



**Daffodil**  
*International*  
**University**

**PROJECT REPORT**

**“A Survey on Awareness and Information  
Regarding Self-Medication.”**

**Submitted To**

Department of Pharmacy  
Faculty of Allied Health Sciences  
Daffodil International University

**Submitted By**

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# **APPROVAL**

The title of this project paper is “**a survey on awareness and information regarding self-medication.**” submitted to the Department of Pharmacy, Faculty of Allied Health Sciences, Daffodil International University, has been approved as its style and content and has been acknowledged as satisfactory for the partial fulfillment of the criteria for the degree of Bachelor of Pharmacy.

## **BOARD OF EXAMINERS**

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## CERTIFICATE

This is to confirm that the research findings included in this project are new and have never been submitted in full for a degree from this university. The whole existing project, which has been submitted as a research project toward a Bachelor of Pharmacy degree, is based on the findings of the author's (ID: 192-29-177) personal research.

### Supervised By



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Lecturer

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## **DECLARATION**

I can certify that I have completed my project report in complete satisfaction of the requirements for the degree of Bachelor of Pharmacy at Daffodil International University (DIU) under the guidance of **Mr. Shadhan Kumar Mondal**, Lecturer, Department of Pharmacy, Faculty of Allied Health Science (FAHS). I can certify that this work is entirely unique to me. I am also stating that this project, or any portion thereof, has not been submitted to another institution for the award of a bachelor's degree or any other degree.

*Osman Goni*

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I want to thank the other students for their wonderful collaboration with me and pay my respects to all the faculty at Daffodil International University's Pharmacy Department.

**Md Osman Goni**

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**Author**

## DEDICATION

*I dedicate this work at first to almighty Allah, my parents, my respected teachers, my friends and senior brothers.*

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## ABSTRACT

**Background:** Self-medication is the practice of treating oneself with over-the-counter medications or prescription drugs without consulting a healthcare professional. While it can be convenient and cost-effective, self-medication can also be risky and may result in serious health consequences. Some common reasons why people self-medicate include a desire to avoid the expense and inconvenience of seeing a doctor, the belief that the condition is not serious enough to require medical attention, or a preference for alternative treatments.

**Objective:** The major goal of this study was to find out how much knowledge CSE, Pharmacy, EEE and others department students at Daffodil International University (DIU) have on self-medication.

**Method:** From February 2023 to March 2023, this online survey will be conducted among Daffodil International University's CSE, Pharmacy, EEE and others department students. The data for this investigation were collected using conventional sampling techniques. The study's sample size was 150, and response was stopped after the target number got attained.

**Result:** In this survey, 150 students were involved, and 89% of them reported having self-medication, whereas 10% said they did not know. Men made up 73.5% of the participants, while women made up 26.5%. Majority of students taken self-medication for common cold and fever and that is 45.2%. Then the 2nd highest for headaches and that is 29.5%. Diarrhea for 5.5%, stomach aches for 4.8%, dental pain for 3%. Finally 12.3% students taken self-medication for other reasons that is unknown. In all types off illness, only 24% students prefer self-medication and 76% students don't prefer self-medication for all types of illness.

**Conclusion:** Students' knowledge and awareness of self-medication. Graduated students have some areas where their understanding was better, but overall things are looking well.

**Keywords:** Self-medication, medicine, healthcare, doctor, covid-19, treatment.

# CHAPTER 1

## INTRODUCTION

## 1.1 Introduction

One of the crucial topics being discussed in healthcare systems is self-medication, which is a crucial component of everyday self-care behavior [1]. Self-medication is described as acquiring and using medicine without a doctor's prescription or approval, or using any medication for self-treatment without seeking guidance from a health care expert. Self-medication is a very widespread practice throughout the world, particularly in areas where the economy is struggling. When done properly, self-medication benefits both the patient and the healthcare system. It enables individuals to take charge of their health and have the confidence to do so, encouraging self-empowerment. Additionally, it can reduce the amount of time spent waiting to visit a doctor, which may be economical. It can also reduce the amount saved for medical plans and the public healthcare system [1]. The WHO has also noted that appropriate self-medication is a less expensive alternative for treating common illnesses and can help prevent and treat conditions that do not require medical advice. However, using self-medication goods is primarily the responsibility of the user. The advantages and hazards of any self-medication product should be understood by all people involved [2]. The broad usage of self-medication items, according to some studies, suggests that patients are inclined to self-medicate. Age, gender, money and spending, self-care attitude, education level, medical knowledge, satisfaction, and perception of ailments are only a few of the variables that affect the self-medication practices that differ across various populations. As predictors of self-medication, a high degree of education and professional success have also been cited. Although self-medication can quickly alleviate acute medical issues, its greatest benefit is that it can reduce the amount of time spent waiting to see a doctor, even save lives in critical situations, and may help to lower healthcare costs [3]. However, it can come with a particular danger. Inappropriate self-medication has been linked to resource waste, an increase in pathogen resistance, and a host of other major health risks, including the possibility of drug interactions, bad drug responses, protracted pain, and drug dependency. There is a big issue with non-prescription drug abuse among college students. This demographic is more at risk from media exposure and rising pharmaceutical advertising. It raises concerns about inaccurate self-diagnosis, medication interactions, and usage outside of the recommended dosage [4]. According to a poll on medications that were extensively promoted, the majority of college students took at least one of the products without seeing their doctors. Studies on self-medication among college students are few and far between. They were picked for this evaluation because they stand for the demographic that has been heavily impacted by self-medicating behavior-promoting media

and the internet. The main goal of this review is to investigate how university students self-medicate [5]. An investigation of these practices for treating medical ailments may present a chance to look at tools that will better equip the university's medical staff to cope with the self-medicating student. This population is the focus of the review, which tries to address the following issues: (i) the prevalence of self-medication among university students; (ii) the most likely cause of such practices; (iii) types of symptoms; (iv) types and sources of medication use; (v) sources of information; and (vi) problems related to self-medication [6].



