3. Patient preferences

Table1. Characteristics of the subjects

	Total (N=809)	Patients taking ULT (n=755)		P
		ULT adherence≥80% (n=673)	ULT adherence<80% (n=82)	
Age, mean±SD, years	53.5 ± 13.7	54.2 ± 13.5	49.1 ± 13.4	**0.001**
Male	789 (97.6)	656 (97.6)	81 (98.8)	1.000
BMI, mean±SD, kg/m^2	26.4 ± 3.7	26.3 ± 3.8	26.6 ± 3.1	0.333
Disease duration, mean±SD, years	8.2 ± 7.9	8.4 ± 7.9	6.1 ± 6.4	**0.011**
Comorbidities	548 (67.7)	466 (69.2)	49 (59.8)	0.082
Urinary stone	57 (7.0)	48 (7.1)	7 (8.5)	0.644
Diabetes mellitus	97 (12.0)	86 (12.8)	7 (8.5)	0.270
Hypertension	352 (43.5)	305 (45.3)	27 (32.9)	**0.033**
Dyslipidemia	220 (27.2)	192 (28.5)	16 (19.5)	0.084
Cardiovascular disease[*]	96 (11.9)	85 (12.6)	6 (7.3)	0.163
Cerebrovascular disease	21 (2.6)	17 (2.5)	1 (1.2)	0.710
Renal dysfunction	87 (10.8)	75 (11.1)	7 (8.5)	0.474
Gout attacks in the past year				
None	342 (42.3)	311 (46.2)	20 (24.4)	**<0.001**
1-3	359 (44.4)	271 (40.3)	51 (62.2)	
≥4	108 (13.3)	91 (13.5)	11 (13.4)	
Current use of ULT	755 (94.5)	-	-	-
Allopurinol	138 (18.3)	126 (18.7)	12 (14.6)	0.366
Febuxostat	313 (41.5)	283 (42.1)	30 (36.6)	0.343
Benzbromarone	15 (2.0)	15 (2.2)	0 (0)	0.392

Do not know	258 (34.2)	223 (33.1)	35 (42.7)	0.108
Use of alternative treatments	131 (16.4)	112 (16.8)	13 (16.5)	0.940
Natural supplements	117 (14.7)	101 (15.2)	12 (15.4)	0.968
Herbal remedies	15 (1.9)	13 (2.0)	0 (0)	0.381

Data are presented as number (%). ULT, urate lowering therapy; SD, standard deviation; BMD, body mass index

[*]includes ischemic heart disease, myocardial infarction, arrythmia, congestive heart failure

Table 2. Patients' perspectives and preferences for gout management

	Total (N=809)	Patients taking ULT (n=755)		P
		ULT adherence≥80% (n=673)	ULT adherence<80% (n=82)	
Know management strategies				
Know well	299 (37.0)	258 (38.3)	23 (28.0)	0.063
Know a little	467 (57.8)	387 (57.5)	52 (63.4)	
Do not know	42 (5.2)	28 (4.2)	7 (8.5)	
Perceive gout as a lifelong disease				
Strongly agree	344 (42.5)	297 (44.1)	28 (34.1)	0.322
Agree	394 (48.7)	315 (46.8)	45 (54.9)	
Disagree	16 (2.0)	15 (2.2)	1 (1.2)	
Strongly disagree	27 (3.3)	24 (3.6)	3 (3.7)	
Do not know	28 (3.5)	22 (3.3)	5 (6.1)	
Efforts toward making lifestyle modifications				
Any[*]	722 (89.2)	606 (90.0)	69 (84.1)	0.101
Regular exercise	449 (55.6)	380 (56.5)	40 (48.8)	0.181
Dietary modification	417 (51.6)	362 (53.8)	34 (41.5)	**0.035**
Alcohol restriction	614 (75.9)	522 (22.4)	25 (30.5)	0.104

Education preferences about gout management				
During clinic visit	582 (71.9)	492 (73.1)	57 (69.5)	0.490
Health education program	15 (1.9)	13 (1.9)	0 (0)	0.381
TV and radio programs	83 (10.3)	70 (10.4)	6 (7.3)	0.381
Written information (books, magazines, pamphlets)	33 (4.5)	30 (43)	1 (1.2)	0.239
Internet searching	283 (35.0)	229 (34.0)	36 (43.9)	0.077
Friends/family members with gout	58 (7.2)	50 (7.4)	5 (6.1)	0.661
Never sought	28 (3.5)	21 (3.1)	1 (1.2)	0.498
Treatment preferences				
ULT only	230 (28.4)	204 (30.3)	13 (15.9)	**0.006**
Lifestyle modification only	141 (17.4)	104 (15.5)	23 (28.0)	**0.004**
ULT and lifestyle modification	434 (53.6)	362 (53.8)	45 (54.9)	0.852
Others[†]	8 (1.0)	6 (0.9)	2 (2.4)	0.212

Data are presented as number (%). ULT, urate lowering therapy.

[*] Practicing at least one of regular exercise, dietary modification, and alcohol restriction.

[†] Others include natural supplements, herbal remedies, stress management, and joint injection.

Table 3. Factors affecting adherence to urate lowering therapy

	Univariable			Multivariable		
	OR	95% CI	P	OR	95% CI	P
Age	1.01	1.001-1.047	**0.002**	1.03	1.011-1.048	**0.002**
Disease duration	1.05	1.010-1.089	**0.013**	-	-	-
Having hypertension	1.52	0.947-2.428	0.083	-	-	-
Acknowledgement of management strategies	2.80	1.105-7.119	**0.030**	3.56	1.335-9.510	**0.011**
Practicing dietary modification	1.64	1.032-2.615	**0.036**	1.50	0.928-2.414	0.098
Preference for taking ULT for treatment	2.17	1.289-3.635	**0.003**	2.07	1.214-3.516	**0.007**

OR, odd ratio; CI, confidence interval; ULT, urate lowering therapy