1. **How often have you used self-medication preparations in the past 12 months? Please also think about dietary supplements and herbal preparations**. Please just one answer.

| | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | |
| Permanently (daily) | 15 | 12.4 | 6 | 10.3 | 2 | 20.0 | 1 | 6.7 | 5 | 7.6 | 17 | 15.7 |
| Frequently (several times a week) | 20 | 16.5 | 13 | 22.4 | 2 | 20.0 | 6 | 40.0 | 13 | 19.7 | 16 | 14.8 |
| Occasionally (several times a month) | 40 | 33.1 | 11 | 19.0 | 3 | 30.0 | 3 | 20.0 | 26 | 39.4 | 25 | 23.1 |
| Temporarily (several times a quarter) | 21 | 17.4 | 12 | 20.7 | 0 | 0.0 | 0 | 0.0 | 12 | 18.2 | 21 | 19.4 |
| Rarely (several times every six months) | 18 | 14.9 | 12 | 20.7 | 2 | 20.0 | 3 | 20.0 | 8 | 12.1 | 21 | 19.4 |
| Never | 6 | 5.0 | 4 | 6.9 | 0 | 0.0 | 2 | 13.3 | 2 | 3.0 | 6 | 5.6 |
| I can not estimate. | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| Others (N/A) | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |

2. **For which symptoms/complaints would you resort to self-medication before seeing a doctor?** - Multiple answers are possible. (Table only shows results of the reply "appropriate indication")

| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Headache | 105 | 86.8 | 51 | 87.9 | 7 | 70.0 | 13 | 86.7 | 59 | 89.4 | 91 | 84.3 |
| Allergies, Hay fever | 48 | 39.7 | 26 | 44.8 | 4 | 40.0 | 4 | 26.7 | 35 | 53.0 | 39 | 36.1 |
| Suspected deficiency | 53 | 43.8 | 27 | 46.6 | 5 | 50.0 | 6 | 40.0 | 31 | 47.0 | 48 | 44.4 |
| Minor injuries such as bruises abrasions | 83 | 68.6 | 33 | 56.9 | 3 | 30.0 | 9 | 60.0 | 37 | 56.1 | 73 | 67.6 |
| Back and joint pain | 61 | 50.4 | 21 | 36.2 | 3 | 30.0 | 6 | 40.0 | 26 | 39.4 | 53 | 49.1 |
| Muscle cramps | 56 | 46.3 | 25 | 43.1 | 4 | 40.0 | 1 | 6.7 | 35 | 53.0 | 49 | 45.4 |
| Toothache, gingivitis | 29 | 24.0 | 11 | 19.0 | 2 | 20.0 | 3 | 20.0 | 15 | 22.7 | 24 | 22.2 |
| Inflammation of the eye | 11 | 9.1 | 8 | 13.8 | 1 | 10.0 | 1 | 6.7 | 8 | 12.1 | 11 | 10.2 |
| Menstrual cramps (women only) | 78 | 64.5 | 0 | 0.0 | 4 | 40.0 | 4 | 26.7 | 38 | 57.6 | 40 | 37.0 |
| Menopausal symptoms (women only) | 16 | 13.2 | 0 | 0.0 | 2 | 20.0 | 3 | 20.0 | 8 | 12.1 | 7 | 6.5 |
| Emergency contraception (morning after pill) | 30 | 24.8 | 0 | 0.0 | 4 | 40.0 | 4 | 26.7 | 16 | 24.2 | 14 | 13.0 |
| Bladder weakness | 11 | 9.1 | 2 | 3.4 | 2 | 20.0 | 1 | 6.7 | 3 | 4.5 | 11 | 10.2 |
| Urinary tract infection | 21 | 17.4 | 3 | 5.2 | 3 | 30.0 | 1 | 6.7 | 14 | 21.2 | 12 | 11.1 |
| Heartburn | 35 | 28.9 | 30 | 51.7 | 5 | 50.0 | 5 | 33.3 | 28 | 42.4 | 37 | 34.3 |
| Diarrhea | 67 | 55.4 | 38 | 65.5 | 5 | 50.0 | 9 | 60.0 | 41 | 62.1 | 60 | 55.6 |
| Obstipation | 53 | 43.8 | 26 | 44.8 | 3 | 30.0 | 6 | 40.0 | 30 | 45.5 | 46 | 42.6 |
| Cold complaints | 97 | 80.2 | 47 | 81.0 | 8 | 80.0 | 10 | 66.7 | 56 | 84.8 | 86 | 79.6 |
| Fever | 65 | 53.7 | 31 | 53.4 | 6 | 60.0 | 9 | 60.0 | 39 | 59.1 | 54 | 50.0 |
| Sleep disturbances | 32 | 26.4 | 17 | 29.3 | 4 | 40.0 | 6 | 40.0 | 20 | 30.3 | 27 | 25.0 |
| Exhaustion, Fatigue | 33 | 27.3 | 15 | 25.9 | 3 | 30.0 | 5 | 33.3 | 10 | 15.2 | 36 | 33.3 |
| Corns, warts | 51 | 42.1 | 18 | 31.0 | 2 | 20.0 | 2 | 13.3 | 28 | 42.4 | 41 | 38.0 |
| Insect bites | 84 | 69.4 | 39 | 67.2 | 6 | 60.0 | 9 | 60.0 | 45 | 68.2 | 75 | 69.4 |
| Sunburn | 90 | 74.4 | 42 | 72.4 | 6 | 60.0 | 10 | 66.7 | 51 | 77.3 | 77 | 71.3 |
| Skin diseases, Rash | 31 | 25.6 | 17 | 29.3 | 2 | 20.0 | 2 | 13.3 | 17 | 25.8 | 31 | 28.7 |
| Dandruff | 49 | 40.5 | 22 | 37.9 | 5 | 50.0 | 5 | 33.3 | 25 | 37.9 | 46 | 42.6 |
| Lice | 57 | 47.1 | 23 | 39.7 | 5 | 50.0 | 8 | 53.3 | 29 | 43.9 | 48 | 44.4 |
| Fungus infection of foot or nails | 48 | 39.7 | 22 | 37.9 | 3 | 30.0 | 4 | 26.7 | 31 | 47.0 | 38 | 35.2 |
| Vein weakness, varicosity | 6 | 5.0 | 2 | 3.4 | 1 | 10.0 | 1 | 6.7 | 4 | 6.1 | 4 | 3.7 |

