

Original Paper

Knowledge and practice among women about self-medication based on health belief model

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Abstract

Background and Objective: The majority of medicines are associated with some form of side effects due to high prevalence of self-medication in Iran. There is not any drug without side effects; the prevalence of self-medication in Iran's provinces is increasing. This study was done to determine the knowledge and practice among woman about self-medication based on health belief model.

Materials and Methods: This cross-sectional study carried out on 385 women whom referred to health centers in Isfahan, Iran during 2008. Data were collected by a questionnaire including knowledge, practice and health belief model structures.

Results: The mean score of knowledge was 82.97 ± 13.80 and means score of perceived susceptibility 72.48 ± 17.11 , severity 71.60 ± 14.73 , benefits 68.29 ± 17.13 and barriers 61.64 ± 19.67 . 86% of women have done self-medication at least in one disease in 6 months earlier Including: cold 225 (57.6%), headache 28 (53.7%) and anemia 51 (13.2%). The main reasons for self-medication were previous experience and medicine accessibility. The main reasons to avoid self-medication was the side effects of medicine.

Conclusion: Self-medication can be prevented thought increasing knowledge and education about severity of drug side effects.

Keywords: Self-medication, Drug, Knowledge, Practice, Health Belief Model

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Received 22 September 2010

Revised 12 January 2011

Accepted 2 March 2011