



**Tehran University of Medical Sciences**

**School of Nursing and Midwifery**

**INVESTIGATION OF PREVALENCE OF SELF-MEDICATION AND  
ITS CORRELATIVE FACTORS IN PREGNANT WOMEN REFERRED  
TO IRANIAN HOSPITAL- DUBAI 2013**

**A Thesis submitted to the Graduate Studies Office In partial fulfillment of the  
requirements for The degree of Master in Midwifery  
(branch of Maternal and Child Health)**

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**2013-2014**

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## **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 easily and studied, 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 34/7%, sedatives 28/7%, herbal drugs 27/8%, and cold pills 25/3% were the most prevalent drugs used as self-medication. Similarity of current disease symptoms with last one 56/7%, availability of drugs 56/4%, expensiveness of visit 54%, uncertainty to the safety of the drug 53/6%, previous use of drug and improvement of symptoms and 53/1%, insufficient time to visit the office or hospital were the most prevalent reasons for self-medication 53/1%, 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**

In this study, according to the different countries studied in pregnant women could not to investigate the factors associated with self-medication in pregnancy. Perhaps the arbitrary use of the drug may be related to other factors that were not evaluated in this study.

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