

Evaluation of Self-Medication and Related Factors in Clients of Health Centers in Behbahan in 2019

Pouriya Darabiyani¹, Alireza Rafi², Parisa Eskandari³, Zahra Sokhansanj³, Zeinab Shajirat^{4*}

1Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.

2MSc Student of Nursing, Student Research Committee, School of Nursing & Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

3Nursing Student, Student Research Committee, Masjed-Soleyman Health Education Complex, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.

4*Behbahan Faculty of Medical Sciences, Behbahan, Iran.

ABSTRACT

Background & Aim: Self-medication refers to a way in which a person takes medication without a prescription for the purpose of treatment. Due to the fact that arbitrary use of some drugs causes serious complications and even death in people, the knowledge and attitude gained in this regard lead to self-care and less use of drugs without a doctor's prescription. Therefore, this study was performed to determine the rate of self-medication and related factors in clients of health centers in Behbahan in 2019.

Materials & Methods: In this cross-sectional descriptive study, available sampling was performed in Behbahan health center. The data collection tool was an approved checklist for self-medication. Data analysis was done with spss-20 software using Chi-square.

Results: In this study, 121 individuals with an average age of 35.59 ± 13.26 years, 70.2% female and the rest were male and 71.1% were married and the rest single, were enrolled. The prevalence of self-medication with antibiotics, colds, nervous and neuromuscular diseases, digestive, cardiovascular, anti-allergic, opioid and psychedelic, skin, antimicrobial, vitamin and food supplements, analgesic and herbal medicines were 39.7%, 68.6%, 14.0%, 21/5%, 4.1%, 13.2%, 3.3%, 5.8%, 5/0%, 38.8%, 56.2% and 47.1% respectively. People with higher education were more likely to receive antibiotics and antidepressants, more married people with antidepressants, more people living in the city with curative and curative cures ($p < 0.05$).

Conclusion: The results showed a high level of self-medication in those referring specifically to colds and because these people do not see doctors for certain issues such as poverty or culture, periodic free referrals are needed to create a culture and help poor families, and to help raise awareness of these people by conducting training courses at health centers about self-care disadvantages.

Key words: Knowledge, attitude, performance, self-medication.

Address for Correspondence Author

Dr. Zeinab Shajirat; Faculty of Medical Sciences, Behbahan, Iran.

E-mail: zeinab.shajirat@gmail.com

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Introduction

Self-medication is the use of one or more medications without a doctor's diagnosis and prescription, which include herbal and

chemical medications. Drug use is an essential part of the treatment chain of diseases.¹ But the social view usually considers its safe and healing aspect, while in

the texts Medicine thinks of medicine as a double-edged sword, one end of which is aware of pathogens and the other end of which threatens human life due to lack of awareness of its proper use.² Although 75% of treatments are done with drugs, however, its irrational use without consultation with the treating physician, in addition to not treating the disease, also causes long-term drug complications.³ Various studies show that the rate of prescribing drugs is not consistent with the population of the country and the epidemiological situation of diseases, which is due to self-medication or arbitrary use of drugs in society.¹ Self-medication is the most common form of self-care that can be done through the use of an industrial or handmade drug, access to over-the-counter drugs, the use of previously prescribed drugs in similar cases, the use of additional drugs left at home.¹ According to the World Health Organization, 40% of medical expenses are spent on medicine and improper use of medicine is a global problem.⁴ Arbitrary use of drugs has led to an increase in factors such as bacterial resistance to antibiotics, lack of optimal treatment, unwanted and even intentional poisoning.² Statistics and information also show the fact that the cause of many liver and kidney diseases is the overuse of drugs.¹ Today, in addition to prescribing medicine by many doctors, many people also go directly to pharmacies and, based on their diagnosis, which is often wrong, prepare and consume various drugs for prevention, treatment, and possibly strengthening the body.¹ Self-medication is common not only in our society but also in other regions so that the prevalence of self-medication in urban areas is 26.2% in Portugal, 51% in Pakistan, 31% in India, 59% in Nepal, 56% in Bangladesh, 81% in Tanzania, 75% in Nigeria. It has been reported.⁵ According to the World Health Organization (WHO), in order to achieve

