

THE PRACTICE OF USE OF NON-STEROID ANTI-INFLAMMATORY DRUGS AMONG SERBIAN ADULTS

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OBJECTIVES

However, due to their widespread use and over-the-counter availability of non-steroidal anti-inflammatory drugs (NSAIDs), they are often used without medical supervision. The aim of the research is to assess the practice, knowledge, characteristics of self-medication and influencing factors of taking non-opioid pain relievers and NSAIDs among adult residents of Serbia.

METHODS

A cross-sectional study was conducted between April and September 2023 using simple non-random sampling among adult residents of Vojvodina (Serbia) (n=330). The self-designed questionnaire comprised demographic data, indications for drug purchase, knowledge level, drug use habits, types of drugs used, evaluation of effects, and sources of information. In addition to the descriptive statistical analysis, independent samples t-test, χ^2 test, Pearson correlation, and ANOVA analysis were applied (p<0.05).

RESULTS

Significantly (p=0.008), more individuals in the 18-35 age group (54.5%) purchase analgesics for their rapid effect compared to those aged 46 and above (33.7%). Individuals aged 18-35 are significantly (p<0.001) more likely to avoid consulting a general practitioner consultation (51.7%) than those aged 46 and over (22.9%). Those with a high school education (12.6%) are more likely (p=0.019) to initially use double or more than the prescribed dose, ignoring the prescribed duration, than those with a university degree (4.5%). Respondents who initially took a double dose (p=0.044) experienced side effects more often (35.5%) than those who took only a single dose of the drug. Respondents who received information about drug side effects from a doctor had a significantly (p=0.012) higher level of knowledge (42.04) than those who did not consult a doctor (40.68).

CONCLUSIONS

Sociodemographic data and knowledge level influence the indication for analgesic use, the practice of usage, and the extent of self-medication. Information obtained from professional sources increases the level of knowledge.