| **3. In which situations do you think it is appropriate to use self-medication before consulting a physician?** Please only one answer option per line. | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| With mild complaints | **Very suitable** | 94 | 77.7 | 42 | 72.4 | 8 | 80.0 | 7 | 46.7 | 55 | 83.3 | 82 | 75.9 |
| | **Rather suitable** | 20 | 16.5 | 14 | 24.1 | 1 | 10.0 | 6 | 40.0 | 9 | 13.6 | 20 | 18.5 |
| | **Less suitable** | 3 | 2.5 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 3 | 2.8 |
| | **Not suitable** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 6.7 | 1 | 1.5 | 1 | 0.9 |
| Acceleration of recovery | **Very suitable** | 36 | 29.8 | 19 | 32.8 | 6 | 60.0 | 4 | 26.7 | 24 | 36.4 | 33 | 30.6 |
| | **Rather suitable** | 47 | 38.8 | 20 | 34.5 | 2 | 20.0 | 6 | 40.0 | 19 | 28.8 | 44 | 40.7 |
| | **Less suitable** | 22 | 18.2 | 14 | 24.1 | 1 | 10.0 | 3 | 20.0 | 16 | 24.2 | 18 | 16.7 |
| | **Not suitable** | 12 | 9.9 | 2 | 3.4 | 0 | 0.0 | 1 | 6.7 | 6 | 9.1 | 7 | 6.5 |
| | **I can not estimate** | 4 | 3.3 | 2 | 3.4 | 1 | 10.0 | 0 | 0.0 | 1 | 1.5 | 6 | 5.6 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| To be able to cope with everyday life despite complaints | **Very suitable** | 23 | 19.0 | 11 | 19.0 | 3 | 30.0 | 5 | 33.3 | 13 | 19.7 | 19 | 17.6 |
| | **Rather suitable** | 49 | 40.5 | 18 | 31.0 | 4 | 40.0 | 2 | 13.3 | 24 | 36.4 | 45 | 41.7 |
| | **Less suitable** | 29 | 24.0 | 14 | 24.1 | 1 | 10.0 | 3 | 20.0 | 20 | 30.3 | 21 | 19.4 |
| | **Not suitable** | 17 | 14.0 | 12 | 20.7 | 2 | 20.0 | 2 | 13.3 | 9 | 13.6 | 20 | 18.5 |
| | **I can not estimate** | 3 | 2.5 | 2 | 3.4 | 0 | 0.0 | 2 | 13.3 | 0 | 0.0 | 3 | 2.8 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| Prevention of acute diseases | **Very suitable** | 15 | 12.4 | 8 | 13.8 | 1 | 10.0 | 2 | 13.3 | 8 | 12.1 | 14 | 13.0 |
| | **Rather suitable** | 37 | 30.6 | 14 | 24.1 | 4 | 40.0 | 3 | 20.0 | 20 | 30.3 | 32 | 29.6 |
| | **Less suitable** | 24 | 19.8 | 17 | 29.3 | 0 | 0.0 | 2 | 13.3 | 16 | 24.2 | 23 | 21.3 |
| | **Not suitable** | 38 | 31.4 | 14 | 24.1 | 4 | 40.0 | 6 | 40.0 | 19 | 28.8 | 31 | 28.7 |
| | **I can not estimate** | 5 | 4.1 | 4 | 6.9 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 8 | 7.4 |
| | **Others (N/A)** | 2 | 1.7 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 3 | 4.5 | 0 | 0.0 |
| Prevention of chronic disease | **Very suitable** | 4 | 3.3 | 6 | 10.3 | 0 | 0.0 | 1 | 6.7 | 4 | 6.1 | 5 | 4.6 |
| | **Rather suitable** | 10 | 8.3 | 5 | 8.6 | 0 | 0.0 | 1 | 6.7 | 4 | 6.1 | 10 | 9.3 |
| | **Less suitable** | 23 | 19.0 | 6 | 10.3 | 2 | 20.0 | 3 | 20.0 | 12 | 18.2 | 16 | 14.8 |
| | **Not suitable** | 70 | 57.9 | 28 | 48.3 | 4 | 40.0 | 7 | 46.7 | 39 | 59.1 | 56 | 51.9 |
| | **I can not estimate** | 12 | 9.9 | 11 | 19.0 | 2 | 20.0 | 1 | 6.7 | 5 | 7.6 | 19 | 17.6 |
| | **Others (N/A)** | 2 | 1.7 | 2 | 3.4 | 2 | 20.0 | 2 | 13.3 | 2 | 3.0 | 2 | 1.9 |
| Complaints are well known to me | **Very suitable** | 47 | 38.8 | 23 | 39.7 | 6 | 60.0 | 7 | 46.7 | 28 | 42.4 | 41 | 38.0 |
| | **Rather suitable** | 62 | 51.2 | 29 | 50.0 | 3 | 30.0 | 6 | 40.0 | 32 | 48.5 | 56 | 51.9 |
| | **Less suitable** | 9 | 7.4 | 3 | 5.2 | 1 | 10.0 | 0 | 0.0 | 4 | 6.1 | 9 | 8.3 |
| | **Not suitable** | 3 | 2.5 | 2 | 3.4 | 0 | 0.0 | 2 | 13.3 | 2 | 3.0 | 1 | 0.9 |
| | **I can not estimate** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Increase of the well-being | **Very suitable** | 29 | 24.0 | 17 | 29.3 | 5 | 50.0 | 4 | 26.7 | 15 | 22.7 | 32 | 29.6 |
| | **Rather suitable** | 44 | 36.4 | 16 | 27.6 | 2 | 20.0 | 5 | 33.3 | 24 | 36.4 | 33 | 30.6 |
| | **Less suitable** | 20 | 16.5 | 9 | 15.5 | 0 | 0.0 | 1 | 6.7 | 11 | 16.7 | 17 | 15.7 |
| | **Not suitable** | 16 | 13.2 | 13 | 22.4 | 2 | 20.0 | 5 | 33.3 | 11 | 16.7 | 15 | 13.9 |
| | **I can not estimate** | 11 | 9.1 | 3 | 5.2 | 1 | 10.0 | 0 | 0.0 | 5 | 7.6 | 10 | 9.3 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| If I feel uncomfortable visiting a physician | **Very suitable** | 5 | 4.1 | 7 | 12.1 | 3 | 30.0 | 4 | 26.7 | 2 | 3.0 | 9 | 8.3 |
| | **Rather suitable** | 11 | 9.1 | 4 | 6.9 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 13 | 12.0 |
| | **Less suitable** | 24 | 19.8 | 11 | 19.0 | 2 | 20.0 | 3 | 20.0 | 13 | 19.7 | 21 | 19.4 |
| | **Not suitable** | 68 | 56.2 | 31 | 53.4 | 5 | 50.0 | 8 | 53.3 | 41 | 62.1 | 55 | 50.9 |
| | **I can not estimate** | 10 | 8.3 | 4 | 6.9 | 0 | 0.0 | 0 | 0.0 | 5 | 7.6 | 9 | 8.3 |
| | **Others (N/A)** | 3 | 2.5 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 3 | 4.5 | 1 | 0.9 |
| To avoid visiting the physician's office | **Very suitable** | 28 | 23.1 | 6 | 10.3 | 3 | 30.0 | 4 | 26.7 | 6 | 9.1 | 9 | 8.3 |
| | **Rather suitable** | 33 | 27.3 | 12 | 20.7 | 1 | 10.0 | 0 | 0.0 | 7 | 10.6 | 34 | 31.5 |
| | **Less suitable** | 41 | 33.9 | 14 | 24.1 | 1 | 10.0 | 3 | 20.0 | 24 | 36.4 | 21 | 19.4 |
| | **Not suitable** | 6 | 5.0 | 25 | 43.1 | 4 | 40.0 | 8 | 53.3 | 26 | 39.4 | 36 | 33.3 |
| | **I can not estimate** | 0 | 0.0 | 1 | 1.7 | 1 | 10.0 | 0 | 0.0 | 2 | 3.0 | 6 | 5.6 |
| | **Others (N/A)** | 3 | 2.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| Bridging the time until the next available physician's appointment | **Very suitable** | 67 | 55.4 | 12 | 20.7 | 5 | 50.0 | 6 | 40.0 | 14 | 21.2 | 22 | 20.4 |
| | **Rather suitable** | 18 | 14.9 | 24 | 41.4 | 2 | 20.0 | 5 | 33.3 | 31 | 47.0 | 57 | 52.8 |
| | **Less suitable** | 6 | 5.0 | 12 | 20.7 | 1 | 10.0 | 2 | 13.3 | 15 | 22.7 | 14 | 13.0 |
| | **Not suitable** | 4 | 3.3 | 7 | 12.1 | 2 | 20.0 | 2 | 13.3 | 4 | 6.1 | 9 | 8.3 |
| | **I can not estimate** | 0 | 0.0 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 4 | 3.7 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |

