Table I -*The Beliefs about Medicines Questionnaire*

BMQ-Specific (BMQ-S)

Specific-Necessity (BMQ-SN)

My health, at present, depends on my medicines.

My life would be impossible without my medicines.

Without my medicines I would be very ill.

My health in the future will depend on my medicines.

My medicines protect me from becoming worse.

Specific-Concern (BMQ-SC)

Having to take medicines worries me.

I sometimes worry about long-term effects of my medicines.

My medicines are a mystery to me.

My medicines disrupt my life.

I sometimes worry about becoming too dependent on my medicines.

BMQ-General (BMQ-G)

General-Overuse (BMQ-GO)

Doctors use too many medicines.

Natural remedies are safer than medicines.

Doctors place too much trust on medicines.

If doctors had more time with patients they would prescribe fewer medicines.

General-Harm (BMQ-GH)

People who take medicines should stop their treatment for a while every now and again.

Most medicines are addictive.

Medicines do more harm than good.

All medicines are poisons.

Table II. Demographic information

Variables	N	%
Total	921	-
1. Age (mean=45,4 ±14,8)*		
18-24	237	26
25-34	234	25
35-50	226	25
51-75	221	24
2. Gender		
Female	479	52
Male	442	48
3. Education (highest degree)		
Primary school	186	20.2
Secondary school	374	40.6
Academic degree	308	33.4

*The age distribution of the sample was slightly different from the population of Iceland according to Statistics Iceland

Table III. All subjects and mean BMQ score. Numbers of those answering all statements in each BMQ category

	All subjects		Subjects with specific chronic diseases		Healthy subjects	
	Mean score (SD)	n	Mean score (SD)	n	Mean score (SD)	n
BMQ-GO	13.2 (2.98)	883	12.6 (3.04)	331	13.9 (2.82)	232
BMQ-GH	9.29 (3.10)	876	8.70 (2.94)	329	10.4 (3.26)	232
BMQ-SN	-	-	20.4 (4.15)	398	-	-
BMQ-SC	-	-	13.0 (4.34)	398	-	-

SD=Standard deviation

Table IV. BMQ-G statements and subjects' response

BMQ-G statements**	Subjects that agreed to the statements*, %		
	All subjects	Subjects with specific chronic	Healthy subjects (n=232)

		diseases (n=330)	
Doctors use too many medicines (O)	54.8	45.3	66.1
People who take medicines should stop their treatment for a while every now and again (H)	21.9	14.3	36.7
Most medicines are addictive (H)	19.6	12.4	25.9
Natural remedies are safer than medicines (O)	30.4	23.2	36.5
Medicines do more harm than good (H)	5.6	4.6	8.8
All medicines are poisons (H)	7.2	6.7	9.7
Doctors place too much trust on medicines (O)	36.2	32.4	44.9
If doctors had more time with patients they would prescribe fewer medicines (O)	49.2	42.9	55.0

*Total proportion of subjects that agreed rather or much to the statements.
**O and H in parentheses stands for statements of BMQ-GO and BMQ-GH, respectively.
The proportion of subjects not wanting to answer statements of BMQ-G, calculated from the total number of subjects, never exceeded 3%.

Table V. Comparison of scores for BMQ-GO and BMQ-GH related to education between healthy subjects and those with specific chronic diseases. The table shows p-values and effect size (only calculated for significant differences).

Group	Education			
	BMQ-GO	Effect size	BMQ-GH	Effect size
Subjects with chronic diseases	0.006*	0.21	0.080	
Healthy subjects	<0.0005*	0.42	<0.0005*	0.32
All subjects	0.009*	0.12	≤0.0001*	0.24

*Significant difference

Table VI. BMQ-S statements and response of subjects with specific chronic diseases

	Subjects proportion in the disease groups that agreed on the statements*, %

BMQ-S statements**	All subjects with specific chronic diseases ***	Cardiovascular disease (n=205)	Lung disease (n=35)	Diabetes (n=26)	Mental disease (n=59)	Gastrointestinal disease (n=74)
My health, at present, depends on my medicines (N)	84.3	89	72.2	93.1	83.6	83.1
Having to take medicines worries me (C)	52.6	53.8	41.7	42.8	51.6	61.8
My life would be impossible without my medicines (N)	60.8	57.1	80.0	85.2	66.1	68.0
Without my medicines I would be very ill (N)	56.5	57.2	68.5	92.6	60.0	57.4
I sometimes worry about long-term effects of my medicines (C)	40.3	41.2	27.0	39.3	44.2	52.0
My medicines are a mystery to me (C)	25.6	25.2	22.8	29.6	18.4	28.4
My health in the future will depend on my medicines (N)	69.2	76.6	55.6	92.9	55.8	66.3
My medicines disrupt my life (C)	9.2	7.2	13.9	7.6	15.0	10.9
I sometimes worry about	18.5	17.1	25.0	14.8	21.7	27.1

becoming too dependent on my medicines (C)						
My medicines protect me from becoming worse (N)	81.2	82.5	86.1	88.5	85.0	80.0

* Total proportion of subjects that agreed rather or much with the statements
**N and C in parentheses stand for the statements of BMQ-SN and BMQ-SC
***Proportions of subjects not wanting to answer statements for BMQ-S never exceeded 4%.