

## **Abstract**

**Background:** The popularity of dietary supplement and its self-medication has been increasing over the years. Unlike developed countries, not much studies has been done to investigate the practice of self-medication of dietary supplement in Indonesia.

**Objectives:** This study is conducted investigate the practice of self-medication of vitamin and supplement among medical students of Universitas Gadjah Mada (UGM) and their knowledge, perception and attitude towards it.

**Method:** This study is a cross-sectional survey conducted in the medical faculty of UGM. Random 1st - 4th year medical students were selected to answer a 58 questions self-administered questionnaire each. Data collected were analysed using STATA 13.

**Result:** 60.4% (58 out of 96) of the students practise self-medication of vitamin and supplement. The commonly consumed supplements are Vitamin C (69%), Multivitamin (29%) and Calcium (22%). Main reasons for supplement intake was to maintain general health (91%), parents' order (21%) and to improve physical appearance (10%). Family (78%), internet (24%), friends (16%) and

television (16%) are common sources of information on supplement while popular sources to obtain supplement are pharmacy (57%), family (19%), supermarket (16%) and online shopping (9%). Most students (71%) believe that the supplement taken is beneficial and nausea, the only reported adverse effect, was only faced by 3% of the students. Analysis using Chi-Squared Test showed that demographic characteristics and knowledge have no significant effect on the practice of self-medication.

**Conclusion:** Majority of the medical students in UGM self-medicate occasionally with vitamin and supplement and find them helpful. However, the knowledge of the students on vitamin and dietary supplement are found to be lacking and warrants for further intervention.

**Keywords:** Vitamin, Self-medication, Dietary Supplement, Medical Student, Prevalance, Indonesia.