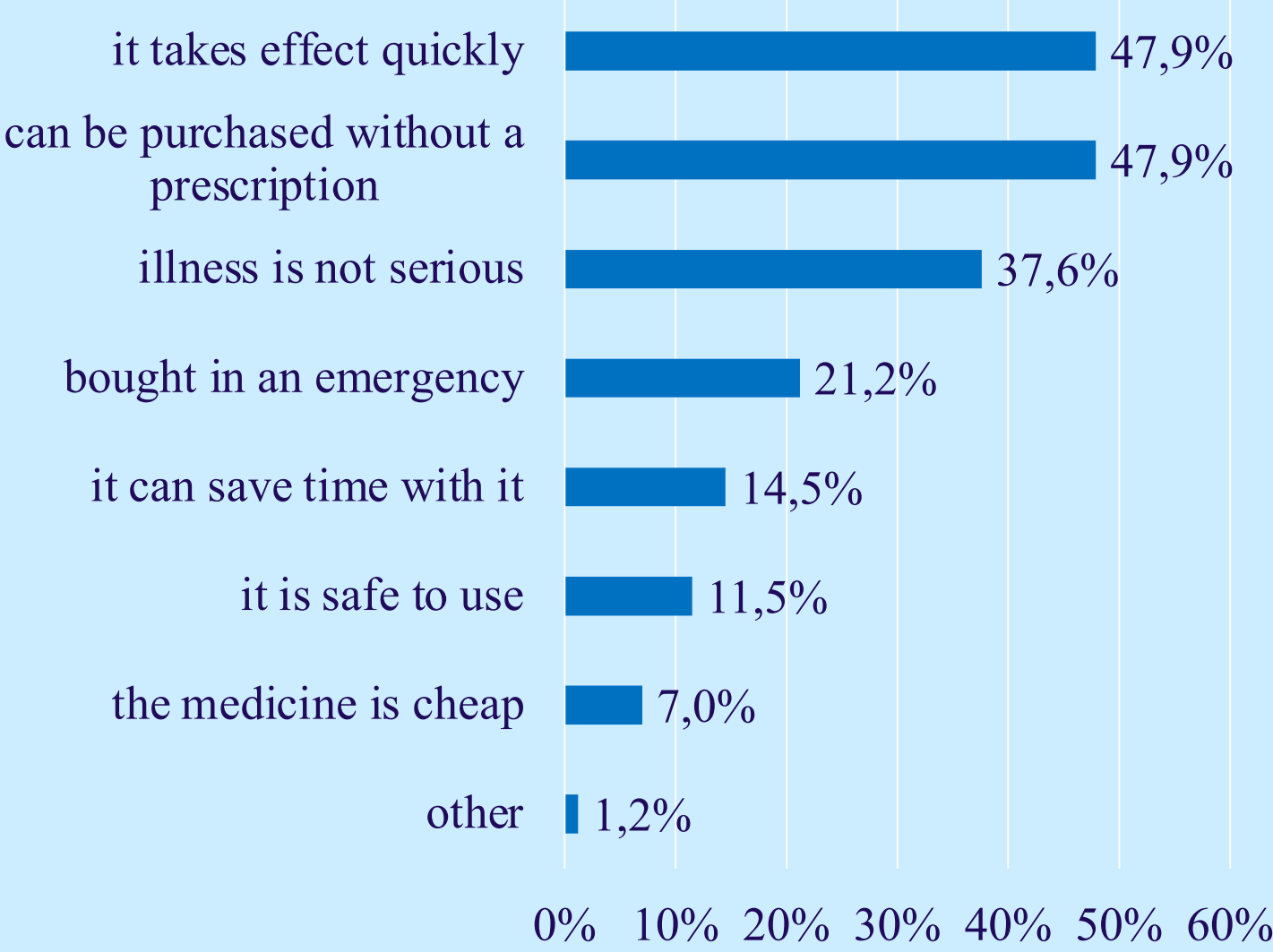


Figure 1. Motivation to buy NSAIDs (n=330)

