**ID: 667**

**Congress:** The First International & 4th National Congress on health Education & Promotion, 2011

**Title:** Evaluation of the Attitude and Practice of Self-Medication with analgesics among North-Western university Students

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**Abstract:**

Introduction: Self-medication is defined as using drugs for treatment of self-diagnosed disorders. It is influenced by the factors, such as education, family, society, law, availability of drugs and exposure to advertisements. There are a lot of problems such as side effects for the patient and some socioeconomic problems with self-medication.

High levels of self-medication practices have been reported in Iran and comparable countries with analgesics which most of them are available as OTC drugs, so we decided to evaluate this problem in Kordestan East Azarbayjan and west Azarbayjan states.

The target population of this study was about 684 students attending medical and non-medical sciences universities in Kordestan, East Azarbayjan and west Azarbayjan states in 2010.

**Results:**

85.8% (n=592) of students have used analgesics via self-medication in the past 3 months. Analgesic use frequency was once in 18.3% (n=99) of the participants, twice in 23.3% (n=126) three times in 15.9% (n=86) and more than three times in 42.4% (n=229) of the participants in the study period.

Headache was reported by about 33.4% all respondents and was the most common problem followed by dysmenorrheal (17.4%), stomachache (6.2), pain in joins and bones (5.4%) that were the most major problems which led respondents to practice analgesic self-medication.

The most commonly used source of information for self-medication with analgesics was previously prescribed medication by the doctor (27.5%), friends or family advices (42%) and their medical knowledge (15.9%) was the other sources of information in self-medication with analgesics.

**Conclusion:**

Analgesic self-therapy is a common practice among university students. Health care providers need to be aware of the students' self-therapy practices and academics need to consider offering courses about analgesics to students in both the medical and non-medical faculties.

**Key words:** Self-medication- analgesics-student-university

**Presentation:** Poster