

Role of Self-Medication Practices, Prevalence, and Related Factors in Adults

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ABOUT THE STUDY

Self-Medication (SM) is the process of treating diseases or symptoms that have been independently detected. There may be a number of hazards, despite the fact that it is an essential part of reducing the need for medical services. In this study, adult inpatients may have their prevalence of SM and its factors examined. A questionnaire and an in-person interview were conducted with 453 adult inpatients. Statistical Software for the Social Sciences was used to analyze the data (SPSS). To determine if there was a relationship between the variables, the chi-square test was utilized. Antipyretics, antibiotics, and analgesics were the most frequently utilized medications.

Headaches, a cough or fever, and body pains were the main signs of SM. Pharmacists were the main source of knowledge on the drugs used in SM. A little more than half of the participants acknowledged reading medication informational leaflets while Self-Medicating. In this study, SM significantly correlated with monthly income, age, and place of residence. Larger, nationwide studies are needed to assess the prevalence and contributing factors of SM and to suggest the best controls for this phenomenon.

The World Health Organization (WHO) defines self-medication as the intermittent or continuous use of a prescription drug for persistent or recurrent illnesses or symptoms. The usage of medications to address ailments or symptoms that have been independently identified is also included. Self-medication includes using Over The Counter (OTC), prescription-only, or complementary and alternative medications. Antibiotic resistance, misdiagnosis, the use of high doses, extended duration of usage, medication interactions, and polypharmacy are just a few of the health problems that may arise from SM. Along with

its important function in the treatment of minor ailments, its potential to reduce the demand on medical services, and its power to control treatment costs, this is also a benefit. Recent studies conducted in several nations of the world, including Egypt, Jordan, Lebanon, Palestine, Vietnam, and Brazil, have given differing estimates of the proportion of patients who self-medicate, with prevalence rates ranging from around 16.1% to 83.3%. According to studies, a variety of factors, such as sociodemographic traits, educational level, and the proximity of pharmacies, influences the usage of self-medication. To the best of our knowledge, no studies have been conducted on how frequently hospital patients self-medicate. Patients received signed informed consents after being informed of the study's objectives and purpose. Participants were also informed of the study's voluntary nature, the confidentiality, and the anonymity of the information gathered.

Data on the prevalence and variables associated with self-medication are required for planning measures aimed at improving the self-use of medications and lowering the risks connected with it. The purpose of this study is to determine the prevalence of self-medication among adult patients and to identify factors that may influence self-medication, to identify classes and sources of medications used, and to determine the causes of self-medication.

Data were analyzed using SPSS software version 22. Descriptive statistics were utilized to describe self-medication practices and show the demographics of the sample by using counts, percentages, and averages. The chi-square test was used to determine associations among sociodemographic data, self-medication usage, self-medication outcomes, and substance use. If a result was less than 0.05, it was considered statistically significant.

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