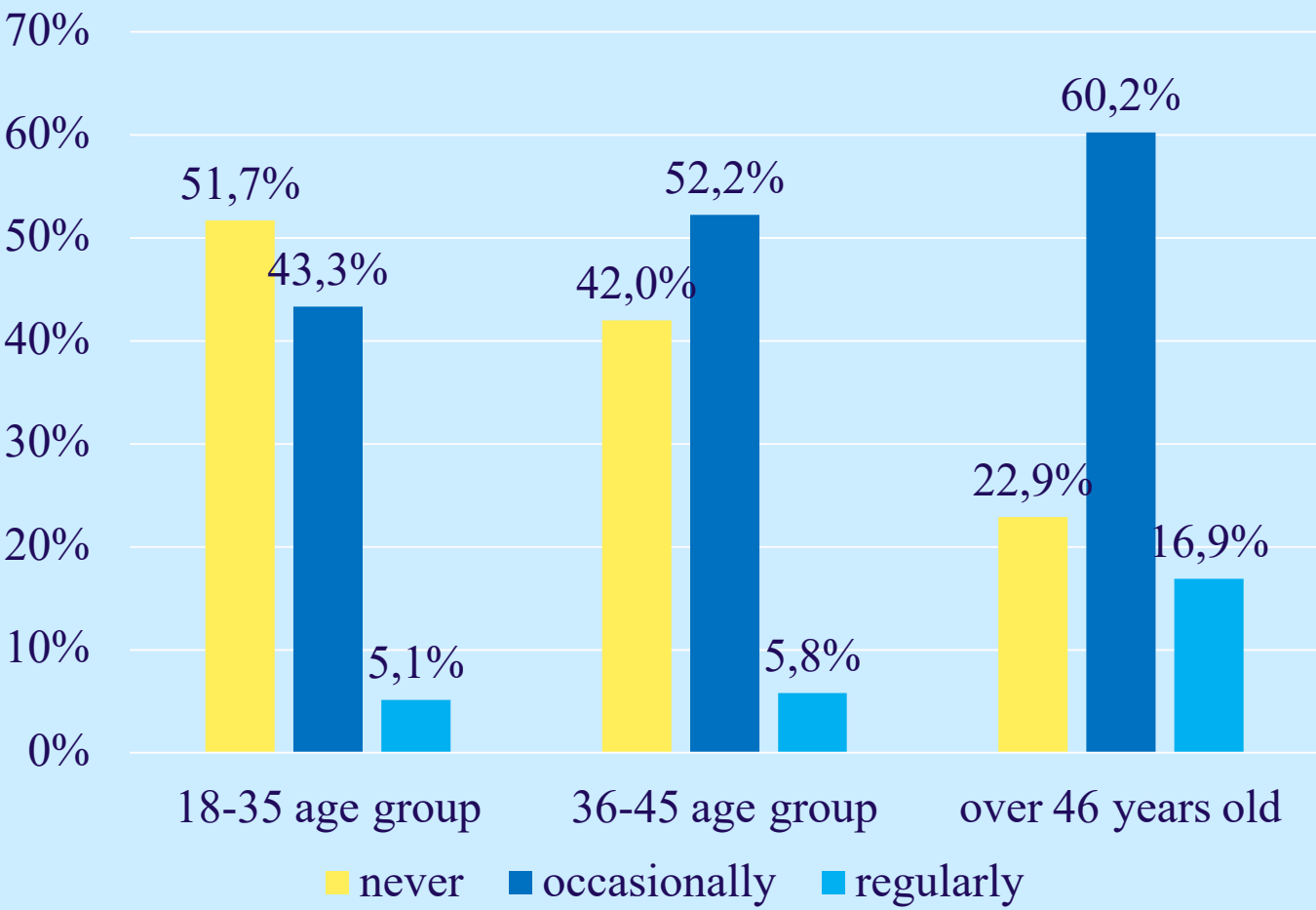


Figure 3. Consultation with a family doctor before medication use by age groups (n=330)

