

IPAPP-22-14321

# "Self-medication in Times of COVID-19 Pandemic in Medical Technology Students of the Universidad Nacional Mayor de San Marcos"

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## Supplementary Data

**Supplementary Table 1:** Schedule.

Activities	2020															
	October			November				December			January					
	2da	3ra	4ta	1ra	2da	3ra	4ta	1ra	2da	3ra	4ta	1ra	2da	3ra	4ta	
Theme selection																
election of the research title																
Literature review																
Problem statement																
Formulation of the problematic reality																

Problem formulation														
Delimitation of objectives														
Justification of the investigation														
Development of research background														
Theoretical bases and definition of terms														
Operationalization of variables														
Methodological Design of the research														
Pilot test of the data collection instrument														
Selection of the sample for research														
Application of the data collection instrument to the selected sample														
Analysis and interpretation of the collected data														
Discussion and conclusions of the results obtained														
Fin														

al review																				
Presentation and final presentation of the research																				

Supplementary Table 2: Operationalization of variables.

Variable	Dimension	Indicator	Final value
Socio educational characteristics	Personal characteristics	Sex	Female-Male
		Area	Clinical laboratory and pathological anatomy
			Radiology
			Physical therapy and rehabilitation
			Therapy occupational
		Academic cycle	First cycle
			Second cycle
			Third cycle
			Fourth cycle
			Fifth cycle
			Sixth cycle
			Be seventh cycle
			Eighth cycle
		Ninth and tenth cycle (boarding school)	
Level of knowledge about self-medication	Basic skills	What is self-medication?	a) Use of medicine on their own initiative. b) Consumption of prescription medicine. c) Choosing a prescription drug
		What are the risks caused by self-medication?	a) Causes allergies. (b) No signs and symptoms occur (c) Addiction, (d) Intoxication (e) Death
Self-medication practice	Self-medication behaviour	Did you ever take medication without a prescription?	Yes-No
	Most important reason for the practice of self-medication	Why did you self-medicate?	a) Because the disease was not serious b) Because I lack money to buy the prescriptionc) Because I have enough knowledge to prescribe only d) Because of lack of time to go to a doctor e)Because I live far from a hospital f) Because I do not trust the doctor g)Other reasons:
Factors influencing self-medication	Social	Do you have friends or family members who take over-the-counter medications?	Yes-No
	Media	Do you think that the advertising presented on TV,	Yes-No

		radio, internet, influences the self-medication of people?	
	Health insurance affiliation	Are you enrolled in health insurance?	a) SISb) EsSalud c) None) Other. Mention
Self-medication IN the face of the COVID- 19 pandemic	Medication information	Have you received any information about medications to counteract or prevent COVID-19?	Yes-No
		Who provided the information?	a) Family or friends b) Social Networks c) Other.
		On which social network did you see information being aired most often about medications to counteract or anticipate COVID-19.	a) Whatsappb) Facebook c) Instagram d) OTHER.
	Social environment	Did any family members or acquaintances self-medicate to counteract or anticipate COVID-19?	Yes-No
	Symptoms compatible with COVID-19	In recent months. Did you have any symptoms such as: Fever, nasal congestion, sore throat, dry cough, loss of taste or smell?	Yes-No
		Did you go to a health center in the presence of one of these symptoms?	Yes-No
	Self-medication against the symptoms compatible with COVID-19	Did you self-medicate to counteract any of these symptoms?	Yes-No
		What symptoms motivated you to self-medicate?	a) Feverb) Nasal congestion c) Sore throat d) Dry cough) Loss of taste f) Loss of smell
		Which of the	a) Paracetamol b) Ibuprofen c) Ivermectin d)

	following medications did you take to counteract the symptoms?	Azithromycin e) Chloroquine f) Hidroxicloroquina g) Prednisone h) Warfarin
	It considers that the efficacy of the self-medicated drugs was:	a) Good b) None c) Worsened symptoms d) Other symptoms appeared
	Where did you get the medicine?	a) In the Pharmacy b) Warehouse c) A friend or relative was selling d) Another.