**4. How much do you agree with the following aspects?** Please only one answer option per line. **Whether a self-medication product is appropriate for a person depends on:**

| | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| Age | **Agree** | 63 | 52.1 | 26 | 44.8 | 9 | 90.0 | 6 | 40.0 | 46 | 69.7 | 46 | 42.6 |
| | **Rather agree** | 34 | 28.1 | 20 | 34.5 | 0 | 0.0 | 4 | 26.7 | 11 | 16.7 | 39 | 36.1 |
| | **Rather not agree** | 16 | 13.2 | 7 | 12.1 | 0 | 0.0 | 2 | 13.3 | 7 | 10.6 | 14 | 13.0 |
| | **I do not agree** | 5 | 4.1 | 3 | 5.2 | 0 | 0.0 | 2 | 13.3 | 2 | 3.0 | 4 | 3.7 |
| | **I can not estimate** | 3 | 2.5 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 4.6 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| Weight | **Agree** | 57 | 47.1 | 19 | 32.8 | 8 | 80.0 | 5 | 33.3 | 35 | 53.0 | 44 | 40.7 |
| | **Rather agree** | 27 | 22.3 | 18 | 31.0 | 1 | 10.0 | 5 | 33.3 | 14 | 21.2 | 27 | 25.0 |
| | **Rather not agree** | 24 | 19.8 | 14 | 24.1 | 0 | 0.0 | 2 | 13.3 | 13 | 19.7 | 23 | 21.3 |
| | **I do not agree** | 7 | 5.8 | 3 | 5.2 | 0 | 0.0 | 2 | 13.3 | 3 | 4.5 | 5 | 4.6 |
| | **I can not estimate** | 4 | 3.3 | 3 | 5.2 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 6 | 5.6 |
| | **Others (N/A)** | 2 | 1.7 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 3 | 2.8 |
| Comorbidities | **Agree** | 99 | 81.8 | 38 | 65.5 | 9 | 90.0 | 11 | 73.3 | 57 | 86.4 | 78 | 72.2 |
| | **Rather agree** | 14 | 11.6 | 11 | 19.0 | 0 | 0.0 | 1 | 6.7 | 5 | 7.6 | 19 | 17.6 |
| | **Rather not agree** | 3 | 2.5 | 7 | 12.1 | 0 | 0.0 | 2 | 13.3 | 3 | 4.5 | 5 | 4.6 |
| | **I do not agree** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| | **I can not estimate** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Others (N/A)** | 3 | 2.5 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 4 | 3.7 |
| Severity of the complaints | **Agree** | 94 | 77.7 | 35 | 60.3 | 8 | 80.0 | 11 | 73.3 | 52 | 78.8 | 74 | 68.5 |
| | **Rather agree** | 17 | 14.0 | 17 | 29.3 | 1 | 10.0 | 1 | 6.7 | 10 | 15.2 | 24 | 22.2 |
| | **Rather not agree** | 5 | 4.1 | 5 | 8.6 | 0 | 0.0 | 2 | 13.3 | 3 | 4.5 | 5 | 4.6 |
| | **I do not agree** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| | **I can not estimate** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| Duration of the complaints | **Agree** | 87 | 71.9 | 35 | 60.3 | 8 | 80.0 | 8 | 53.3 | 51 | 77.3 | 71 | 65.7 |
| | **Rather agree** | 27 | 22.3 | 15 | 25.9 | 1 | 10.0 | 3 | 20.0 | 12 | 18.2 | 28 | 25.9 |
| | **Rather not agree** | 3 | 2.5 | 6 | 10.3 | 0 | 0.0 | 2 | 13.3 | 3 | 4.5 | 4 | 3.7 |
| | **I do not agree** | 2 | 1.7 | 2 | 3.4 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 3 | 2.8 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| Frequency of the complaints | **Agree** | 89 | 73.6 | 29 | 50.0 | 9 | 90.0 | 9 | 60.0 | 52 | 78.8 | 66 | 61.1 |
| | **Rather agree** | 25 | 20.7 | 18 | 31.0 | 0 | 0.0 | 2 | 13.3 | 9 | 13.6 | 32 | 29.6 |
| | **Rather not agree** | 3 | 2.5 | 8 | 13.8 | 0 | 0.0 | 3 | 20.0 | 3 | 4.5 | 5 | 4.6 |
| | **I do not agree** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| | **I can not estimate** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 1 | 0.9 |
| Pregnancy | **Agree** | 101 | 83.5 | 39 | 67.2 | 9 | 90.0 | 11 | 73.3 | 58 | 87.9 | 80 | 74.1 |
| | **Rather agree** | 12 | 9.9 | 8 | 13.8 | 0 | 0.0 | 0 | 0.0 | 3 | 4.5 | 17 | 15.7 |
| | **Rather not agree** | 3 | 2.5 | 4 | 6.9 | 0 | 0.0 | 2 | 13.3 | 3 | 4.5 | 2 | 1.9 |
| | **I do not agree** | 3 | 2.5 | 3 | 5.2 | 0 | 0.0 | 1 | 6.7 | 2 | 3.0 | 3 | 2.8 |
| | **I can not estimate** | 0 | 0.0 | 4 | 6.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 3.7 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 2 | 1.9 |
| Lactation period | **Agree** | 101 | 83.5 | 37 | 63.8 | 9 | 90.0 | 10 | 66.7 | 58 | 87.9 | 79 | 73.1 |
| | **Rather agree** | 13 | 10.7 | 9 | 15.5 | 0 | 0.0 | 1 | 6.7 | 3 | 4.5 | 18 | 16.7 |
| | **Rather not agree** | 2 | 1.7 | 4 | 6.9 | 0 | 0.0 | 2 | 13.3 | 3 | 4.5 | 1 | 0.9 |
| | **I do not agree** | 3 | 2.5 | 3 | 5.2 | 0 | 0.0 | 1 | 6.7 | 2 | 3.0 | 3 | 2.8 |
| | **I can not estimate** | 0 | 0.0 | 5 | 8.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 4.6 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 2 | 1.9 |

**5. How much do you agree with the following statements about the safety of over-the-counter medications in general?** Please only one answer option per line.

| | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female | | Male ( = 58) | | Non-binary or no | | Others (N/A) (n = | | Affiliated (fully trained & in training) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| Over-the-counter medications are harmless. | **Agree** | 0 | 0.0 | 3 | 5.2 | 0 | 0.0 | 1 | 6.7 | 1 | 1.5 | 1 | 0.9 |
| | **Rather agree** | 17 | 14.0 | 16 | 27.6 | 2 | 20.0 | 0 | 0.0 | 8 | 12.1 | 27 | 25.0 |
| | **Rather not agree** | 48 | 39.7 | 18 | 31.0 | 1 | 10.0 | 4 | 26.7 | 20 | 30.3 | 43 | 39.8 |
| | **I do not agree** | 53 | 43.8 | 20 | 34.5 | 6 | 60.0 | 7 | 46.7 | 37 | 56.1 | 35 | 32.4 |
| | **I can not estimate** | 3 | 2.5 | 1 | 1.7 | 1 | 10.0 | 3 | 20.0 | 0 | 0.0 | 2 | 1.9 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Over-the-counter medications do not cause adverse drug reactions. | **Agree** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Rather agree** | 2 | 1.7 | 7 | 12.1 | 0 | 0.0 | 2 | 13.3 | 1 | 1.5 | 6 | 5.6 |
| | **Rather not agree** | 19 | 15.7 | 14 | 24.1 | 0 | 0.0 | 1 | 6.7 | 10 | 15.2 | 22 | 20.4 |
| | **I do not agree** | 99 | 81.8 | 37 | 63.8 | 9 | 90.0 | 11 | 73.3 | 55 | 83.3 | 79 | 73.1 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Over-the-counter medications do not cause severe drug interactions with other medications or foods. | **Agree** | 1 | 0.8 | 4 | 6.9 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 4.6 |
| | **Rather agree** | 5 | 4.1 | 10 | 17.2 | 0 | 0.0 | 2 | 13.3 | 3 | 4.5 | 10 | 9.3 |
| | **Rather not agree** | 34 | 28.1 | 13 | 22.4 | 2 | 20.0 | 4 | 26.7 | 16 | 24.2 | 29 | 26.9 |
| | **I do not agree** | 78 | 64.5 | 29 | 50.0 | 7 | 70.0 | 7 | 46.7 | 47 | 71.2 | 60 | 55.6 |
| | **I can not estimate** | 3 | 2.5 | 2 | 3.4 | 1 | 10.0 | 2 | 13.3 | 0 | 0.0 | 4 | 3.7 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| The specified dosages can be exceeded without any significant risk. | **Agree** | 0 | 0.0 | 3 | 5.2 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| | **Rather agree** | 9 | 7.4 | 7 | 12.1 | 0 | 0.0 | 1 | 6.7 | 1 | 1.5 | 14 | 13.0 |
| | **Rather not agree** | 24 | 19.8 | 13 | 22.4 | 2 | 20.0 | 2 | 13.3 | 16 | 24.2 | 21 | 19.4 |
| | **I do not agree** | 87 | 71.9 | 35 | 60.3 | 7 | 70.0 | 11 | 73.3 | 48 | 72.7 | 70 | 64.8 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| I can choose suitable over-the counter medications for my complaints by myself. | **Agree** | 15 | 12.4 | 16 | 27.6 | 1 | 10.0 | 1 | 6.7 | 20 | 30.3 | 11 | 10.2 |
| | **Rather agree** | 56 | 46.3 | 22 | 37.9 | 6 | 60.0 | 5 | 33.3 | 28 | 42.4 | 51 | 47.2 |
| | **Rather not agree** | 36 | 29.8 | 11 | 19.0 | 0 | 0.0 | 5 | 33.3 | 16 | 24.2 | 26 | 24.1 |
| | **I do not agree** | 12 | 9.9 | 9 | 15.5 | 2 | 20.0 | 3 | 20.0 | 2 | 3.0 | 18 | 16.7 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| I can pass on my over-the-counter medications to others (e.g. friend or colleague) without hesitation if necessary. | **Agree** | 3 | 2.5 | 8 | 13.8 | 1 | 10.0 | 0 | 0.0 | 5 | 7.6 | 7 | 6.5 |
| | **Rather agree** | 15 | 12.4 | 16 | 27.6 | 0 | 0.0 | 1 | 6.7 | 10 | 15.2 | 20 | 18.5 |
| | **Rather not agree** | 52 | 43.0 | 10 | 17.2 | 2 | 20.0 | 3 | 20.0 | 26 | 39.4 | 35 | 32.4 |
| | **I do not agree** | 49 | 40.5 | 22 | 37.9 | 4 | 40.0 | 8 | 53.3 | 25 | 37.9 | 42 | 38.9 |
| | **I can not estimate** | 2 | 1.7 | 2 | 3.4 | 3 | 30.0 | 3 | 20.0 | 0 | 0.0 | 4 | 3.7 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |

| **6. What fears do you have about self-medication?** Please only one answer option per line | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| Development of a habituation effect | **Major concerns** | 18 | 14.9 | 10 | 17.2 | 4 | 40.0 | 5 | 33.3 | 12 | 18.2 | 15 | 13.9 |
| | **Rather more concerns** | 51 | 42.1 | 25 | 43.1 | 3 | 30.0 | 8 | 53.3 | 26 | 39.4 | 45 | 41.7 |
| | **Rather less concerns** | 37 | 30.6 | 20 | 34.5 | 1 | 10.0 | 1 | 6.7 | 19 | 28.8 | 38 | 35.2 |
| | **No concerns** | 15 | 12.4 | 2 | 3.4 | 1 | 10.0 | 0 | 0.0 | 8 | 12.1 | 10 | 9.3 |
| | **I can not estimate** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 0 | 0.0 |
| Danger of overdose | **Major concerns** | 18 | 14.9 | 6 | 10.3 | 2 | 20.0 | 2 | 13.3 | 11 | 16.7 | 13 | 12.0 |
| | **Rather more concerns** | 37 | 30.6 | 14 | 24.1 | 0 | 0.0 | 6 | 40.0 | 17 | 25.8 | 28 | 25.9 |
| | **Rather less concerns** | 49 | 40.5 | 32 | 55.2 | 6 | 60.0 | 5 | 33.3 | 27 | 40.9 | 55 | 50.9 |
| | **No concerns** | 17 | 14.0 | 5 | 8.6 | 1 | 10.0 | 1 | 6.7 | 10 | 15.2 | 12 | 11.1 |
| | **I can not estimate** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 0 | 0.0 |
| Incidence of moderate adverse drug effect | **Major concerns** | 10 | 8.3 | 5 | 8.6 | 2 | 20.0 | 4 | 26.7 | 7 | 10.6 | 6 | 5.6 |
| | **Rather more concerns** | 49 | 40.5 | 20 | 34.5 | 3 | 30.0 | 5 | 33.3 | 25 | 37.9 | 42 | 38.9 |
| | **Rather less concerns** | 53 | 43.8 | 22 | 37.9 | 1 | 10.0 | 4 | 26.7 | 25 | 37.9 | 47 | 43.5 |
| | **No concerns** | 9 | 7.4 | 9 | 15.5 | 3 | 30.0 | 1 | 6.7 | 8 | 12.1 | 12 | 11.1 |
| | **I can not estimate** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 0 | 0.0 |
| Incidence of severe adverse drug effect | **Major concerns** | 19 | 15.7 | 6 | 10.3 | 4 | 40.0 | 3 | 20.0 | 12 | 18.2 | 14 | 13.0 |
| | **Rather more concerns** | 29 | 24.0 | 17 | 29.3 | 0 | 0.0 | 4 | 26.7 | 18 | 27.3 | 24 | 22.2 |
| | **Rather less concerns** | 50 | 41.3 | 23 | 39.7 | 4 | 40.0 | 7 | 46.7 | 23 | 34.8 | 47 | 43.5 |
| | **No concerns** | 21 | 17.4 | 10 | 17.2 | 1 | 10.0 | 0 | 0.0 | 13 | 19.7 | 19 | 17.6 |
| | **I can not estimate** | 1 | 0.8 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 2.8 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| Selected medication is not suitable for complaints | **Major concerns** | 12 | 9.9 | 3 | 5.2 | 1 | 10.0 | 4 | 26.7 | 4 | 6.1 | 8 | 7.4 |
| | **Rather more concerns** | 38 | 31.4 | 21 | 36.2 | 3 | 30.0 | 5 | 33.3 | 20 | 30.3 | 37 | 34.3 |
| | **Rather less concerns** | 56 | 46.3 | 23 | 39.7 | 3 | 30.0 | 2 | 13.3 | 33 | 50.0 | 47 | 43.5 |
| | **No concerns** | 14 | 11.6 | 9 | 15.5 | 1 | 10.0 | 2 | 13.3 | 8 | 12.1 | 14 | 13.0 |
| | **I can not estimate** | 0 | 0.0 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 1 | 0.9 |
| Interactions with other medication or food | **Major concerns** | 19 | 15.7 | 8 | 13.8 | 2 | 20.0 | 5 | 33.3 | 13 | 19.7 | 11 | 10.2 |
| | **Rather more concerns** | 47 | 38.8 | 14 | 24.1 | 2 | 20.0 | 5 | 33.3 | 21 | 31.8 | 37 | 34.3 |
| | **Rather less concerns** | 45 | 37.2 | 30 | 51.7 | 3 | 30.0 | 4 | 26.7 | 24 | 36.4 | 50 | 46.3 |
| | **No concerns** | 9 | 7.4 | 4 | 6.9 | 2 | 20.0 | 0 | 0.0 | 7 | 10.6 | 8 | 7.4 |
| | **I can not estimate** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 1 | 0.9 |

