Self-Medication Practices Among University Students in Oman and the Associated Factors

Nauf Al Faraji IV, BSN¹
Safa Alwahaibi, BSN²
Thuraiya Aljamoodi, BSN²
Aisha al Sheriani, BSN²
Loai Abu-Sharour, PhD³

(1)nursing college in sultan Qaboos university, Sultan Qaboos University, muscat, Oman
(2)college of nursing, Sultan Qaboos University, muscat, Oman
(3)adult acute care /nursing, Sultan Qaboos University, muscat, Oman

Purpose:
The aim of the study was to determine the prevalence of self-medication practices among university students in Oman, and to explore the relationship between self-medication and selected demographic factors including sex, age, academic level, field of study, marital status, and having children.

Methods:
a cross-section correlational design with a convenience sampling approach was used. A valid and reliable self-reported questionnaire and demographic information sheet were used. It consists of 16 items with two parts, first part (7 items) has questions about demographics characteristics of the participants including age, gender, marital status, if having children, academic levels, and if having chronic disease, second part (9 items) has questions related to self-medication practices and perception. Descriptive analysis including frequency, percentage, mean, and standard deviation was used. Chi square has been used to explore the relationships between prevalence of self-medication practice and demographic variables.

Results:
401 participants completed the study survey with response rate 89.1%. More than half of the participants were females (221, 55%). The results showed that 80% (N=32) of the participants practiced self-medication. Pain was the most common ailment that promoted participants to seek self-medication. There were no significant relationship between self-medication and gender (P=0.529), age (P=0.980), marital status (P=0.519), and having children (P=0.685). There was a significant relationship between self-medication and field of study (P=0.034).

Conclusion: The current study confirms high prevalence of self-medication practice among university students in Oman and highly used by non medical students. This highlights the importance of emphasizing the implementation of laws that regulate drug prescribing and distributing. Furthermore, there is a need for intensive education and comprehensive awareness campaign to educate the students about the harmful impact and consequences of self-medication practice. Also, university curriculum should include content about self-medication. Moreover, it is important of having health clinic on campus which can be another way that may influence the students' perception to take medication based on appropriate assessment and prescription.
Title:
Self-Medication Practices Among University Students in Oman and the Associated Factors

Keywords:
Self-medication practice, prevalence and university students

Abstract Summary:
Self-medication is increasing internationally. It is associated with harmful impacts in patient's outcomes and healthcare systems. The results of the study identified the predictors of self-medication among university students in Oman. The results highlights the importance of emphasizing the implementation of laws that regulate drug prescribing and distributing.

References:

First Primary Presenting Author
Primary Presenting Author
Nauf Al Faraji, BSN IV
Sultan Qaboos University
New nursing graduated
muscat
Oman

Author Summary: A new nursing graduate from Sultan Qaboos University with
baccalaureate degree. Interested in nursing researches. My mission is to inspire hope and contribute health and well-being by providing best health care to every patient through integrating clinical practice competencies, education, and research.

Second Author
Safa Alwahaibi, BSN
Sultan Qaboos University
college of nursing
New nursing graduated
Muscat
Oman

Author Summary: New nursing graduate from Sultan Qaboos University with Baccalaureate degree in nursing science, interested in nursing researches, and attending different conferences in nursing or medical sections.

Third Author
Thuraiya Aljamoodi, BSN
Sultan Qaboos University
college of nursing
New nursing graduated
Muscat
Oman

Author Summary: New nursing graduate from Sultan Qaboos University with Baccalaureate degree in nursing science. Interested to participate in different conferences related to nursing and medical field and reading new EBP

Fourth Author
Aisha al Sheriani, BSN
Sultan Qaboos University
college of nursing
New nursing graduated
Muscat
Oman

Author Summary: New nursing graduate from Sultan Qaboos University with Baccalaureate degree in nursing science. Interested to participate in different conferences related to nursing and medical field and reading new EBP

Fifth Author
Loai Abu-Sharour, PhD
Sultan Qaboos University
adult acute care /nursing
Associate professor
Muscat
Oman

Author Summary: Associate professor in adult acute care/nursing in Sultan Qaboos University. Official reviewer in The Association of Arab Universities (AARU). Interested in researches, attending different conferences, reviewing many researches papers.