**Figure1, 2: Self-medication**

## **1.2 Reasons for self-medication practice**

The majority of the writers concurred that past experiences, the perception that students' health issues were unimportant, and time savings were the main drivers of self-medication medication use among university students. The capacity to self-manage the illness, convenience, the lack of a doctor, the urgency of the issue, and having enough knowledge were additional justifications for self-medication practice [7-8]. According to Hussain (2008), a lack of time and access to affordable care are the major causes of self-medication among university students. However, the sample size analyzed was limited [9–10]. According to another author, Sawalha (2008), the primary causes of self-medication practices among students were a lack of time and a lack of faith in medical professionals.

### **1.3 Symptoms leading to self-medication**

Only three authors have reported the symptom leading to self-medication practice among university student. These authors reported that the main symptoms leading to self-medication were headache or mild pain; fever; flu, caught and cold; and diarrhea. Others symptoms includes allergy, skin problems, inability to sleep, vomiting, eye and ear symptoms, menstrual syndrome and others minor problems [11-12].

### **1.4 Type of medications**

Analgesics, antipyretics, cough and cold drugs, and analgesics were the most frequently reported medication categories among university students. Antiallergy products, vitamins, and minerals were also thought to be popular among college students [13]. The different medications that students used in the trials we analyzed are listed in Table 1.0. The sorts of medications utilized were not mentioned by all of the authors. A broad variety of medications were displayed by the pupils in studies that objectively analyze the various sorts of medications. These trials reported a variety of medications, including vitamins, minerals, herbal items, cough and cold remedies, homeopathy, and contemporary medications [14].

### **1.5 Sources of medicines**

From the studies that stated the sources of medicines for self-medication, it was noted that the sources were varied. These includes: the pharmacies, home medicine cabinet, supermarket, retail outlets, as well as from friends, family, neighbors, and even classmates. One author stated that those students even obtained their medicines from traditional healers and homoeopaths [15-16].

### **1.6 Sources of drug information**

Only two authors provided the sources of drug information used in self-medication practice in this review. According to these writers, pupils can get knowledge on drugs from a variety of sources. They can draw on their prior experiences, those of their family, friends, or university



classmates, as well as those of a pharmacy salesperson, a doctor or nurse, and an advertising on television, the radio, in a newspaper or magazine, or in a book [17–18].

## **1.7 Problems-related to self-medication practices**

Several authors have brought out the issues with self-medication among college students in the context of the practice. In this context, we define self-medication problems (MRPs) as any student practices, activities, or behaviors that may increase their health risks. As observed by various authors [18–20], the MRPs were diverse. These include the use of prescription-only medications (POM), recreational drugs, improper medication usage, and failure to read the package insert before to taking the medication, which occurred in 35% of the respondents to the study. Antibiotics, sedatives, tranquilizers, and stimulants are examples of POMs, whereas narcotics like cocaine and marijuana are considered recreational drugs. According to one research, students may purposely stop taking their medications or change the dosage [21–22]. According to Verma et al. (2010) and Ghosh et al. (2010), some students are alcoholics, smokers, or suffer from chronic conditions like non-communicable diseases, but they are less aware of the potential drug interactions between the medications they take and alcohol, smoking, or chronic diseases. Additionally, 8.3% of the students in Ali et al's research from 2010 reported unintentional medication poisoning [23].

## **1.8 Risks of Self-Medication Practices**

Self-medication is the selection and use of medications by people (or a member of the people's family) to address diseases or symptoms that they have self-recognized or self-diagnosed. Appropriate self-medication has been linked to a number of advantages, including increased patient access to medication and relief, the patient taking an active role in their own healthcare, better utilization of doctors' and pharmacists' skills, and a reduced (or at least optimized) burden on governments due to health spending associated with the treatment of minor health conditions. Self-medication is far from being a risk-free activity, especially when it involves irresponsible self-medication [24–25]. Self-medication practices carry a number of potential risks, such as incorrect self-diagnosis, delaying seeking medical attention when necessary, rarely occurring but severe adverse reactions, unsafe drug interactions, incorrect administration, incorrect dosage, incorrect choice of therapy, masking of a serious illness, and

abuse and dependence risks [26–27]. In this brief overview, the author examines new research on some of the most significant risks associated with self-medication, including polypharmacy and drug interactions, pharmaceutical misuse or dependency, erroneous diagnosis, and improper therapy selection. The author also suggests actions that may be taken to address or resolve these problems [28].



**Figure 3, 4: Risk of self-medication**



**CHAPTER 2**



**OBJECTIVE**

## **2. Objectives**

### **2.1. General objective of this study**

The purpose of this investigation was to examine private Universities in Bangladesh of CSE, EEE, Pharmacy and others department students' knowledge of self-medication.

### **2.2. Specific objectives of this study**

The purpose of a self-medication survey study is to gather information on how individuals manage their health conditions or symptoms using non-prescription or over-the-counter (OTC) medications without the guidance of a healthcare professional. This type of study can provide insight into the prevalence of self-medication practices, the types of medications used, the reasons for self-medicating, and the perceived effectiveness and safety of self-treatment.

Self-medication surveys can be conducted for various reasons, such as:

- ❖ To understand the patterns and trends in self-medication practices among different populations, such as age, gender, ethnicity, and socioeconomic status.
- ❖ To identify the most commonly used medications for specific health conditions or symptoms, such as headaches, allergies, or gastrointestinal problems.
- ❖ To evaluate the level of knowledge and awareness of individuals about the proper use and potential risks of OTC medications.
- ❖ To assess the impact of self-medication on the healthcare system, such as the frequency of adverse reactions or the misuse of medications.

The results of self-medication survey studies can be used to develop public health policies and educational programs to promote safe and effective self-medication practices. Additionally, healthcare professionals can use this information to better understand their patients' self-treatment behaviors and provide appropriate counseling and advice.



Chapter 3



Methods

### **3.1. Period and target population**

The target population for this study was comprised of pharmacy, EEE, CSE and others department students, and it was carried out at Daffodil International University between 5<sup>th</sup> February to March 20<sup>th</sup>, 2023 this took place.