| **7. How helpful do you think the following sources of information are for finding out about self-medication products?** Please only one answer option per line. | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| Package leaflet | **Very helpful** | 83 | 68.6 | 34 | 58.6 | 7 | 70.0 | 11 | 73.3 | 44 | 66.7 | 69 | 63.9 |
| | **Rather helpful** | 34 | 28.1 | 15 | 25.9 | 0 | 0.0 | 1 | 6.7 | 16 | 24.2 | 32 | 29.6 |
| | **Less helpful** | 3 | 2.5 | 8 | 13.8 | 2 | 20.0 | 2 | 13.3 | 6 | 9.1 | 5 | 4.6 |
| | **Not helpful** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **I can not estimate** | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| | **Others (N/A)** | | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Physicians | **Very helpful** | 85 | 70.2 | 36 | 62.1 | 8 | 80.0 | 7 | 46.7 | 42 | 63.6 | 80 | 74.1 |
| | **Rather helpful** | 26 | 21.5 | 18 | 31.0 | 1 | 10.0 | 7 | 46.7 | 18 | 27.3 | 20 | 18.5 |
| | **Less helpful** | 8 | 6.6 | 4 | 6.9 | 0 | 0.0 | 0 | 0.0 | 5 | 7.6 | 7 | 6.5 |
| | **Not helpful** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |
| | **I can not estimate** | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Pharmacists | **Very helpful** | 89 | 73.6 | 39 | 67.2 | 6 | 60.0 | 7 | 46.7 | 45 | 68.2 | 82 | 75.9 |
| | **Rather helpful** | 27 | 22.3 | 13 | 22.4 | 3 | 30.0 | 6 | 40.0 | 14 | 21.2 | 23 | 21.3 |
| | **Less helpful** | 1 | 0.8 | 4 | 6.9 | 0 | 0.0 | 1 | 6.7 | 3 | 4.5 | 1 | 0.9 |
| | **Not helpful** | 3 | 2.5 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 2 | 1.9 |
| | **I can not estimate** | 0 | 0.0 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 0 | 0.0 |
| Family member or friends | **Very helpful** | 2 | 1.7 | 4 | 6.9 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 5 | 4.6 |
| | **Rather helpful** | 32 | 26.4 | 13 | 22.4 | 3 | 30.0 | 3 | 20.0 | 11 | 16.7 | 34 | 31.5 |
| | **Less helpful** | 62 | 51.2 | 27 | 46.6 | 5 | 50.0 | 7 | 46.7 | 36 | 54.5 | 51 | 47.2 |
| | **Not helpful** | 23 | 19.0 | 11 | 19.0 | 1 | 10.0 | 3 | 20.0 | 15 | 22.7 | 17 | 15.7 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 1 | 0.8 | 3 | 5.2 | 0 | 0.0 | 1 | 6.7 | 3 | 4.5 | 0 | 0.0 |
| Pharmacy magazines | **Very helpful** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| | **Rather helpful** | 22 | 18.2 | 8 | 13.8 | 3 | 30.0 | 1 | 6.7 | 11 | 16.7 | 21 | 19.4 |
| | **Less helpful** | 53 | 43.8 | 18 | 31.0 | 2 | 20.0 | 6 | 40.0 | 26 | 39.4 | 41 | 38.0 |
| | **Not helpful** | 29 | 24.0 | 21 | 36.2 | 3 | 30.0 | 5 | 33.3 | 23 | 34.8 | 25 | 23.1 |
| | **I can not estimate** | 16 | 13.2 | 9 | 15.5 | 2 | 20.0 | 2 | 13.3 | 5 | 7.6 | 20 | 18.5 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 0 | 0.0 |
| Health shows on TV/ radio | **Very helpful** | 0 | 0.0 | 2 | 3.4 | 0 | 0.0 | 1 | 6.7 | 1 | 1.5 | 0 | 0.0 |
| | **Rather helpful** | 12 | 9.9 | 8 | 13.8 | 0 | 0.0 | 1 | 6.7 | 6 | 9.1 | 13 | 12.0 |
| | **Less helpful** | 37 | 30.6 | 10 | 17.2 | 1 | 10.0 | 2 | 13.3 | 16 | 24.2 | 30 | 27.8 |
| | **Not helpful** | 58 | 47.9 | 33 | 56.9 | 6 | 60.0 | 8 | 53.3 | 39 | 59.1 | 50 | 46.3 |
| | **I can not estimate** | 14 | 11.6 | 3 | 5.2 | 3 | 30.0 | 2 | 13.3 | 3 | 4.5 | 15 | 13.9 |
| | **Others (N/A)** | 0 | 0.0 | 2 | 3.4 | 0 | 0.0 | 1 | 6.7 | 1 | 1.5 | 0 | 0.0 |
| Social media | **Very helpful** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **Rather helpful** | 5 | 4.1 | 2 | 3.4 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 6 | 5.6 |
| | **Less helpful** | 28 | 23.1 | 12 | 20.7 | 2 | 20.0 | 1 | 6.7 | 11 | 16.7 | 30 | 27.8 |
| | **Not helpful** | 71 | 58.7 | 39 | 67.2 | 6 | 60.0 | 11 | 73.3 | 47 | 71.2 | 58 | 53.7 |
| | **I can not estimate** | 15 | 12.4 | 2 | 3.4 | 2 | 20.0 | 1 | 6.7 | 6 | 9.1 | 12 | 11.1 |
| | **Others (N/A)** | 0 | 0.0 | 3 | 5.2 | 0 | 0.0 | 1 | 6.7 | 2 | 3.0 | 0 | 0.0 |
| Manufacturers' website | **Very helpful** | 8 | 6.6 | 8 | 13.8 | 2 | 20.0 | 1 | 6.7 | 8 | 12.1 | 9 | 8.3 |
| | **Rather helpful** | 46 | 38.0 | 8 | 13.8 | 2 | 20.0 | 1 | 6.7 | 24 | 36.4 | 31 | 28.7 |
| | **Less helpful** | 27 | 22.3 | 16 | 27.6 | 2 | 20.0 | 3 | 20.0 | 15 | 22.7 | 27 | 25.0 |
| | **Not helpful** | 28 | 23.1 | 19 | 32.8 | 3 | 30.0 | 8 | 53.3 | 17 | 25.8 | 25 | 23.1 |
| | **I can not estimate** | 11 | 9.1 | 6 | 10.3 | 1 | 10.0 | 2 | 13.3 | 1 | 1.5 | 15 | 13.9 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |
| Health forums | **Very helpful** | 3 | 2.5 | 1 | 1.7 | 1 | 10.0 | 0 | 0.0 | 2 | 3.0 | 3 | 2.8 |
| | **Rather helpful** | 32 | 26.4 | 17 | 29.3 | 4 | 40.0 | 5 | 33.3 | 18 | 27.3 | 30 | 27.8 |
| | **Less helpful** | 36 | 29.8 | 16 | 27.6 | 1 | 10.0 | 3 | 20.0 | 21 | 31.8 | 29 | 26.9 |
| | **Not helpful** | 31 | 25.6 | 17 | 29.3 | 2 | 20.0 | 6 | 40.0 | 20 | 30.3 | 24 | 22.2 |
| | **I can not estimate** | 19 | 15.7 | 6 | 10.3 | 2 | 20.0 | 1 | 6.7 | 4 | 6.1 | 22 | 20.4 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 0 | 0.0 |
| Websites of health insurance | **Very helpful** | 2 | 1.7 | 2 | 3.4 | 1 | 10.0 | 0 | 0.0 | 3 | 4.5 | 2 | 1.9 |
| | **Rather helpful** | 35 | 28.9 | 18 | 31.0 | 0 | 0.0 | 6 | 40.0 | 12 | 18.2 | 35 | 32.4 |
| | **Less helpful** | 33 | 27.3 | 10 | 17.2 | 4 | 40.0 | 5 | 33.3 | 19 | 28.8 | 23 | 21.3 |
| | **Not helpful** | 29 | 24.0 | 17 | 29.3 | 1 | 10.0 | 3 | 20.0 | 22 | 33.3 | 22 | 20.4 |
| | **I can not estimate** | 22 | 18.2 | 10 | 17.2 | 4 | 40.0 | 1 | 6.7 | 9 | 13.6 | 26 | 24.1 |
| | **Others (N/A)** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 0 | 0.0 |
| Mail-order pharmacies websites | **Very helpful** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 2.8 |
| | **Rather helpful** | 22 | 18.2 | 10 | 17.2 | 0 | 0.0 | 0 | 0.0 | 11 | 16.7 | 21 | 19.4 |
| | **Less helpful** | 39 | 32.2 | 18 | 31.0 | 3 | 30.0 | 8 | 53.3 | 21 | 31.8 | 31 | 28.7 |
| | **Not helpful** | 34 | 28.1 | 20 | 34.5 | 2 | 20.0 | 5 | 33.3 | 24 | 36.4 | 27 | 25.0 |
| | **I can not estimate** | 23 | 19.0 | 8 | 13.8 | 5 | 50.0 | 2 | 13.3 | 9 | 13.6 | 25 | 23.1 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |
| Website of physician's office | **Very helpful** | 6 | 5.0 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 3 | 4.5 | 5 | 4.6 |
| | **Rather helpful** | 28 | 23.1 | 14 | 24.1 | 2 | 20.0 | 5 | 33.3 | 11 | 16.7 | 28 | 25.9 |
| | **Less helpful** | 30 | 24.8 | 15 | 25.9 | 1 | 10.0 | 5 | 33.3 | 17 | 25.8 | 24 | 22.2 |
| | **Not helpful** | 31 | 25.6 | 17 | 29.3 | 2 | 20.0 | 3 | 20.0 | 24 | 36.4 | 23 | 21.3 |
| | **I can not estimate** | 25 | 20.7 | 9 | 15.5 | 5 | 50.0 | 2 | 13.3 | 10 | 15.2 | 27 | 25.0 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |

**8. How often do you inform yourself about the following aspects when using self-medication for the first time?** Please only one answer option per line.

| | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| Indication | **Always** | 86 | 71.1 | 40 | 69.0 | 6 | 60.0 | 4 | 26.7 | 52 | 78.8 | 76 | 70.4 |
| | **Mostly** | 25 | 20.7 | 15 | 25.9 | 2 | 20.0 | 9 | 60.0 | 10 | 15.2 | 23 | 21.3 |
| | **Rarely** | 4 | 3.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 2 | 1.9 |
| | **Never** | 2 | 1.7 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 2 | 1.9 |
| | **I can not estimate** | 2 | 1.7 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 2 | 1.9 |
| | **Others (N/A)** | 2 | 1.7 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 3 | 2.8 |
| Dosage | **Always** | 94 | 77.7 | 50 | 86.2 | 7 | 70.0 | 9 | 60.0 | 55 | 83.3 | 87 | 80.6 |
| | **Mostly** | 18 | 14.9 | 6 | 10.3 | 2 | 20.0 | 5 | 33.3 | 8 | 12.1 | 13 | 12.0 |
| | **Rarely** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **Never** | 2 | 1.7 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 2 | 1.9 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 4 | 3.3 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 3 | 2.8 |
| Special features in the administration | **Always** | 65 | 53.7 | 31 | 53.4 | 7 | 70.0 | 8 | 53.3 | 36 | 54.5 | 59 | 54.6 |
| | **Mostly** | 44 | 36.4 | 17 | 29.3 | 2 | 20.0 | 4 | 26.7 | 23 | 34.8 | 36 | 33.3 |
| | **Rarely** | 5 | 4.1 | 6 | 10.3 | 0 | 0.0 | 2 | 13.3 | 4 | 6.1 | 5 | 4.6 |
| | **Never** | 4 | 3.3 | 3 | 5.2 | 1 | 10.0 | 1 | 6.7 | 2 | 3.0 | 5 | 4.6 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| Possible adverse drug effect | **Always** | 44 | 36.4 | 19 | 32.8 | 6 | 60.0 | 6 | 40.0 | 26 | 39.4 | 37 | 34.3 |
| | **Mostly** | 41 | 33.9 | 22 | 37.9 | 1 | 10.0 | 7 | 46.7 | 19 | 28.8 | 38 | 35.2 |
| | **Rarely** | 29 | 24.0 | 11 | 19.0 | 2 | 20.0 | 1 | 6.7 | 17 | 25.8 | 24 | 22.2 |
| | **Never** | 2 | 1.7 | 4 | 6.9 | 1 | 10.0 | 1 | 6.7 | 1 | 1.5 | 5 | 4.6 |
| | **I can not estimate** | 3 | 2.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| | **Others (N/A)** | 2 | 1.7 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 2 | 1.9 |
| Interactions | **Always** | 52 | 43.0 | 15 | 25.9 | 6 | 60.0 | 6 | 40.0 | 27 | 40.9 | 40 | 37.0 |
| | **Mostly** | 26 | 21.5 | 19 | 32.8 | 2 | 20.0 | 4 | 26.7 | 15 | 22.7 | 28 | 25.9 |
| | **Rarely** | 34 | 28.1 | 19 | 32.8 | 1 | 10.0 | 4 | 26.7 | 19 | 28.8 | 31 | 28.7 |
| | **Never** | 5 | 4.1 | 4 | 6.9 | 1 | 10.0 | 1 | 6.7 | 4 | 6.1 | 5 | 4.6 |
| | **I can not estimate** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **Others (N/A)** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| Maximum duration of use without medical advice | **Always** | 48 | 39.7 | 20 | 34.5 | 4 | 40.0 | 5 | 33.3 | 32 | 48.5 | 35 | 32.4 |
| | **Mostly** | 40 | 33.1 | 22 | 37.9 | 3 | 30.0 | 7 | 46.7 | 17 | 25.8 | 41 | 38.0 |
| | **Rarely** | 23 | 19.0 | 8 | 13.8 | 2 | 20.0 | 2 | 13.3 | 10 | 15.2 | 21 | 19.4 |
| | **Never** | 4 | 3.3 | 6 | 10.3 | 1 | 10.0 | 1 | 6.7 | 6 | 9.1 | 4 | 3.7 |
| | **I can not estimate** | 4 | 3.3 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 5 | 4.6 |
| | **Others (N/A)** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| Possible contraindication | **Always** | 65 | 53.7 | 16 | 27.6 | 8 | 80.0 | 8 | 53.3 | 31 | 47.0 | 50 | 46.3 |
| | **Mostly** | 30 | 24.8 | 22 | 37.9 | 1 | 10.0 | 5 | 33.3 | 20 | 30.3 | 28 | 25.9 |
| | **Rarely** | 17 | 14.0 | 11 | 19.0 | 0 | 0.0 | 1 | 6.7 | 10 | 15.2 | 17 | 15.7 |
| | **Never** | 4 | 3.3 | 7 | 12.1 | 1 | 10.0 | 1 | 6.7 | 4 | 6.1 | 7 | 6.5 |
| | **I can not estimate** | 3 | 2.5 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 3.7 |
| | **Others (N/A)** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |

**9. How important are the following factors to you when deciding to self-medicate?** Please only one answer option per line.

| | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| Physician's recommendation | **Very important** | 74 | 61.2 | 32 | 55.2 | 6 | 60.0 | 7 | 46.7 | 34 | 51.5 | 71 | 65.7 |
| | **Rather important** | 36 | 29.8 | 20 | 34.5 | 1 | 10.0 | 5 | 33.3 | 26 | 39.4 | 26 | 24.1 |
| | **Less important** | 5 | 4.1 | 5 | 8.6 | 3 | 30.0 | 2 | 13.3 | 2 | 3.0 | 9 | 8.3 |
| | **Not Important** | 3 | 2.5 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 3 | 4.5 | 0 | 0.0 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |
| Pharmacist's recommendation | **Very important** | 60 | 49.6 | 27 | 46.6 | 5 | 50.0 | 7 | 46.7 | 30 | 45.5 | 55 | 50.9 |
| | **Rather important** | 49 | 40.5 | 21 | 36.2 | 3 | 30.0 | 6 | 40.0 | 26 | 39.4 | 41 | 38.0 |
| | **Less important** | 6 | 5.0 | 7 | 12.1 | 2 | 20.0 | 2 | 13.3 | 7 | 10.6 | 6 | 5.6 |
| | **Not Important** | 4 | 3.3 | 3 | 5.2 | 0 | 0.0 | 0 | 0.0 | 3 | 4.5 | 4 | 3.7 |
| | **I can not estimate** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| Recommendation by family members or partners | **Very important** | 7 | 5.8 | 4 | 6.9 | 0 | 0.0 | 1 | 6.7 | 1 | 1.5 | 9 | 8.3 |
| | **Rather important** | 39 | 32.2 | 18 | 31.0 | 4 | 40.0 | 6 | 40.0 | 19 | 28.8 | 36 | 33.3 |
| | **Less important** | 53 | 43.8 | 25 | 43.1 | 4 | 40.0 | 4 | 26.7 | 33 | 50.0 | 45 | 41.7 |
| | **Not Important** | 20 | 16.5 | 10 | 17.2 | 2 | 20.0 | 4 | 26.7 | 13 | 19.7 | 15 | 13.9 |
| | **I can not estimate** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| Recommendation from health shows on TV/ radio | **Very important** | 1 | 0.8 | 3 | 5.2 | 0 | 0.0 | 1 | 6.7 | 2 | 3.0 | 1 | 0.9 |
| | **Rather important** | 10 | 8.3 | 6 | 10.3 | 1 | 10.0 | 0 | 0.0 | 4 | 6.1 | 13 | 12.0 |
| | **Less important** | 41 | 33.9 | 15 | 25.9 | 3 | 30.0 | 6 | 40.0 | 16 | 24.2 | 37 | 34.3 |
| | **Not Important** | 62 | 51.2 | 33 | 56.9 | 6 | 60.0 | 8 | 53.3 | 42 | 63.6 | 51 | 47.2 |
| | **I can not estimate** | 6 | 5.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 5 | 4.6 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| Good experience with medication | **Very important** | 55 | 45.5 | 18 | 31.0 | 5 | 50.0 | 7 | 46.7 | 26 | 39.4 | 45 | 41.7 |
| | **Rather important** | 54 | 44.6 | 32 | 55.2 | 2 | 20.0 | 6 | 40.0 | 32 | 48.5 | 50 | 46.3 |
| | **Less important** | 5 | 4.1 | 5 | 8.6 | 2 | 20.0 | 0 | 0.0 | 5 | 7.6 | 7 | 6.5 |
| | **Not Important** | 4 | 3.3 | 2 | 3.4 | 1 | 10.0 | 2 | 13.3 | 2 | 3.0 | 3 | 2.8 |
| | **I can not estimate** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |
| Price | **Very important** | 6 | 5.0 | 5 | 8.6 | 4 | 40.0 | 3 | 20.0 | 2 | 3.0 | 10 | 9.3 |
| | **Rather important** | 29 | 24.0 | 14 | 24.1 | 3 | 30.0 | 6 | 40.0 | 18 | 27.3 | 22 | 20.4 |
| | **Less important** | 49 | 40.5 | 20 | 34.5 | 0 | 0.0 | 2 | 13.3 | 25 | 37.9 | 42 | 38.9 |
| | **Not Important** | 30 | 24.8 | 17 | 29.3 | 2 | 20.0 | 4 | 26.7 | 18 | 27.3 | 27 | 25.0 |
| | **I can not estimate** | 6 | 5.0 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 6 | 5.6 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 0 | 0.0 | 1 | 1.5 | 1 | 0.9 |
| Duration until medication is available | **Very important** | 14 | 11.6 | 7 | 12.1 | 3 | 30.0 | 2 | 13.3 | 8 | 12.1 | 14 | 13.0 |
| | **Rather important** | 46 | 38.0 | 17 | 29.3 | 1 | 10.0 | 3 | 20.0 | 24 | 36.4 | 37 | 34.3 |
| | **Less important** | 27 | 22.3 | 16 | 27.6 | 1 | 10.0 | 2 | 13.3 | 11 | 16.7 | 31 | 28.7 |
| | **Not Important** | 18 | 14.9 | 15 | 25.9 | 3 | 30.0 | 7 | 46.7 | 14 | 21.2 | 15 | 13.9 |
| | **I can not estimate** | 14 | 11.6 | 3 | 5.2 | 2 | 20.0 | 1 | 6.7 | 9 | 13.6 | 9 | 8.3 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| Packing appearance | **Very important** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Rather important** | 2 | 1.7 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 3 | 2.8 |
| | **Less important** | 12 | 9.9 | 6 | 10.3 | 0 | 0.0 | 1 | 6.7 | 6 | 9.1 | 11 | 10.2 |
| | **Not Important** | 98 | 81.0 | 50 | 86.2 | 7 | 70.0 | 12 | 80.0 | 59 | 89.4 | 84 | 77.8 |
| | **I can not estimate** | 8 | 6.6 | 1 | 1.7 | 2 | 20.0 | 1 | 6.7 | 1 | 1.5 | 9 | 8.3 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| TV-commercial | **Very important** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Rather important** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| | **Less important** | 11 | 9.1 | 5 | 8.6 | 0 | 0.0 | 1 | 6.7 | 5 | 7.6 | 10 | 9.3 |
| | **Not Important** | 101 | 83.5 | 51 | 87.9 | 10 | 100.0 | 13 | 86.7 | 61 | 92.4 | 88 | 81.5 |
| | **I can not estimate** | 8 | 6.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 8 | 7.4 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 1.9 |
| Advertising in magazines | **Very important** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 0 | 0.0 |
| | **Rather important** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Less important** | 9 | 7.4 | 4 | 6.9 | 10 | 100.0 | 2 | 13.3 | 3 | 4.5 | 8 | 7.4 |
| | **Not Important** | 103 | 85.1 | 53 | 91.4 | 0 | 0.0 | 12 | 80.0 | 63 | 95.5 | 91 | 84.3 |
| | **I can not estimate** | 8 | 6.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 8 | 7.4 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| Advertisement on internet sites | **Very important** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | **Rather important** | 2 | 1.7 | 1 | 1.7 | 0 | 0.0 | 1 | 6.7 | 0 | 0.0 | 2 | 1.9 |
| | **Less important** | 15 | 12.4 | 4 | 6.9 | 10 | 100.0 | 2 | 13.3 | 5 | 7.6 | 12 | 11.1 |
| | **Not Important** | 96 | 79.3 | 53 | 91.4 | 0 | 0.0 | 12 | 80.0 | 61 | 92.4 | 86 | 79.6 |
| | **I can not estimate** | 7 | 5.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 7 | 6.5 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| Recommendation on social media | **Very important** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |
| | **Rather important** | 4 | 3.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 | 3.7 |
| | **Less important** | 13 | 10.7 | 8 | 13.8 | 2 | 20.0 | 5 | 33.3 | 1 | 1.5 | 17 | 15.7 |
| | **Not Important** | 98 | 81.0 | 48 | 82.8 | 8 | 80.0 | 10 | 66.7 | 64 | 97.0 | 80 | 74.1 |
| | **I can not estimate** | 5 | 4.1 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 5 | 4.6 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.9 |

