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A cross-sectional survey: Knowledge, attitudes, and practices of self-medication in medical and pharmacy students

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Background: Self-Medication is common practice worldwide in both developed and developing countries. Self-Medication is referred as self consumption of medication without consulting a physician for either diagnosis or treatment. This study aimed to assess the knowledge, attitudes and practices toward self-medication among medical and pharmacy students.

Methods: This cross-sectional study was conducted among medical and pharmacy students in Qassim university, Buraydah, Saudi Arabia, during the period 2020-2021. Multistage random sampling technique was used to recruit students. The data were collected through questionnaire.

Results: Three hundred and sixteen of 316 students were recruited. This study showed that the majority (94.6%) of students had good knowledge of self-medication. Additionally, the following characteristics were significantly associated with good knowledge: being female, and Pharmacy students. Overall mean score for the attitudes towards self-medication shows that 58.4% of the total sample had high agreements towards the questions of the attitudes toward self-medication. More than half (63.9%) of the students reported that they practice self- medication in the last 6 months. Pain killers was the most common medication used for self- medication by the majority of the students (88.29%).

Conclusions: In conclusion, students' knowledge of self-medication appears to be good and significantly high among pharmacy students in comparison to medical students. As well self-medication was highly practiced among the students. Therefore, medical and pharmacy students should be viewed as important contributors to the public health care system, and future health professionals should be properly educated on good pharmacy practice and responsible self-medication.

Biography

I am an undergraduate medical student at Qassim university. I grew up in a family how knows the meaning of being a doctor, as 5th of my elder saplings are already graduated from medical college and are involved in a different specialty. Being a physician was a natural progression for me. I'm an active young doctor who is willing to be keen and confident enough to provide the best medical help to the patients and community.

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