### **3.2. Study Design**

This descriptive, cross-sectional study was conducted online from 5 February to March 20<sup>th</sup>, 2023. The questionnaire in English, on was developed Google survey, and distributed through social media platforms. The online survey questions were obtained after a thorough literature search and assessing the validity and reliability. The responses were made anonymous to maintain confidentiality and reliability. Each participant received an email of their response to avoid duplication of data. Clarification of the contents and the purpose of the study were explained at the start of the survey followed by an informed consent. Data was anonymized and only the lead investigator had access to the responses.

### **3.3. Questionnaire development, pretesting, and validation**

A prototype questionnaire was created after a thorough literature and book study focusing on people awareness of self-medication, which was previously published in different publications and is available in Daffodil International University's library. To test the quality of the questions, this was checked with the questions of the various literature which were previously published from India, Japan, USA, Saudi, and many European countries. This question was evaluated by a professor from Daffodil International University before being assigned as the final question. The final question was divided into four sections: participant demographic profile, knowledge, attitude, and practice. A trial survey was conducted on 15 students prior to the final survey to ensure that the questionnaire was intelligible, effective, and contained reliable data.

### **3.4. Inclusion Criteria**

This survey was open to graduate and undergraduate Pharmacy, CSE, EEE and others department students at Daffodil International University.

### **3.5. Sample size and sampling technique**

Data from this study were collected through a convenience sampling technique.

The sample size in this study was 150 and feedback was stopped when the target of 150 was collected.

### **3.6. Strategical analysis**

Students return completed forms, which are then gathered and examined to determine the results. MS Excel was used for the statistics in order to achieve the results. Frequency and percentages were used to express the final data.



**CHAPTER4**



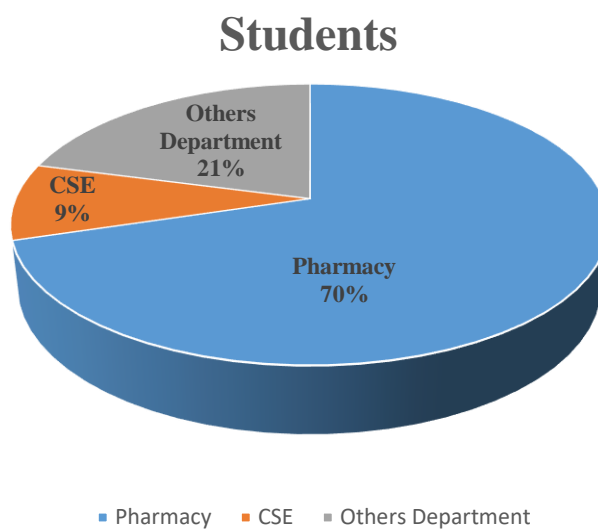
**RESULT & DISCUSSION**



## Result & Discussion:

### 4.1. Demographic profile of students.

**Discussion:** The question paper was issued to 150 students, with 148 responding. Because the purpose of this study was 150 replies, 148 were obtained, and the data was processed without one response to avoid errors. There were 70.3% B. Pharm students, 8.8% CSE students, 18.2% others department students. Out of the 148 respondents, 71.6% were men and 28.4% were women.



**Chart 1: % of Respondent Students**

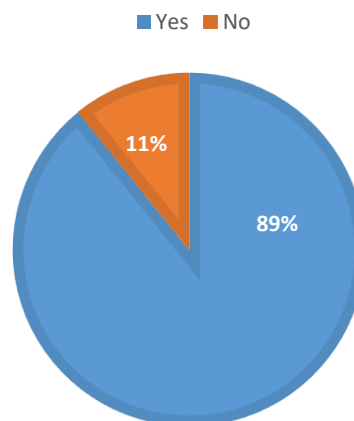
**Table 1: Demographic profile of students:**

<b>Characteristics</b>	<b>Rate of response (%)</b>
<b>Students</b>	
Pharmacy	70%
CSE	21%
Others Department	9%
<b>Age (in years)</b>	
16-20	4.4%
21-25	90.5%
26-30	5.1%
Above 30 years	0%
<b>Gender</b>	
Male	71.6
Female	28.4
<b>Level of Study</b>	
1 <sup>st</sup>	9.5%
2 <sup>nd</sup>	12.8%
3 <sup>rd</sup>	13.5%
4 <sup>th</sup>	31.1%
Graduated	33.1%

#### 4.5 Knowledge about self-medication among students.

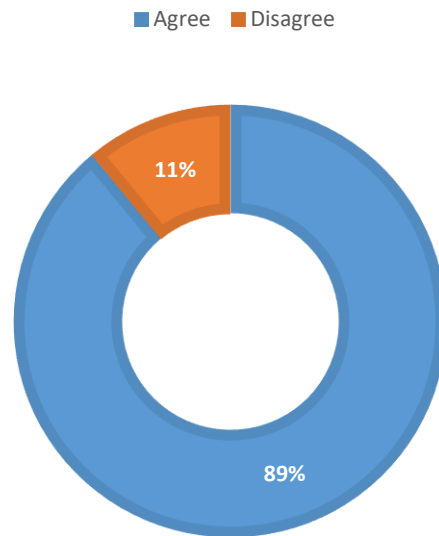
In this study, it was shown that 89.2% of participants were aware of Self-Medication, compared to 10.8% who claimed not to be. 89.2% students directly know the Self-Medication and 10.8% students do not know about self-medication.

**KNOWN ABOUT SELF-MEDICATION**



**Chart 2: Students known about self-medication**

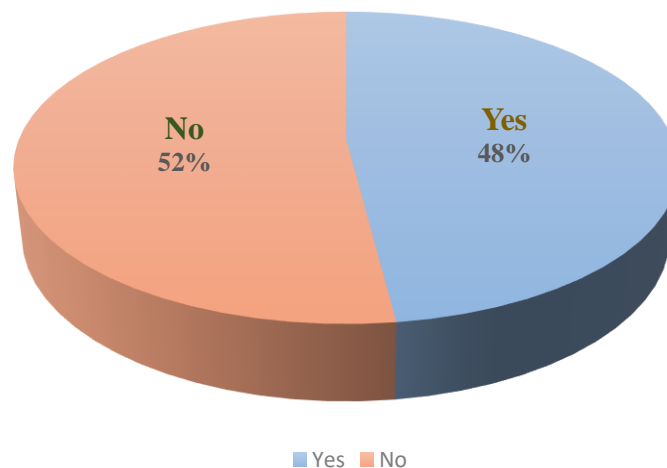
#### 4.6. Participants agreement on the definition of self-medication.



