

# **INVESTIGATION OF PREVALENCE OF SELF-MEDICATION AND ITS CORRELATIVE FACTORS IN PREGNANT WOMEN REFERRED TO IRANIAN HOSPITAL- DUBAI**

## **ABSTRACT**

**Introduction:** self-medication phenomenon is one of the acute health problems more important in women, because they have encountered critical periods such as pregnancy. Current study has been aimed to determine the prevalence of this phenomenon and some of its correlative factors in pregnant women referred to Iranian Hospital-Dubai.

## **METHODS**

In this Descriptive cross – sectional study, 450 pregnant women referred to Iranian Hospital-Dubai were selected randomly, and examined using interview and questionnaire.

## **FINDINGS**

Results of this study indicated that 76.4 percent of total studied women used self-medication. The Antinausea and vomiting drugs, sedatives, herbal drugs, and cold pills were the most prevalent drugs used as self-medication. Similarity of current disease symptoms with last one, availability of drugs (at home or take from family), expensiveness of visit, uncertainty to the safety of the drug, previous use of drug and improvement of symptoms and, insufficient time to visit the office or hospital were the most prevalent reasons for self-medication, respectively. The most prevalence of self-medication was in the age group below 24 years, and the lowest was in the age group 30-34 years. Considering the job, self-medication was more prevalent in employed women and there was no correlation between level of education and job, with self-medication.

## **RESULTS AND DISCUSSION**

Given the high cost of drug production and unpredictable adverse effects of self-consumption, especially during pregnancy which can lead to abnormal birth, it is necessary to raise the level of culture and lack of self-medication, particularly in women.

**Key words:** Self-medication, Mothers, Pregnancy