rational drug use, it is necessary to use drugs with the appropriate therapeutic effect that can meet the clinical needs of patients in a specific geographical area with the least complications and costs. It is very important to pay attention to the dose and duration of drug use.⁶ According to research, every Iranian consumes 339 drugs per year, which is 2 to 4 times more than the world standard. Per capita consumption of injectable drugs In Iran, over the past years, it is 11.4, which is 4 times the per capita consumption in other societies, while it is estimated that only one of the 37 symptoms is examined and treated by a doctor, and the rest is probably They will follow the path of self-healing.⁷ On the other hand, statistics on the rate of self-medication in different parts of the country have reported different results, so that this rate is reported in Tabriz 36%, Qazvin 83%, and Shahrekord 5.4%.³ According to research by the Ministry of Health, Treatment, and medicine 50% of patients do not go to medical centers even in emergencies. However, it is estimated that 83.3% of Iranians use drugs arbitrarily.¹ Unfortunately, due to the efforts and propaganda that are made to improve drug use, the wrong culture of drug abuse is still a threat to public health. In developing countries, including our country, improper use of Medicines has long-standing roots, so the belief that they are not harmful, as well as the overuse of herbal or traditional medicines, can be rooted in the cultural and social factors of most developing countries.¹ Due to the growing prevalence of self-medication in societies and the direct role of the individual in the selection and use of drugs, in order for people to have a long life and a relatively healthy and active life, it is necessary to change behavior to achieve healthy behavior (non-arbitrary use). To this end, researchers have used models to identify the factors affecting behavior

change. One of these comprehensive and effective models in health-behavioral sciences is the health belief model. This model reflects behaviors as a reflection of knowledge. And it knows the attitude of individuals and according to its components, it is based on the idea that it causes people to perceive a health threat and their behaviors lead to health.⁵ Therefore, this study was conducted to determine the rate of self-medication and related factors in clients of health centers in Behbahan in 2019.

Materials and methods

This research is a descriptive-analytical cross-sectional study. Factors related to arbitrary and uncontrolled drug use are studied. The subjects of this study are clients of health centers in Behbahan. The method of sampling is as follows: The researcher and two of his colleagues in a period of one month from mid-May to June at different hours from 8 am to 2 pm and on different days of the week randomly referred to health centers and after explaining the purpose of the study, Method of implementation and obtaining consent, a questionnaire of self-medication was provided to the participants. This questionnaire consists of two parts, the first part includes diseases for which a person uses drugs arbitrarily and the second part includes possible reasons that caused clients to use drugs arbitrarily. The desired number of samples is measured. These include: not being considered important by the person, previous experience of the disease, not having an insurance booklet, high cost of doctor's visit, the impact of friends and acquaintances, availability of medicine, high level of medication information, not trusting the doctor. In addition to the above, items such as age, sex, occupation, marital status, level of education, monthly income, distance from the participants' clinic were also examined. The validity of the present questionnaire was

assessed in terms of face validity and content. The questionnaire was prepared according to reliable sources and books in this regard. The study data were collected in one step according to the available tools and the data were analyzed using SPSS 20 software and Chi-square test.

Results

In this study, 121 individuals with a mean age of 35.59 ± 13.26 of whom 70.2% were female and the rest were male, 33.1% were undergraduate and 71.1% were married and the rest were single. Of these, 89.3% lived in urban and other rural areas, 33.9% had a history of the diagnosed disease, 6.6% had a migraine and 49.6% had a monthly family income of fewer than 700 thousand Tomans. Also, 78.5% were covered by insurance and the rest were uninsured and 38.0% were employed. 95% of these people were less than 30 minutes (walking) to the clinic. Prevalence of self-medication with antibiotics, colds and coughs, neuropsychiatric drugs, gastrointestinal, cardiac, antihistamines, narcotics and psychotropic drugs, dermatology, antimicrobials, vitamins and supplements, analgesics and herbal medicines 39.5%, 68.6%, 0.14%, respectively 21.2%, 4.1%, 13.2%, 3.3%, 5.8%, 0.5%, 38.8%, 56.2% and 47.1% were observed. The most important reason for self-medication, according to these people, was the high cost of the visit and the fact that the disease was not considered important. The most common diseases that led to self-medication were colds, fever, and allergies, respectively. People with undergraduate education were more likely to take antibiotics, painkillers, and antidepressants, married people were more likely to take antidepressants, and urban dwellers were more likely to take cold and neuroleptics ($p < 0.05$). Significance was not observed ($p < 0.05$). Although more

women than men took antibiotics, colds and antitussives, analgesics, herbs and supplements, and vitamins, this difference

was not statistically significant ($p < 0.05$). (Chart No. 1)