| **10. How much do the following factors influence your decision to self-medicate before seeing a physician?** Please only one answer option per line. | | Gender (n =189) | | | | | | Affiliation with a healthcare profession (n= 189) | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Female (n = 121 ) | | Male ( = 58) | | Non-binary or no specified (n=10) | | Others (N/A) (n = 15) | | Affiliated (fully trained & in training) (n=66) | | No affiliation (n = 108 ) | |
| | | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % | absolut | % |
| Participants replies - Main question follow by it's subcategories; broken down by gender and affiliation to a healthcare profession | | | | | | | | | | | | | |
| Intensity of complaints | **Very strong** | 74 | 61.2 | 37 | 63.8 | 5 | 50.0 | 8 | 53.3 | 40 | 60.6 | 68 | 63.0 |
| | **Strong** | 39 | 32.2 | 18 | 31.0 | 2 | 20.0 | 5 | 33.3 | 24 | 36.4 | 30 | 27.8 |
| | **Less strong** | 1 | 0.8 | 3 | 5.2 | 2 | 20.0 | 0 | 0.0 | 2 | 3.0 | 4 | 3.7 |
| | **Not at all** | 4 | 3.3 | 0 | 0.0 | 1 | 10.0 | 2 | 13.3 | 0 | 0.0 | 3 | 2.8 |
| | **I can not estimate** | 3 | 2.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 2.8 |
| | **Others (N/A)** | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Duration of the complaints | **Very strong** | 60 | 49.6 | 28 | 48.3 | 4 | 40.0 | 8 | 53.3 | 35 | 53.0 | 49 | 45.4 |
| | **Strong** | 43 | 35.5 | 23 | 39.7 | 2 | 20.0 | 4 | 26.7 | 26 | 39.4 | 38 | 35.2 |
| | **Less strong** | 7 | 5.8 | 2 | 3.4 | 2 | 20.0 | 0 | 0.0 | 2 | 3.0 | 9 | 8.3 |
| | **Not at all** | 6 | 5.0 | 3 | 5.2 | 1 | 10.0 | 2 | 13.3 | 2 | 3.0 | 6 | 5.6 |
| | **I can not estimate** | 3 | 2.5 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 4 | 3.7 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 2 | 1.9 |
| Experience with the complaints | **Very strong** | 66 | 54.5 | 25 | 43.1 | 6 | 60.0 | 7 | 46.7 | 34 | 51.5 | 56 | 51.9 |
| | **Strong** | 42 | 34.7 | 30 | 51.7 | 2 | 20.0 | 6 | 40.0 | 26 | 39.4 | 42 | 38.9 |
| | **Less strong** | 8 | 6.6 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 8 | 7.4 |
| | **Not at all** | 2 | 1.7 | 0 | 0.0 | 1 | 10.0 | 2 | 13.3 | 0 | 0.0 | 1 | 0.9 |
| | **I can not estimate** | 0 | 0.0 | 1 | 1.7 | 1 | 10.0 | 0 | 0.0 | 2 | 3.0 | 0 | 0.0 |
| | **Others (N/A)** | 3 | 2.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 3.0 | 1 | 0.9 |
| Advice of family or partners | **Very strong** | 13 | 10.7 | 5 | 8.6 | 2 | 20.0 | 0 | 0.0 | 6 | 9.1 | 14 | 13.0 |
| | **Strong** | 37 | 30.6 | 18 | 31.0 | 4 | 40.0 | 8 | 53.3 | 15 | 22.7 | 36 | 33.3 |
| | **Less strong** | 50 | 41.3 | 25 | 43.1 | 0 | 0.0 | 2 | 13.3 | 30 | 45.5 | 43 | 39.8 |
| | **Not at all** | 18 | 14.9 | 9 | 15.5 | 3 | 30.0 | 3 | 20.0 | 13 | 19.7 | 14 | 13.0 |
| | **I can not estimate** | 0 | 0.0 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 0 | 0.0 |
| | **Others (N/A)** | 3 | 2.5 | 0 | 0.0 | 1 | 10.0 | 2 | 13.3 | 1 | 1.5 | 1 | 0.9 |
| Advice from friends | **Very strong** | 8 | 6.6 | 3 | 5.2 | 1 | 10.0 | 1 | 6.7 | 3 | 4.5 | 8 | 7.4 |
| | **Strong** | 24 | 19.8 | 13 | 22.4 | 3 | 30.0 | 3 | 20.0 | 14 | 21.2 | 23 | 21.3 |
| | **Less strong** | 61 | 50.4 | 27 | 46.6 | 2 | 20.0 | 6 | 40.0 | 32 | 48.5 | 52 | 48.1 |
| | **Not at all** | 25 | 20.7 | 12 | 20.7 | 3 | 30.0 | 3 | 20.0 | 15 | 22.7 | 22 | 20.4 |
| | **I can not estimate** | 1 | 0.8 | 2 | 3.4 | 0 | 0.0 | 0 | 0.0 | 1 | 1.5 | 2 | 1.9 |
| | **Others (N/A)** | 2 | 1.7 | 1 | 1.7 | 1 | 10.0 | 2 | 13.3 | 1 | 1.5 | 1 | 0.9 |
| Own research on the complaints | **Very strong** | 9 | 7.4 | 11 | 19.0 | 1 | 10.0 | 2 | 13.3 | 11 | 16.7 | 8 | 7.4 |
| | **Strong** | 27 | 22.3 | 11 | 19.0 | 2 | 20.0 | 1 | 6.7 | 7 | 10.6 | 32 | 29.6 |
| | **Less strong** | 47 | 38.8 | 18 | 31.0 | 1 | 10.0 | 3 | 20.0 | 31 | 47.0 | 32 | 29.6 |
| | **Not at all** | 34 | 28.1 | 16 | 27.6 | 5 | 50.0 | 8 | 53.3 | 14 | 21.2 | 33 | 30.6 |
| | **I can not estimate** | 3 | 2.5 | 1 | 1.7 | 0 | 0.0 | 0 | 0.0 | 3 | 4.5 | 1 | 0.9 |
| | **Others (N/A)** | 1 | 0.8 | 1 | 1.7 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 2 | 1.9 |
| Availability of physician's appointment | **Very strong** | 20 | 16.5 | 11 | 19.0 | 3 | 30.0 | 4 | 26.7 | 10 | 15.2 | 20 | 18.5 |
| | **Strong** | 49 | 40.5 | 19 | 32.8 | 4 | 40.0 | 3 | 20.0 | 30 | 45.5 | 39 | 36.1 |
| | **Less strong** | 37 | 30.6 | 17 | 29.3 | 0 | 0.0 | 4 | 26.7 | 20 | 30.3 | 30 | 27.8 |
| | **Not at all** | 10 | 8.3 | 9 | 15.5 | 1 | 10.0 | 3 | 20.0 | 4 | 6.1 | 23 | 21.3 |
| | **I can not estimate** | 4 | 3.3 | 2 | 3.4 | 1 | 10.0 | 0 | 0.0 | 2 | 3.0 | 5 | 4.6 |
| | **Others (N/A)** | 1 | 0.8 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 1 | 0.9 |
| Trust in my physician | **Very strong** | 21 | 17.4 | 18 | 31.0 | 2 | 20.0 | 2 | 13.3 | 14 | 21.2 | 25 | 23.1 |
| | **Strong** | 49 | 40.5 | 13 | 22.4 | 1 | 10.0 | 6 | 40.0 | 25 | 37.9 | 32 | 29.6 |
| | **Less strong** | 23 | 19.0 | 8 | 13.8 | 1 | 10.0 | 2 | 13.3 | 10 | 15.2 | 20 | 18.5 |
| | **Not at all** | 22 | 18.2 | 15 | 25.9 | 3 | 30.0 | 4 | 26.7 | 13 | 19.7 | 23 | 21.3 |
| | **I can not estimate** | 4 | 3.3 | 4 | 6.9 | 2 | 20.0 | 0 | 0.0 | 4 | 6.1 | 6 | 5.6 |
| | **Others (N/A)** | 2 | 1.7 | 0 | 0.0 | 1 | 10.0 | 1 | 6.7 | 0 | 0.0 | 2 | 1.9 |