



**Tehran University of Medical Sciences
International Campus
School of Nursing and Midwifery**

**“The Prevalence of Self-Medication with Antibiotics and
Its related Factors based on the Theory of Planned
Behavior among Visitors of Central Polyclinic in Kabul,
Afghanistan, 2019.”**

A thesis as the fulfillment of the requirements for the M.Sc. degree in
Community Health Nursing

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Abstract

Background: Self-medication with antibiotics is a frequent public health problem, especially in developing countries which more than 50% of antibiotics are purchased and used over the counter. It can lead to drug interactions, masking symptoms of a given disease and more importantly, the development of microbial resistance. A wealth of literature exists in several parts of the world. However, there is a pause of literature in the context of Afghanistan.

Objective: To determine the prevalence of self-medication with antibiotics and its related factors based on the Theory of Planned Behavior among visitors of Central Polyclinics in Kabul, Afghanistan, in 2019.

Method: A cross-sectional design was used to study among a sample of 384 visitors of the Central Polyclinic of Kabul.

Result: From 384 respondents, 216 (56%) of them used antibiotics whether in the prescribed or non-prescribed form in 12 past months. The rate of self-medication with antibiotics is 34.9% (n = 134) in one year period. The most common reason and health conditions were saving money and sore throat, respectively. Amoxicillin was the most common antibiotic used for self-medication. Among the constructs of the theory of planned behavior, only attitude had the predictability power in the intention of self-medication with antibiotics.

Conclusion: The prevalence of self-medication with antibiotics among visitors of the Central Polyclinic of Kabul is high. There is a need for intervention and more research.

Keywords: Self-Medication, Antibiotics, Theory of Planned Behavior, and Afghanistan.