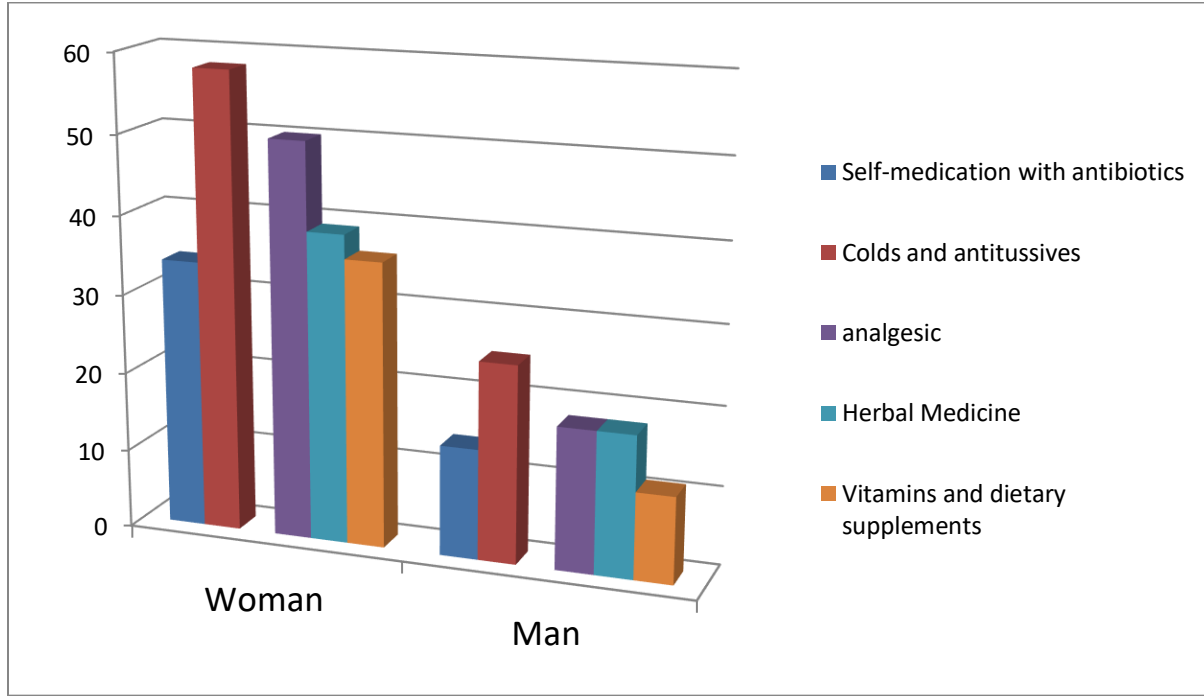


Chart No. 1. Comparison of the Frequency of the Most Common types of Self-Medication by Gender in Clients of Health Centers in Behbahan

Discussion and Conclusion

In this study, 70.2% of females have self-medicated, which is more than the study in India (64%), which may be due to a random collection of samples.⁸ Education level research was evaluated as a cultural factor in self-medication. 66.9% have higher education, which may be because they think they can get enough information from the drug brochure. After a few prescriptions by their doctor, they can diagnose the disease for the next time and, as a result, use the previously prescribed drugs. In this study, it was proved that the use of drugs is related to the level of education. Depending on the type of medication used, cold medications include 68.6 and then analgesics 56.5. In a study

conducted in Pakistan, it was found that the most used drug in self-medication is analgesic and antipyretic drug.⁹ In another study, which was found in West Bengal, the most used drug is an anti-cold drug and then anti-diarrhea drug.¹⁰ In a study conducted in Eastern Utopia, the most common cause of self-medication (57%) was the previous experience with the disease.¹¹ High consumption of anti-cold, analgesic, and fever medication may be due to the fact that people consider these diseases as mild and minor diseases that do not require a visit to the doctor, while these mild and minor diseases can lead to disease if not properly diagnosed. Self-medication exists not only among the general population but also

among medical students so that a study conducted in 2016 in Nepal found that 95% of medical students self-medicate and use the most drugs. Among these students are antipyretics, then antibiotics, and then analgesics.¹² In another study in India, the most common reason for self-medication among students was the effect of textbooks and suggestions from friends and family members.¹³ A study of Ardabil medical students found that most female students self-medicated. (65%) and the most common cause of self-medication among them is not having enough time to see a doctor and recommend friends.¹⁴ A study conducted in Ilam among pregnant women found that most pregnant mothers are housewives and educated Lower self-medication, and people with higher levels of education were better aware of self-medication during pregnancy,⁸ which may be due to the search for and use of reliable information resources in women with higher education justifies the higher level of awareness of these women in Especially self-medication during pregnancy. In the present study, the most common diseases that led to self-medication were cold, fever, and allergies, respectively. And the most important reason for self-

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medication, according to these people, was the high cost of the visit and not considering the disease important. It is suggested that the side effects of drugs and problems of drugs such as analgesics, colds, which are mostly used in self-medication, be explained and justified to the people. It may be better that part of radio and television programs use drugs arbitrarily and its harms in society. Dedicated to some extent to change people's attitudes and be aware of their severe damage, and it is also preferable to reduce the cost of a doctor's visit so that people can go to the doctor with peace of mind and without financial worries and be treated.

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