**Chat 3: Agreement of students**

**Discussion:** Most of the students know about self-medication definition and which is 89%. Where less students have no idea about self-medication definition which is only 11%.

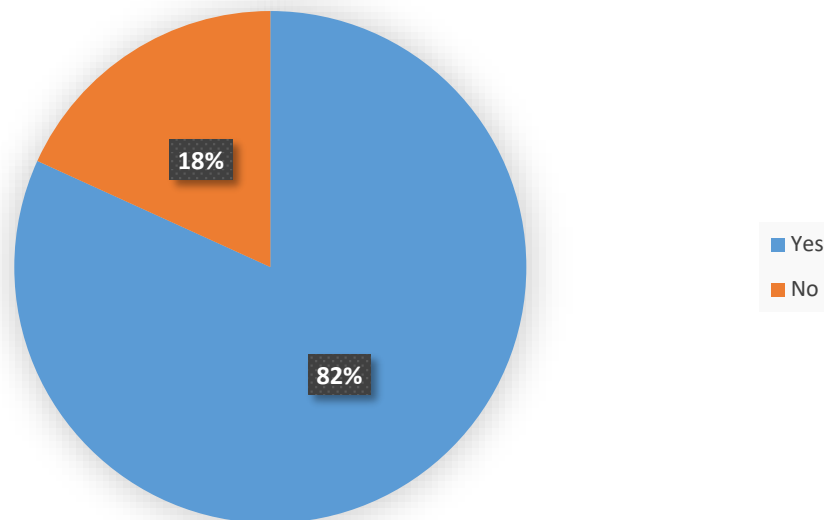
#### 4.7 Do you think Self-Medication is safe?



**Chart 4: Agreement of students**

**Discussion:** In this question almost the answer percentage taken fifty-fifty. 48% students think that, self-medication is safe and it can take easily. And 52% students think that, self-medication is not safe and it should not take when we need.

#### 4.8 Have you ever taken self-medication without doctor's advice?



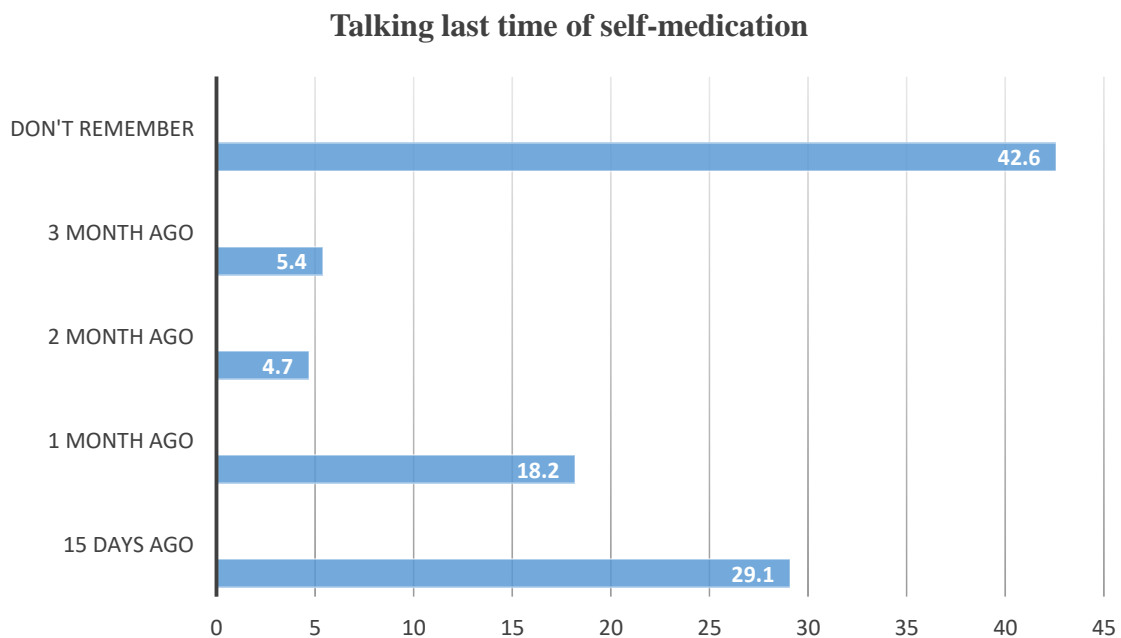
#### Chat 5: Self-medication taking rate

**Discussion:** In this survey question, 150 students responded. Where most of the students taken self-medication without doctor's advice which is 82%. Where 18% students are aware about taking self-medication. They are not talking self-medication without doctor's advice.

**Table 2: Students knowledge about self-medication:**

Characteristics	Response	
	Yes	No
1. Familiar with the term self-medication	89.2%	10.8%
2. Agree with the term self-medication	89%	11%
3. Are you think self-medication is safe?	52%	48%
4. Ever taken self-medication without doctor's advice?	81.8%	18.2%

