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KNOWLEDGE AND BEHAVIOR OF SAUDI FEMALE UNIVERSITY STUDENTS TOWARDS SELF-MEDICATION.

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Background: Self-medication is considered a fairly common practice worldwide. A recent study in the UK showed that an estimated of 20% of the population choose to self-diagnose themselves versus seeking medical advice. Self-medication is considered a fairly common practice. It has a harmful side, since it might lead to wasting of resources, development resistance, drugs reactions or dependency, misdiagnosis, accidental overdoses and addiction development.

Methods: Cross-sectional based study conducted to University students aged 18-26 through a self administered questionnaire to collect the data from all college students with no exception over 6 months.

Results: A total sample size of 500 students, their mean age was from 25-21, most of them were from science faculty

191 (38.8%), bachelor level of education was the most 416 (83.2%), single students made the mass of the study 461 (92.2%). A 413 (82.6%) of total 500 have tried Self-Medication, 189 (37.8%) choose drugs, most common used was Analgesic 227 (45.4%), the most frequent symptoms was stomach pain and headache 150 (30%), 145 (29%) took the medication from their relatives, there was illness improvement among most of them 363 (72.6%), while least 21 (4.2%) went to ER due to it. Most of the responses regarding health care system were positive.

Conclusion: We found that Self-Medication practice is highly prevalent in our University, even though most results of their treatment was improving, the 4% who went to ER is enough indicator that this act is dangerous and thus we need to do more awareness activities regarding it.

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