



Assessment of the Knowledge, Behavior and Practice of Self-Medication amongst Female Students in a Pakistani University

Ghulam MURTAZA ^{1*}, Nisar-ur-REHMAN ¹, Shujaat A. KHAN ¹, Tahira NOOR ²,
Sabiha KARIM ³, Deeba BASHIR ¹, Shumaila BIBI ¹ & Saman KALEEM ¹

¹ *Department of Pharmaceutical Sciences &*

² *Department of Environmental Sciences, COMSATS Institute of Information Technology,
Abbottabad, Pakistan.*

³ *College of Pharmacy, University of the Punjab, Lahore, Pakistan.*

SUMMARY. This study set sights at the issue of predominance of the attitude and behavior of self medication, medication storage and self treatment among female students of a Pakistani university. Random sampling and cross sectional surveys were conducted after collecting the data with the help of a questionnaire that was circulated amongst students. Of the 450 participants, 78.74 % of students admitted that they store medicines with them while other 50.95 % of students replied that they stop taking medicine prescribed by their doctors with the doctor's intimation. The 78.74 % females were involved in self-medication. The 21.98 % were of the opinion that they did it to save their time and the 12.57 % claimed that the medicine given by the doctor did not have any effect. The medicines which are used to treat symptoms as self-medication are analgesics and antipyretics (22.57 %), ear, nose and throat drugs (14.34 %), vitamins and minerals (12.17 %), gastro-intestinal tract drugs (10.30 %), anti-infections (8.05 %) and herbal medicines (5.44 %). Female students should be educated to be sure to acquire safe practice by increasing their knowledge. Such strong policies should be instigated that the availability of unprescribed medicines should be restricted to avoid hazards due to self-medication.

KEY WORDS: Medicines, Pharmacy practice, Policies, Prescription.

* Author to whom correspondence should be addressed. *E-mail:* gmdogar356@gmail.com