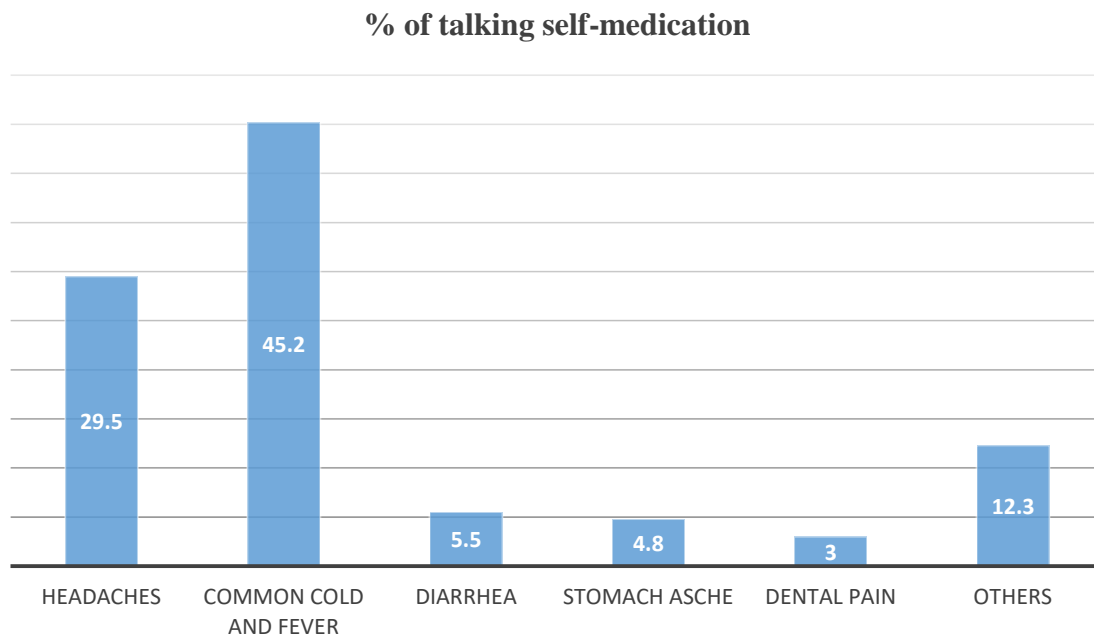
**4.9 When was the last time you took self-medication?**



**Figure 5: Taken of time to self-medication.**

**Discussion:** Most of the students don't remember then was the last taken self-medication and counted for 42.2%. Then 29.1% students taken self-medication 15 days ago, 18.2% students taking self-medication 1 month ago, 4.7% students taking self-medication 2 month ago and 5.4% of students 3 month ago.

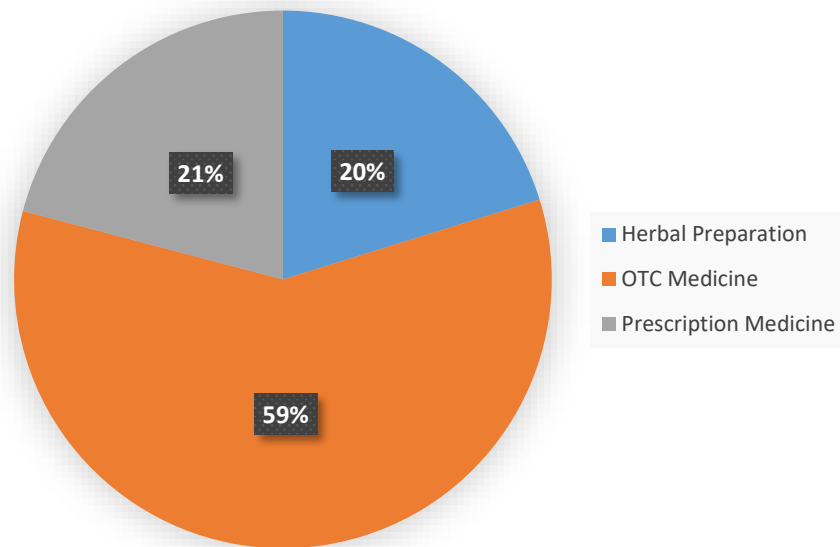
#### 4.10 For which diseases did you take self-medication?



**Figure 6: For that disease taken self-medication.**

**Discussion:** This is the very crucial question of my survey. Almost every students have idea that self-medication is taken without doctor's advice. In this survey question, 146 students are responded where majority of students taken self-medication for common cold and fever and that is 45.2%. Then the 2<sup>nd</sup> highest for headaches and that is 29.5%. Diarrhea for 5.5%, stomach aches for 4.8%, dental pain for 3%. Finally 12.3% students taken self-medication for other reasons that is unknown.

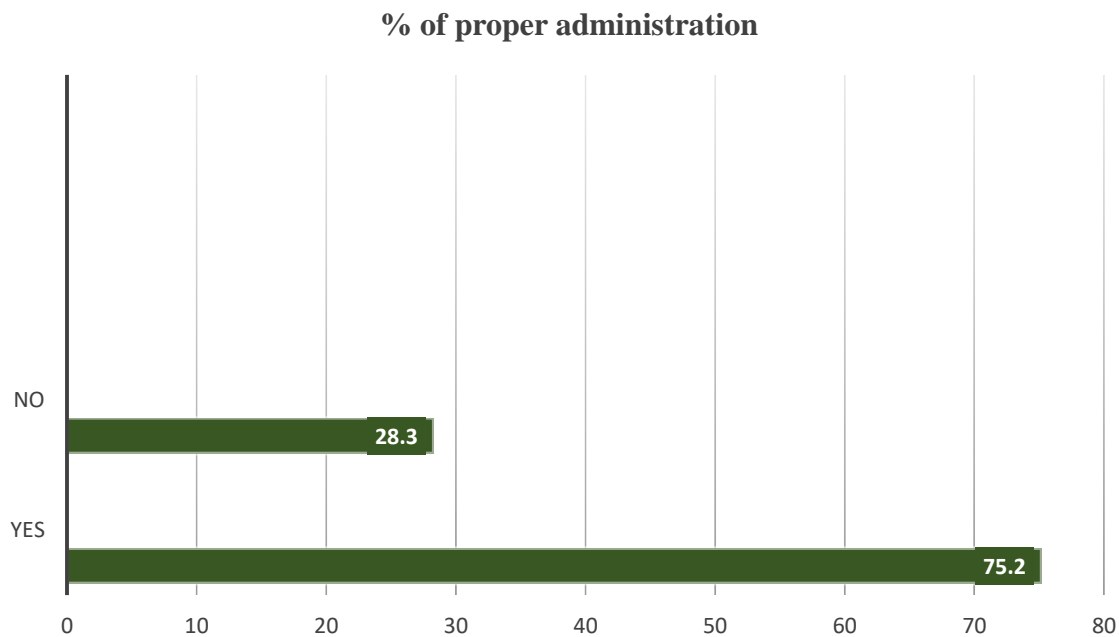
#### 4.11 Which type of self medications are you taking?



