First Generation Antihistamine, Irrational Uses and Risk of Dependence in University Of Khartoum Faculty of Medicine, 2018-2019

Abstract

Background: The aim of this study is to investigate the prevalence of abuse, irrational use and dependence on antihistamine. This cross-sectional study, conducted during 11-months period. The study involve 388 students, participants were randomly selected from all levels. 57% of student use antihistamine without prescription, 17.7% of student use antihistamine for insomnia, 3.7% develop dependence; all of the student who participate use the drug without prescription and for insomnia. The cause of insomnia in 64.6% of student is studying anxiety and also there is correlation between using antihistamine for insomnia and level, age of student, abuse and dependence.

Keywords: Antihistamine, Irrational Uses, Abuse, Dependence