

Abdullah et al (2022). IJERPH

Over-the-counter medicine attitudes and knowledge  
among university and college students in Brunei  
Darussalam: findings from the first national survey

Questionnaire

Section 1: Demographic data

1. Gender:

☐ Male

☐ Female

2. Age (years):

\_\_\_\_\_

3. Nationality:

☐ Bruneian

☐ Non-Bruneian

4. Ethnic group:

☐ Malay

☐ Chinese

☐ Indian

☐ Others: \_\_\_\_\_

5. Which university or college are you from?

☐ Universiti Brunei Darussalam (UBD)

☐ Universiti Teknologi Brunei (UTB)

☐ Universiti Islam Sultan Sharif Ali (UNISSA)

☐ Kolej Universiti Perguruan Ugama Seri Begawan (KUPU SB)

☐ Politeknik Brunei

☐ Intitute of Brunei Technical Education (IBTE)

☐ Others: \_\_\_\_\_

6. Major (Course of study):

\_\_\_\_\_

7. Current year of study:

- ☐ Year 1
- ☐ Year 2
- ☐ Year 3
- ☐ Year 4
- ☐ Others: \_\_\_\_\_

## Section 2: Knowledge

8. Medicines are always used on the prescription of a doctor.

- ☐ Yes
- ☐ No
- ☐ I do not know

9. All over-the-counter drugs (non-prescription or you can buy without prescription) are safe and effective. Examples of over-the-counter: flu and cough syrup, and Panadol.

- ☐ Yes
- ☐ No
- ☐ I do not know

10. Over-the-counter drugs are used for treating diseases like

- ☐ Hereditary diseases (passed on from one generation to another or in other words run in family)
- ☐ Minor illnesses and injuries
- ☐ I do not know

11. Over-the-counter drugs are approved for self-care.

- ☐ Yes
- ☐ No
- ☐ I do not know

12. Which of the following drugs fall under over-the-counter drugs? [will include the meaning and examples for each answer]

- ☐ Antipyretics
- ☐ Anti-cold
- ☐ Analgesics
- ☐ Anti-microbials

13. Over-the-counter drugs could be used after their expiry date.

- ☐ Yes
- ☐ No
- ☐ I do not know

14. Over-the-counter drugs can

- ☐ Sometimes cause side-effect(s)
- ☐ Mostly cause side-effect(s)
- ☐ Never cause side-effect(s)
- ☐ I do not know

15. While using over-the-counter drugs, caution should be taken mostly in

- ☐ Pregnancy
- ☐ Elderly
- ☐ Children
- ☐ Adolescent/middle adults

16. If suspected side-effect(s) are seen, then one should

- ☐ Immediately stop using the drug
- ☐ Take low dose until side effect(s) subside
- ☐ Continue taking the drug regardless the side effect(s)
- ☐ Report to a doctor or pharmacist
- ☐ Other: \_\_\_\_\_

17. All over-the-counter drugs when taken along with prescribed drug are safe.

- ☐ Yes
- ☐ No
- ☐ I do not know

### Section 3: Attitude

18. Over-the counter drugs that are used for self-medication are safe.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

19. Over-the-counter drugs are cheaper and convenient.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

20. Paracetamol (Panadol) in overdose is a powerful poison.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

21. Over-the-counter drugs can modify or alter the action of another drug.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

22. All over-the-counter drugs can be used in case of pregnancy.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree

☐ Strongly agree

23. Pain killers when taken on an empty stomach does not cause gastritis.

☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Somewhat agree

☐ Agree

☐ Strongly agree

24. Over-the-counter drugs are not affected by storage conditions, like temperature, moisture and direct sunlight.

☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Somewhat agree

☐ Agree

☐ Strongly agree

25. Liquid medicines could be used when opened after one month.

☐ Strongly disagree

☐ Disagree

☐ Somewhat disagree

☐ Somewhat agree

☐ Agree

☐ Strongly agree

26. Eye/ear drops could be used after one month of opening.

☐ Strongly disagree

☐ Disagree

- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

27. It is better I do not take over-the-counter drugs when I am ill.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

28. Over-the-counter drugs are safe but would seek a physician advice before using it.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Strongly agree

#### Section 4: Practice

29. Have ever practiced self-medication with over-the-counter drugs

☐ Yes

☐ No

30. With whom did you consult before using over-the-counter drugs?

☐ Pharmacist

☐ Doctor

☐ Friends/relatives

☐ Leaflet

☐ Internet and mobile applications

☐ Other: \_\_\_\_\_

31. When did you consume over-the-counter drugs?

☐ When symptoms are minor/manageable

☐ Whenever I feel sick

☐ When I cannot visit doctor

☐ Other: \_\_\_\_\_

32. Common reason(s) for using over-the-counter drugs is:

☐ Time saving

☐ Low cost

☐ Safe and well tolerable

☐ Easy accessibility

☐ Other: \_\_\_\_\_



33. Which categories of medications are mostly preferred by you for self-medication? [will include the meaning and examples for each answer]

- ☐ Antipyretic
- ☐ Cough and cold preparation
- ☐ Analgesics
- ☐ Anti-inflammatory
- ☐ Anti-diarrheal
- ☐ Antacids
- ☐ Vitamin tablets
- ☐ Anti-allergic
- ☐ Other: \_\_\_\_\_

34. Have you experienced adverse effect from over-the-counter drugs?

- ☐ Yes
- ☐ No

35. What was the side-effect(s)?

\_\_\_\_\_

36. What did you do after the side-effect(s)?

\_\_\_\_\_

37. How often do you read the instructions on drug's label before use?

- ☐ Always
- ☐ Occasionally
- ☐ Rarely

☐ Never

38. How often do you check the expiry date?

☐ Always

☐ Occasionally

☐ Rarely

☐ Never

39. What do you do in case over-the-counter drug do not work well?

☐ Increase or double the dose

☐ Change to another powerful over-the-counter drug

☐ Straight away go to hospital or clinic

☐ Other: \_\_\_\_\_

40. If over-the-counter drugs showed change in shape, color, or odor:

☐ Immediately discard the drugs

☐ Continue using until it expires

☐ Continue using after it expires

☐ Other: \_\_\_\_\_