

Table 3 Health status and medication-related characteristics

Factor	Mean ± SD/ N (%)
Family history	
No	191 (56.7)
Parents	94 (27.9)
Siblings	52 (15.4)
Timing of medication intake	
Morning	332 (98.5)
Not in the morning	5 (1.5)
Intake of drugs concerning the meals	
Before meals	308 (91.4)
After meals	29 (8.6)
Intake of drugs away from food	
No	169 (51.1)
Yes	162 (48.9)
Better adherence after dose increase	
No	13 (3.9)
Yes	130 (38.6)
Same adherence	194 (57.6)
Presence of comorbidities	
No comorbidity	90 (26.7)
One comorbidity*	150 (44.5)
2+ comorbidities**	97 (28.8)
Duration of hypothyroidism (in years)	9.71 ± 7.52
Number of medication taken	2.83 ± 1.82
TSH test regularly	
No	132 (39.2)
Yes	205 (60.8)
Period of testing (months)	9.35 ± 3.76
Result of testing***	
Normal	215 (63.8)
Not normal	28 (8.3)
Don't know	94 (27.9)
Knowing the normal range of TSH	
No	263 (78)
Yes	74 (22)

*Patients with one disease.

**Patients with two or more diseases.

***Normal TSH levels defined as a range from 0.4–4.0 milli-international units per litre (mIU/L) (<https://www.nlm.nih.gov/medlineplus/ency/article/003684.htm>).