



Self Medication Practices among Population Attending Community Pharmacies during COVID-19 Pandemic in Sargodha Pakistan

This research is being conducted in order to access the knowledge, attitude and practice to identify the contributing factors towards self-medication during COVID-19 pandemic. This questionnaire will require approximately 5 minutes to complete. All the information will be used for academic purpose only and accessible only by the research team. There is no any known risk posed to the participants and confidentiality will be maintained throughout the study. Your involvement is voluntary, and you are free to participate in or to withdraw from the study at any time.

SECTION A: Demographic and general information

- 1. Age _____ Years
- 2. Gender Male Female
- 3. Marital Status Single Married Divorced Widowed Other
- 4. Area of Residence Sargodha Periphery
- 5. How do you classify your economic status?
 Lower class Lower middle class Upper middle class Upper class
- 6. Are you suffering from any underlying medical disorder?
 Hepatitis B Hepatitis C Diabetes mellitus Hypertension
 Any form of malignancy Chronic obstructive airways disease None
- 7. Are you a medical health professional? (doctor, medical student, nurse and other health professionalism) Yes No
- 8. Have you been tested for COVID-19?
 Yes (its positive) Yes (its negative) No

SECTION B: Assessment of Prevalence of Self-Medication During COVID-19 Pandemic

- 9. Did you medicate yourself in any form i.e. allopathic, herbal and supplements against Corona virus? Yes No
- 10. Have you taken any medication without a proper prescription written, as a precautionary measure in COVID-19 during last 03 months? (Allopathic/herbal medicines)
 Yes No

SECTION C: Identification of contributing factors towards Self-Medication During COVID-19 Pandemic

- 11. Does pharmacist demand for a prescription when you visit to buy medicines?
 Yes No
- 12. Are you aware that such medicines\ substances can affect your health adversely?
 Yes No
- 13. What was/were reason to take medicine without doctor’s prescription? (mark all that apply)
 It is a habit of yours Unavailability of doctor as required Financial Issue
 Difficulty in travelling to doctor Lack of effectiveness of doctor’s medicine
 Fear of getting contact to virus Bad experience with doctor Other
- 14. Who/What influenced you to take medicine without meeting a doctor?(mark all that apply)
 Yourself Doctor Family member Internet/Social media Colleague Other

SECTION D: Assessment of Knowledge, Attitudes and Practices of Self-Medication During COVID-19 Pandemic

15. What was/were the type/s of medicine have you taken as a preventive measure?
 Allopathic Herbal Both None
16. What was/were the symptoms you expected to be prevented?(mark all that apply)
 Fever Cough Flu Abdominal burn/pain Shortness of breath
 Headache Loss of sense of taste/smell Sore throat Diarrhoea
 Anxiousness Constipation Body pain Allergies None
17. How did you get the medicine/substances as a precautionary measure?(mark all that apply)
 Prescription written for a family member Prescription written for a friend
 Directly requested from the pharmacy Drugs bought for a family member
 Drugs bought for a friend Other
18. What is/are the medicines you took as a precautionary measure in COVID-19?(mark all that apply)
 Azithromycin Dexamethasone Hydroxychloroquinone Ivermectin
 Panadol Disprin Soften (anti-allergic) Cough syrup Unknown
19. Was/Were your symptoms improved with medicine/substances?
 Yes No
20. How often do you take medicines/substances in below mentioned way?
 Once a week Once in two weeks Once a month Other
21. Have you felt improvement in your health due to above mentioned medicines/substances?
 Yes No
22. What are the adverse effects faced you by using the medicines?(mark all that apply)
 Diarrhoea Chest discomfort Skin rash joint and muscle pain Chills
 Vomiting/nausea Dry mouth Nasopharyngitis Other
23. What is/are the herbal medicines you took in COVID-19?(mark all that apply)
 Senna Makhhi Kehwa Homeopathic medicines None Other
24. How many times have you used them?(mark all that apply)
 Daily Once a week Twice a week Once a month On & Off Continuously
25. Do you believe that above herbal medicine can boost your immunity?
 Yes No Not sure
26. Have you taken any supplements mentioned below in COVID-19? (Mark all that apply)
 Vitamin D Vitamin C Surbex Z Calcium Other
27. How many times have you been using the supplements?
 Daily Once a week Twice a week Once in a month
 On and Off Continuously Other
28. Do you believe that the supplements can boost your immunity?
 Yes No Not sure

Thank you