adherence to TB treatment and to identify intervention measures that would mitigate anxiety among TB patients. The study was anchored on the care-seeking behavior theory and rational emotive theory and adopted Correlation research design. The study population was 5,000 TB patients in Mombasa county; Nasiuma's formula was used to get a sample size of 400 patients. Questionnaire was used to collect quantative and qualitative data. The researcher used content experts to establish validity of the instruments while reliability used test then re-test method to check for consistency. Quantative data was analyzed using descriptive statistics namely; Frequency, percentages and Pearson moment of correlation and SPSS version 23. The study revealed 83% of the respondent's experienced moderate non-adherence, 12.2% low non-adherence while 4.8% had high incidences of non-adherence, the study established that 51.3% of the respondents experienced mild anxiety, 27.2% moderate anxiety while 21.5% had severe anxiety ,the study found that association between the non-adherence and anxiety was not significant finally the study found out that the respondents had a clue on what would help mitigate their anxiety thus reduce incidences of non-adherence. More than thirty percent indicated that information, counseling and social support would be helpful in management of anxiety about tuberculosis treatment hence mitigate non-adherence to TB treatment. The study concludes that that there is non-adherence to TB treatment and a relationship exist between anxiety and non-adherence. The study recommended that the role of counselors and psychologists be emphasized in reducing non-adherence.