**Figure 7: In whatever form take self-medication.**

**Discussion:** There are several types of medicine, including: Herbal preparation, OTC medicine, Prescription medicine. In this question 130 students are respond. Here 59% students taken OTC(over the counter) medicine, 21% prescription medicine and 20% herbal medicine.

#### 4.12. Do you know proper administration of that medicine?

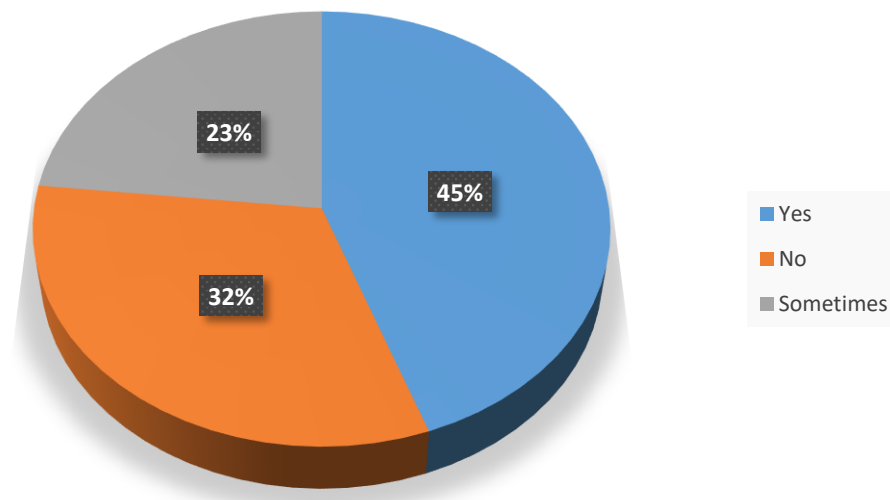


**Figure 8: Administration rate**

**Discussion:** Proper administration of medication is essential to ensure the safety and well-being of patients and to achieve the desired therapeutic outcomes. In this question, all most all the students respond. 75.2% students are concern proper administration of medicine. Where only 28.3% students are not serious about proper administration of medicine. So it can be dangerous for their health.



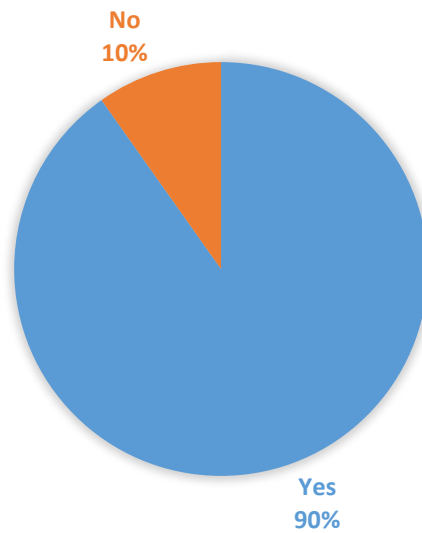
#### 4.13 Have you ever taken Pain Killer, Antibiotics, Sleeping Pill as self-medication?



**Figure 9: Percentage of talking those medicine.**

**Discussion:** It is not recommended to self-medicate with pain killers, antibiotics, or sleeping pills. These medications can have potential side effects and can interact with other medications that we may be taking. It is always best to consult a healthcare professional before taking any medication. In this survey question almost 50% people taking pain killer, antibiotic, sleeping pill as self-medication. Which is very harmful for health. 23% students don't take antibiotic, pain killer and sleeping pill as self-medication. And 32% students sometimes taking these medicine as self-medication.

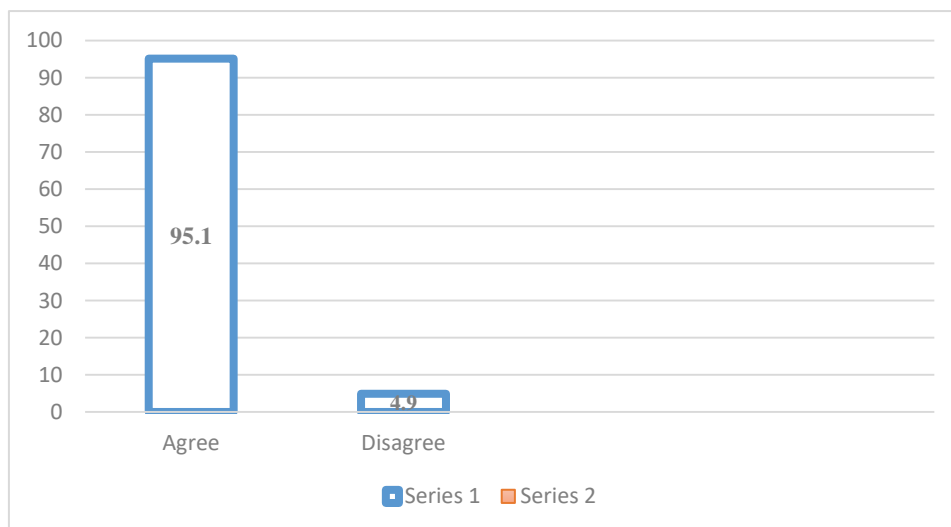
#### 4. 14. Are you conscious about medicine dose?



**Figure 10: Awareness about self-medication**

**Discussion:** It's important to be conscious about medicine dose because taking too much or too little of a medication can have serious consequences on your health. Majority of students are conscious about medicine dosage which is 90%. Few students are not serious about medicine dose which is only 10%.

