

Table 3 Pattern of use and reasons for use of drugs for self-medication by the studied adults

Self-medication with drugs	No.	% (n = 908)^a
<i>Severity of health problem</i>		
Minor/common health problems	891	98.1
Major health problems	1	0.1
Any health problem	16	1.8
<i>Symptoms/conditions that warranted self-medication with drugs^b</i>		
Gastrointestinal problems	871	95.9
Headache/body aches	813	89.5
Flu/common cold/cough	786	86.6
Fever	145	15.9
Exacerbation of a chronic illness (asthma, infertility and sexual problems, anaemia, neuropsychiatric problems, peptic ulcer, haemorrhoids, hepatitis, dermatological problems)	47	5.1
Chronic non-communicable diseases (hypertension and diabetes)	27	2.9
<i>Reasons for practising self-medication with drugs^b</i>		
Emergency use/odd hours	454	50.0
Could not afford to see the doctor (financial or time barriers)	351	38.7
Had an old prescription	421	46.4
Previous good experience with the drug	197	21.7
<i>Sources of advice and information to self-medicate with drugs^b</i>		
Old prescription	671	73.9
Pharmacist	388	42.7
An older person in a household or a friend	277	30.5
Media (television, Internet, books)	49	5.4
Regular availability of drugs at home	716	78.9
Leftover drugs kept at home	763	84.1

^aTotal number who practised self-medication with drugs only and with both drugs and complimentary/alternative medicine.

^bResponses are not mutually exclusive.