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**SELF-MEDICATION PRACTICES OF DRUG AND MISUSE
AMONG PHARMACY STUDENTS' IN JORDAN**

By

Basel Lahmouni

Supervisor

Dr. Ahmed A. Talhouni

**This Thesis was Submitted in Partial Fulfillment of the Requirements for the
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COMMITTEE DECISION

This Thesis/Dissertation (SELF-MEDICATION PRACTICES OF DRUG AND MISUSE AMONG PHARMACY STUDENTS' IN JORDAN) **was Successfully Defended and Approved on** -----

Examination Committee

Signature

Dr. Ahmed A. Talhouni, (Supervisor)
Assoc. Prof. of pharmacology

Dr. Mervat AL Sous (examiner)
Assoc. Prof. of clinical pharmacy
(University of applied science and technology)

Dr. Anas Khalil. (examiner)
Assist. Prof. of clinical pharmacy
(Israa University)

DEDICATION

أحمد الله عز وجل على منه وعونه لإتمام هذا البحث .

إلى من بلغ الرسالة وأدى الأمانة الصادق الأمين من هو اعظم خلق الله .
سيدنا محمد عليه الصلاة والسلام .

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رمز الصمود والإباء والكرامة إلى حبيبتي الأولى وطن العهد والوفاء .

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LIST OF ABBREVIATIONS

ABBREVIATION	DESCRIPTION
GDP	Gross Domestic Product
OTC	Over The Counter
THE	Total Health Expenditure
WHO	World Health Organization

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SELF-MEDICATION PRACTICES OF DRUG AND MISUSE AMONG PHARMACY STUDENTS' IN JORDAN

**By
Basel lahmouni**

**Supervisor
Dr. Ahmed A. Talhouni**

ABSTRACT

Self-medication is the selection and use of medicines by individuals' own initiatives to treat self-recognized illnesses or symptoms. It is practiced significantly worldwide even though its type, extent, and reasons for its practice may vary. No data is available on the current status of self-medication practices among pharmacy students in Jordanian universities. This study aimed to estimate the risks and prevalence of self-medication and potential abuse risk among pharmacy students to provide baseline information regarding self-medicating pattern and practices.

A Cross-sectional study design was conducted with a sample of 450 students, selected using multistage sampling methods from seven different universities. Data was collected by self-administrated questionnaires covering demographic and academic information, health-related information, use of self-medication, and the pattern of self-medication among pharmacy students.

Out of 394 students who answer the questions, 76.9% reported that they had usually treated them selves in case of simple cases without physician or pharmacist consultation. Most commonly used drugs among the surveyed students were paracetamol (60%), multivitamins

supplements (74.25%), herbal products (37.2%), combination of NSAIDs and paracetamol (20.6%), and laxatives (19.4%). Cold and flu (25.5%), headache (22.3%), abdominal pain (7.9%), gastric pain (7.9%), cold and flu, headache, abdominal pain, and gastric pain (14.9%) were the main conditions which contribute to self-medication practice. It was also found that pharmacy students were over-confident with regard to the type of cases that could be treated without referral to the specialist physician, despite knowing that some of the symptoms may be due to serious health problems.

The prevalence of self-medication among pharmacy students in Jordan is relatively high. Obtaining medical may result in practicing responsible self-medication. However, medical teaching institutions need to educate students about the proper use of medicines as a therapeutic tool. Strict legislation regarding the accessibility of these drugs and more education of the pharmacy students on self-medication is essential for effective use of medicines is required.