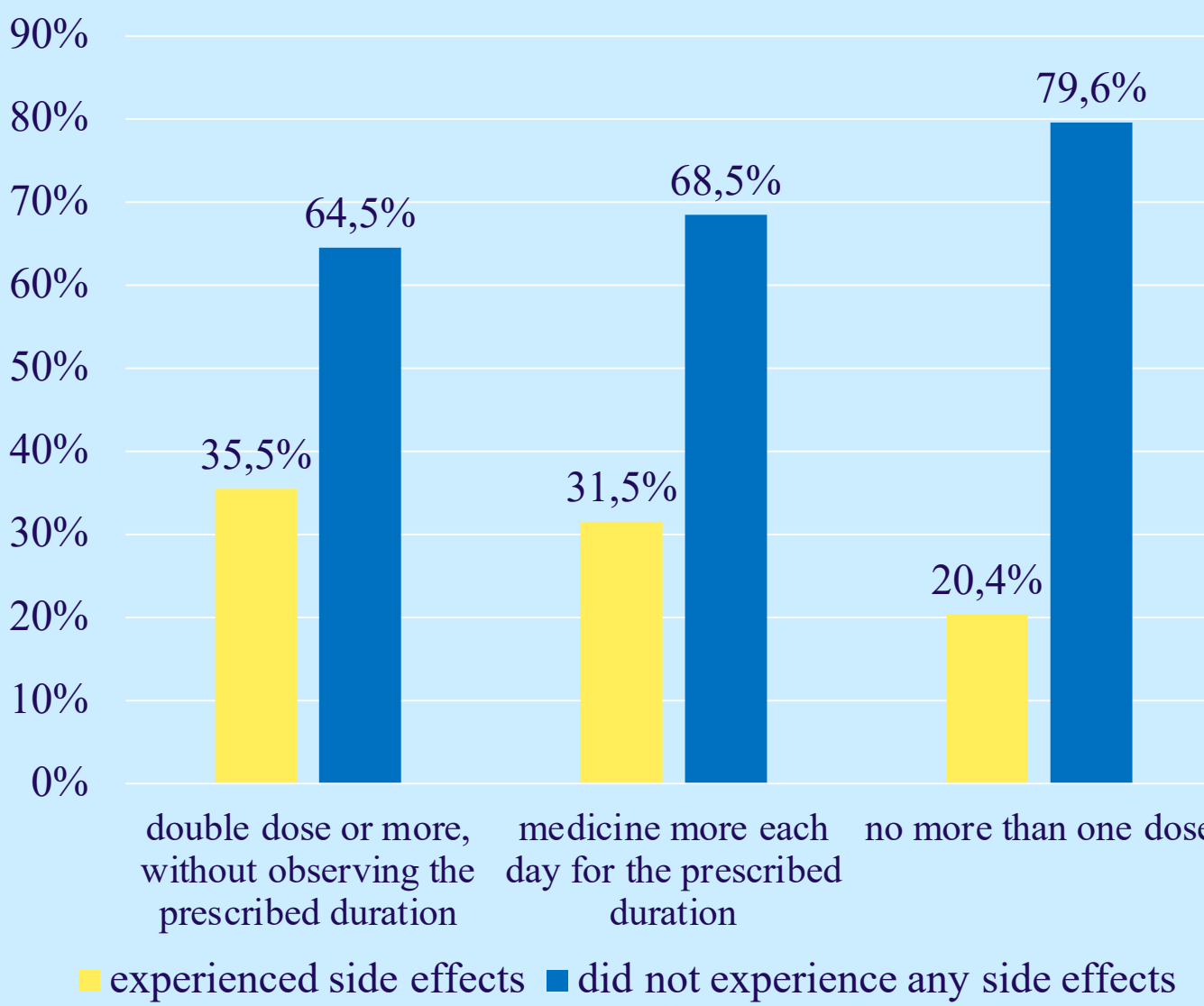


Figure 5. Amount of medication used by experienced side effects (n=330)

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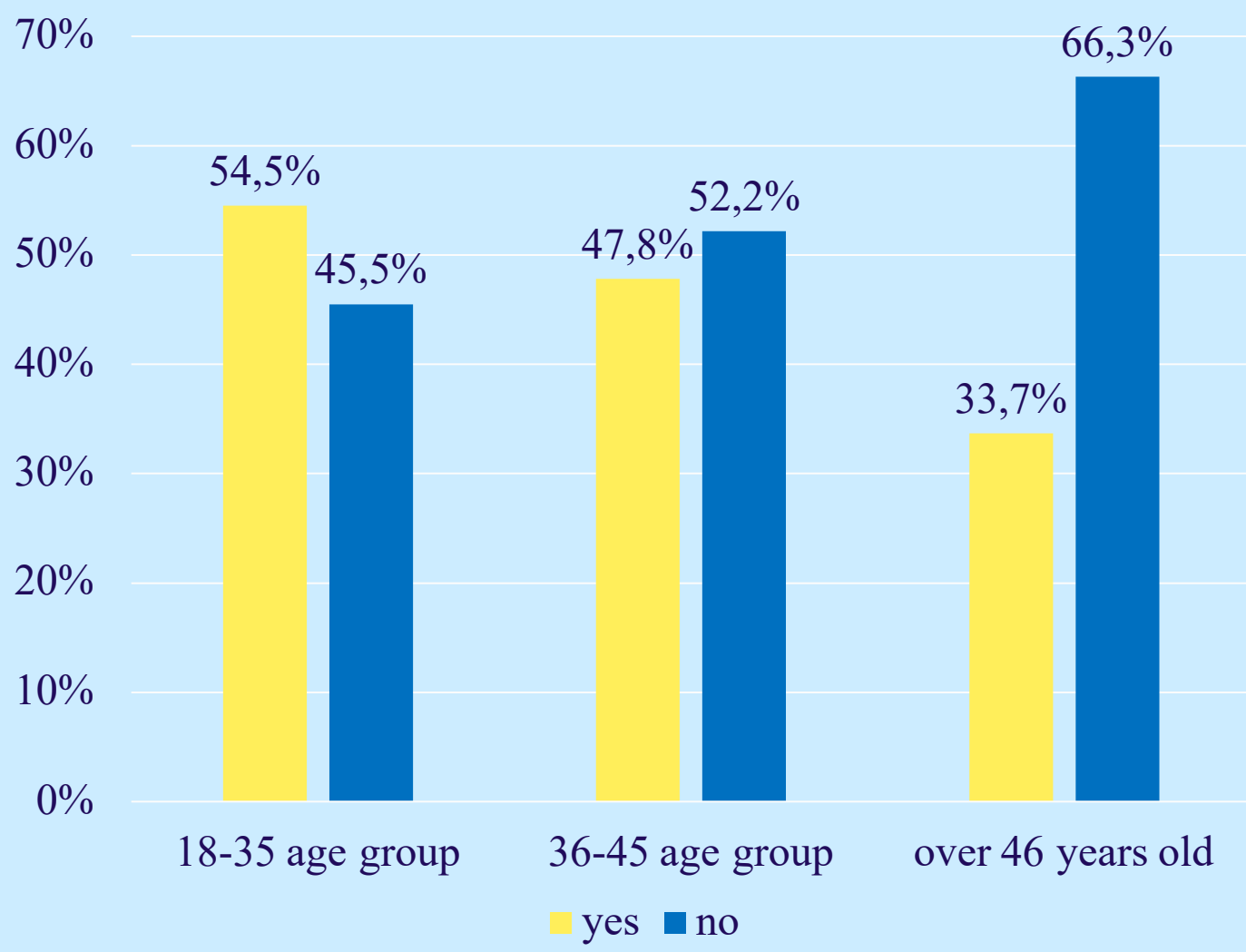