**Supplementary data 3:** Data collection sheet.

**I. INTRODUCTION**

**II. INFORMED CONSENT**

Do you agree to participate voluntarily in this research paper?

- a) Yes
- b) No

**III. GENERAL DATA:**

1. Sexo: F ( ) M ( )
2. Area:
3. Academic cycle:

**IV. INSTRUCTIONS**

You will then be presented with a series of questions with their respective alternatives. Choose for each of them one or more answers and mark the answer you think is convenient

**V. LEVEL OF KNOWLEDGE ABOUT SELF-MEDICATION**

1. What is Self-Medication?
  - a) Use of medicine on their own initiative.
  - b) Consumption of prescription medicine.
  - c) Choosing a prescription drug
2. What are the risks caused by self-medication?
  - a) Causes allergies.
  - (b) No signs and symptoms occur.
  - (c) Addiction,
  - (d) Intoxication
  - (e) Death

**VI. SELF-MEDICATION PRACTICE**

3. Did you ever take medication without a prescription?
  - a) Yes
  - b) No

4. If the answer in question 3 was yes. Why did you self-medicate? Mark the most important reason for you.
  - a) Because the disease was not serious
  - b) Because I lack money to buy the prescription
  - c) Because I have enough knowledge to prescribe myself
  - d) Lack of time to go to a doctor
  - e) Because I live very far from a hospital
  - f) Because I don't trust the doctor
  - g) Other reasons: .....

**VII. FACTORS INFLUENCING SELF-MEDICATION**

5. Do you have friends or family members who take over-the-counter medications?
  - a) Yes
  - b) No
6. Do you think that the advertising presented on TV, radio, internet, influences the self-medication of people?
  - a) Yes
  - b) No
7. Are you enrolled in health insurance?
  - a) Six
  - b) EsSalud
  - c) None
  - d) Other. Mention:

**VIII. SELF-MEDICATION IN THE FACE OF THE COVID-19 PANDEMIC**

8. As a result of the COVID-19 pandemic. Have you received any information about medications to counteract or prevent COVID-19?
  - a) Yes
  - b) No
9. If the answer in question 8 was yes. Who provided the information?
  - a) Family members and friends
  - b) Social Media
  - c) Other. Specify: \_\_\_\_\_
10. On which social network did you see information being aired most often about medications to counteract or anticipate COVID-19.
  - a) Whatsapp
  - b) Facebook
  - c) Instagram
  - d) OTHER. Specify: \_\_\_\_\_
11. Did any family members or acquaintances self-medicate to counteract or prevent COVID-19?

- a) Yes
  - b) No
12. In recent months. Did you have any symptoms such as: Fever, nasal congestion, sorethroat, dry cough, loss of taste or smell?
- a) Yes
  - b) No
13. If the answer in question 12 was yes. Did you go to a health center in the presence of one of these symptoms?
- a) Yes
  - b) No
14. If the answer in question 12 was yes. Did you self-medicate to counteract any of these symptoms?
- a) Yes
  - b) No
15. If the answer in question 14 was yes. What symptoms motivated you to self-medicate?
- a) Fever
  - b) Nasal congestion
  - c) Sore throat
  - d) Dry cough
  - e) Loss of taste
  - f) Loss of smell
16. Which of the following medications did you take to counteract the symptoms?
- a) Paracetamol
  - b) Ibuprofen
  - c) Ivermectin
  - d) Azithromycin
  - e) Chloroquine
  - f) Hidroxicloroquina
  - g) Prednisone
  - h) Warfarin
  - i) Other. Specify: \_\_\_\_\_
17. It considers that the efficacy of the self-medicated drugs was:
- a) Good
  - b) No
  - c) Worsened symptoms
  - d) Other symptoms appeared
18. Where did you get the medicine?
- a) In the Pharmacy
  - b) Wine cellar
  - c) A friend or family member was selling

d) Other. Specify: \_\_\_\_\_