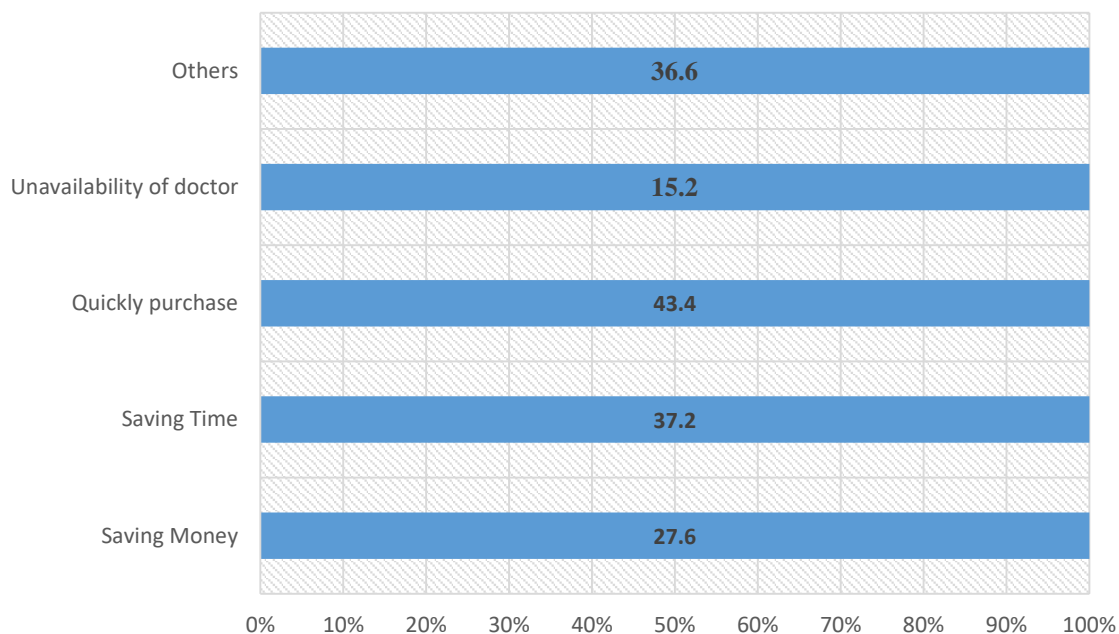
#### 4. 15. Increasing or decreasing medication dose without doctor's consultation can be dangerous. What do you think?



**Figure 11: Agreements of this question.**

**Discussion:** Yes, it can be very dangerous to increase or decrease your medication dose without consulting your doctor first. This is because medications are prescribed at specific doses based on various factors such as your age, weight, health condition, and other medications you may be taking. Changing the dose without proper medical guidance can lead to serious health complications or even be life-threatening. In this response 95.1% students increase or decrease their medicine dose consulting their doctor and only 4.9% students are not consulting their doctor increasing or decreasing medication dose.

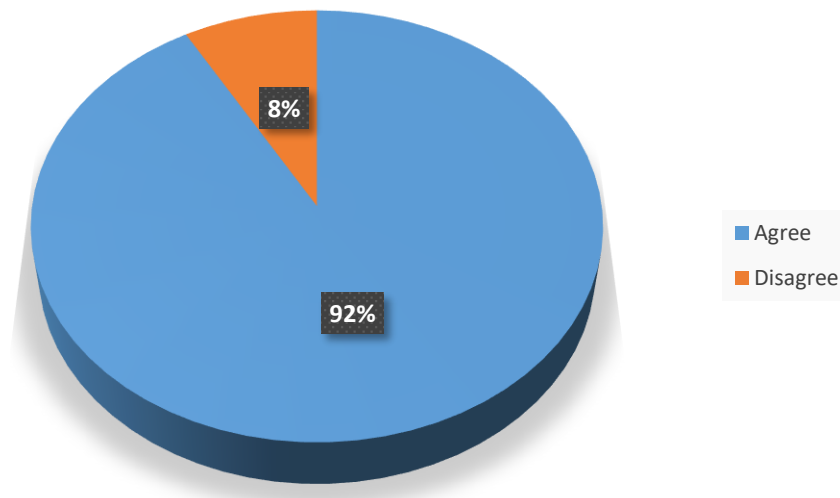
#### 4. 16. Reasons for self-medication?



**Figure 12: Reason for self-medication**

**Discussion:** There are several reasons why people engage in self-medication, including: saving money, saving time, quickly purchase, unavailability of doctor and other reasons. 27.6% students taking self-medication for saving money, 37.2% students taking self-medication for saving time, 43.4 for quickly purchase, 15.2 for unavailability of doctor and 35.6% taking self-medication for others reason.

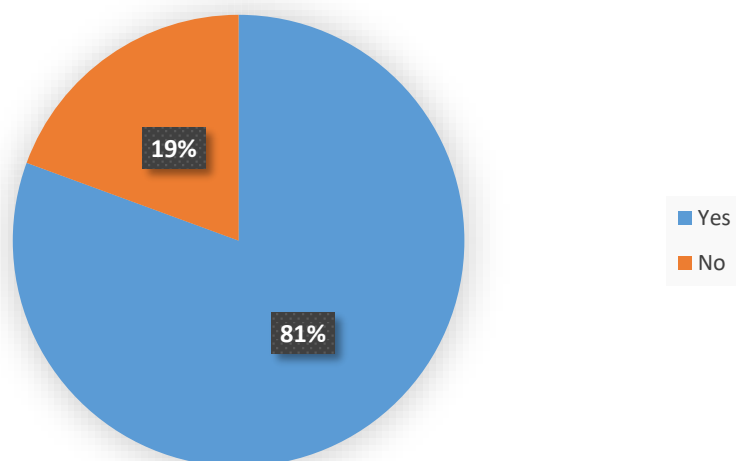
**4. 17. In self-medication drug-drug interaction may occur. What is your opinion?**



**Figure 13: Opinion of students**

**Discussion:** Yes, in self-medication, drug-drug interactions can occur. Drug-drug interactions occur when the effects of one drug are altered by the presence of another drug or substance in the body. This can happen when two or more drugs are taken together, or when a drug is taken in combination with alcohol, herbal supplements, or other substances. 92% students regard that, in self-medication drug-drug interaction can occur. Some students think self-medication have no drug-drug interaction.