Figure 2. Quick effect as an indication of purchase by age groups (n=330)

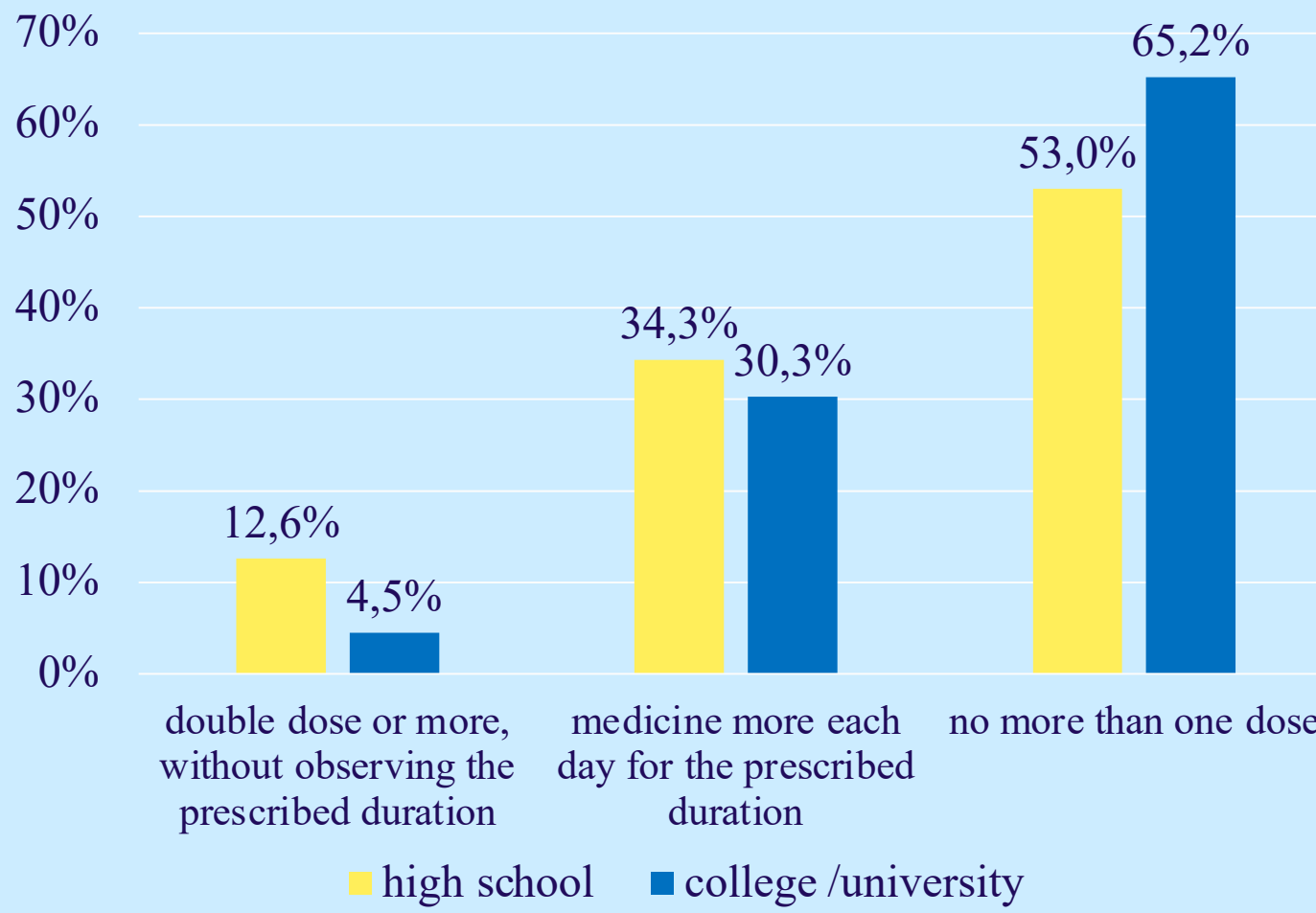


Figure 4. Amount of medication used by educational level (n=330)

