

M-8R™: (Revised Version) M-8R™ (Medication 8 Revised Scale) is a revised version of the original MMAS-8 developed by Dr. Donald E. Morisky. The M-8R was developed by Philip Morisky to enhance clarity, cultural adaptation, and support for pharmacist-led and global adherence interventions. The revised scale retains the original scoring system and conceptual framework.

Taking medication as prescribed can be challenging for many reasons, including life circumstances, routines, side effects, or beliefs about treatment. This self-assessment is designed to help us understand how you manage your medications, in your own words, without judgment. There are no right or wrong answers—your responses will help your healthcare team or study researchers support you more effectively.

1. Do you sometimes forget to take your medications?
☐ Yes ☐ No
2. Over the past two weeks, were there any days when you chose not to take your medication, even when you remembered, for reasons such as side effects, cost, or feeling better or worse?
☐ Yes ☐ No
3. Have you ever cut back or stopped taking your medication without telling your doctor because you felt worse when you took it?
☐ Yes ☐ No
4. When you travel or leave home, do you sometimes forget to bring your medication with you?
☐ Yes ☐ No
5. The last time you were supposed to take your medication, did you take it?
☐ Yes ☐ No
6. When you feel like your symptoms are under control, do you sometimes stop taking your medication?
☐ Yes ☐ No
7. Taking medication every day can be difficult. Do you ever feel annoyed or burdened by having to stick to your treatment plan?
☐ Yes ☐ No
8. How often do you have difficulty remembering to take all your medications?
☐ Never ☐ Rarely ☐ Sometimes ☐ Often
☐ All the time

Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.