

Knowledge, attitudes, and practices of Jordanian patients towards self-medication

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Abstract

Introduction: Self-medication is the process by which a person chooses and employs medications to treat signs, symptoms, or minor health issues that the person has independently identified. Several studies have been conducted to evaluate the prevalence of self-medication. However, such studies are still limited in Jordan. This study aims to evaluate knowledge, attitude and practices (KAP) towards self-medication among the general Jordanian population. **Methods:** This is a cross-sectional study that enrolled Jordanian adults between February and July 2022, a self-modified questionnaire was distributed to patients attending pharmacies from different areas (Amman, Irbid, Jordan Valley, Aqaba) in Jordan which evaluated patients' KAP towards self-medication. **Results:** The study enrolled 695 Jordanian adults and the prevalence of the most self-medically treated symptoms, headache, flu, and fever, were 86.9%, 76.4%, and 69.9%,

respectively. The most mentioned reasons for self-medication were previous knowledge about the diseases and their treatments and full knowledge of the medicine to be purchased (84.2% and 55.2%, respectively). Ordinal regression was conducted to evaluate variables associated with doctors' consultation frequency, the significant variable that increased consultation frequency included not being on chronic medication and having a positive self-medication attitude level (p-value=0.001, coefficient estimate= 0.476 and p-value= 0.019, coefficient estimate= 0.404 respectively) while variables that were significantly negatively associated with frequency of doctors consultation included; being in the medical field, having no children and relaying on non-scientific sources to obtain information for self-medication (p-value <0.001, p-value = 0.009 and p-value = 0.014, respectively). **Conclusion:** the results of the current study about self-medication show the urgent need to increase the awareness of the population about self-medication risks and benefits, and impose restrictions on medication access and Self-Medication.

Keywords: Jordanian General Population, Reasons, self-medication, Side effects.