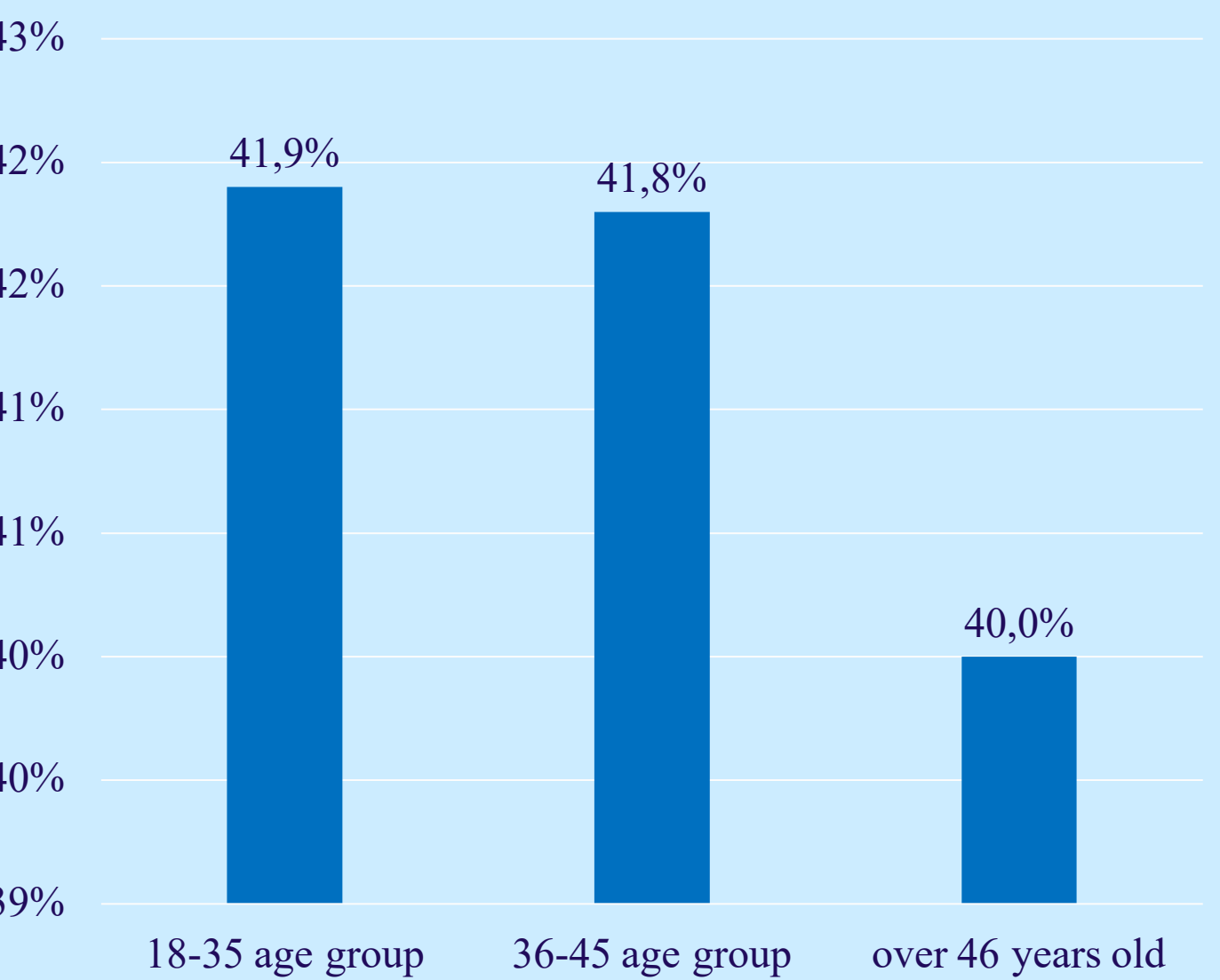


Figure 6. Knowledge level average score by age groups (n=330)

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