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## Abstract

### Self-Medication Practice among University Students in Albania: A Cross-Sectional Study

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#### Abstract

**Background and Aim:** Medical progress has spurred an increase in irrational drug use, particularly self-medication, prevalent among university students. The current study aimed to determine the prevalence of self-medication among university students in Albania, as well as to identify the reasons and source of information for self-medication practice.

**Materials and Methods:** This cross-sectional study was conducted among undergraduate students from medical and non-medical programs at University Fan S. Noli, Korça-Albania, from October 2021 to March 2022. A total of 209 standardized questionnaires were completed. The questionnaire had three sections: demographic information, prevalence and practice of self-medication, and students' attitudes towards self-medication. Data were analyzed using SPSS version 21, with a p-value of 0.05 considered statistically significant.

**Results:** In this study, 66.5% of the participants were female and 33.5% were male, aged 18 to 35. Non-medical students constituted 64.6%, while 35.4% were medical students. A significant association was found between self-medication and years of study ( $p = 0.041$ ). Most participants (66%) self-medicated for mild illnesses. The top medications used were analgesics/NSAIDs (78.5%), herbal remedies (54%), and antibiotics (48.8%). Headache (94.7%) was the most common reason for self-medication, followed by fever (38.28%) and urinary infections (34.4%). Past experiences and advice from local pharmacists were the primary sources of information for self-medication.

**Conclusion:** The study revealed that university students commonly engage in self-medication, often using analgesics, herbal remedies, and antibiotics. It underscores the importance of students understanding the potential risks associated with self-medication, particularly regarding the rational use of antibiotics.

**Keywords:** *Self-medication, University student, Drugs, Ailment*

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