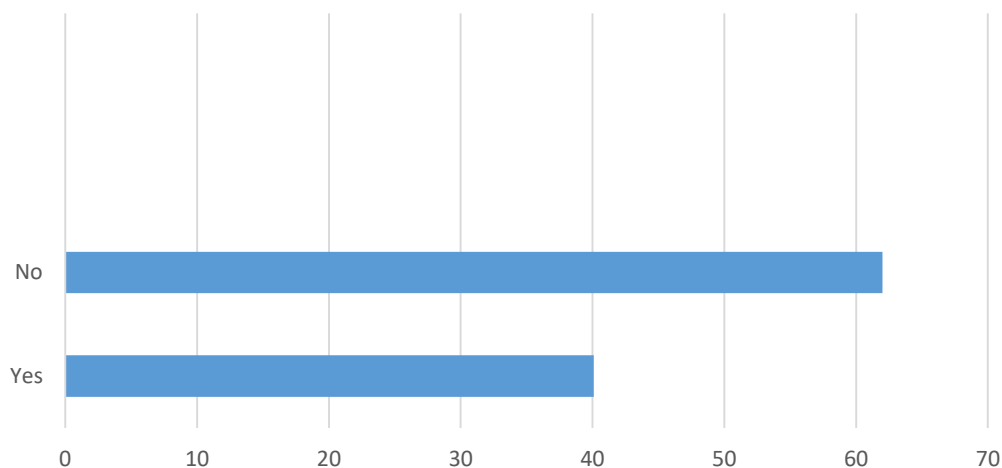
**4. 18. Do you think self-medication may harm your health?**



**Figure 14: Percentage of student agreements**

**Discussion:** Yes, self-medication can definitely harm your health. When you self-medicate, you are essentially taking a drug or treatment without proper medical supervision or advice. This can lead to a number of risks and potential health problems, including: misdiagnosis, incorrect dose, drug interaction, masking symptoms, addiction. That’s why majority students think self-medication can harm our health and the percentage is 81. Only 19% students think self-medication is safe and can’t harm our health.

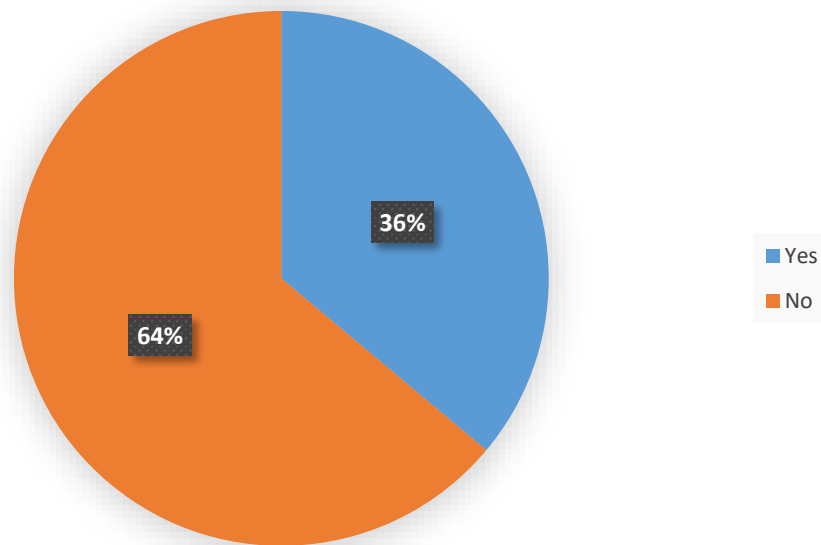
#### 4. 19. Do you take self-medication use in case of Chronic (last 1 year or more) Disease?



**Figure 15: Self-medication use in chronic disease**

**Discussion:** Self-medication can be dangerous, especially for chronic diseases that require ongoing management and monitoring by a healthcare professional. It is essential to consult with a qualified healthcare provider who can evaluate your condition, provide a diagnosis, and develop an appropriate treatment plan that takes into account your medical history, current health status, and other relevant factors.

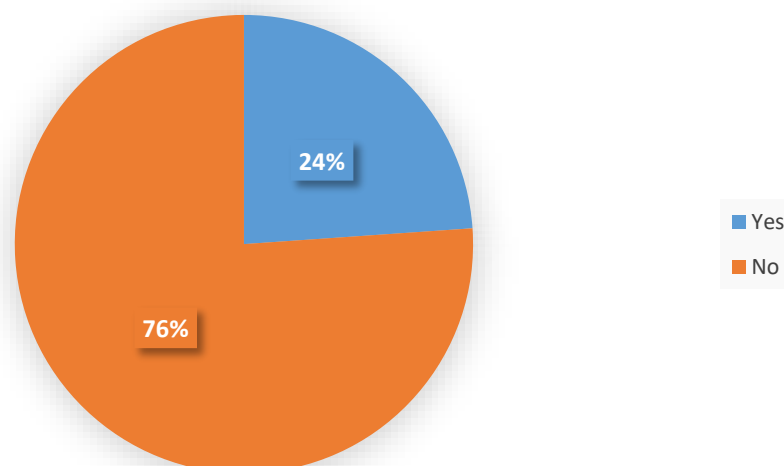
#### 4. 20. Do you suggest to other to take self-medication?



**Figure 16: Suggestion rate of self-medication**

**Discussion:** Self-medication can be dangerous and lead to serious health consequences. Only a qualified medical professional can properly diagnose and treat medical conditions. 64% students suggest to other to take self-medication and 36% students don't suggest to other to take self-medication.

#### 4. 21. In all types of illness, do you prefer self-medication?



**Figure 17: Agreement of students**

**Discussion:** In all types of illness, only 24% of students prefer self-medication and 76% of students do not prefer self-medication for all types of illness.



**CHAPTER 5**



**CONCLUSION**



## **5. Conclusion**

Our study revealed common self-medication practices among CSE, EEE and Pharmacy students. It is a significant health issue especially during the pandemic times, with high consumption reported as a prevention or treating symptoms of COVID-19. Further measures are needed to improve healthcare policies regarding awareness and sensitization about the risks of self-medication. Future studies should also assess students' attitude toward self-medication, their knowledge regarding drug dosage and potential side effects, and the role of Pharmacy students to better ascertain their approach toward self-medication.



**CHAPTER 6**



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