

Questionnaire

Section A: Social Demographics

Please check or fill in the appropriate response

1. Age at last birthday _____

2. Gender:

- Male Female

3. Branch/currency center:

- Arua Kabale Jinja Gulu Mbarara
 Kampala Fort portal Masaka Mbale Lira

4. Education level:

- High school college Bachelor's degree Graduate degree

5. Employment status:

- Permanent Locum Student intern Consultant Contract
 Retirees Other (please specify): _____

6. Monthly Income

- less than UGX 3,000,000 From UGX 8,000,000 to 15,000,000
 From UGX 3,000,000 to 8,000,000 Above UGX 15,000,000

Section B: Common ailments and corresponding medicines

Please check or fill in the appropriate response

7. a. Have you ever had any illness or pain condition, which necessitated self-medication?

- Yes No

b. If yes, please specify

- Acute illness Common Cold/Flu Other Pain
 Chronic illness Stomach Upset _____

c. In the past month, how often have you experienced headaches?

d. In the past month, how often have you experienced common cold/flu symptoms?

e. How did you manage it?

- I consulted a health worker
- I bought medicine over the counter
- I ordered medicine online
- I self-prescribed medicine-using guidance from the internet

f. Which of the following ailments do you typically experience? (Check all that apply)

- Headache
- Fever
- Cold/Flu
- Muscle Pain
- Stomach Upset
- Allergies
- Other (Please specify): _____

8. How often did you self-medicate in the last one year?

- Very often
- occasionally
- rarely
- Not at all

Section C: Work schedules

Please check or fill in the appropriate response

9. How would you rate your level of workplace stress?

- Not stressed
- Mildly stressed
- Stressed
- Very stressed

10. How many hours do you work per week on average? _____

11.a) Do you work overtime?

- Yes
- No

b) If yes how often?

- Not at all
- Rarely
- Occasionally
- Often Very often

12. Does your work schedule hinder your medical consultations?

- Yes No Not sure

13. If yes, how do you cope with it?

- Use online resources to find medical advice and self-medicate
- Rely on websites to self-diagnose my condition
- Take sick leave to visit a healthcare professional
- Seek advice from colleagues about potential medications
- Reuse old prescriptions based on similar symptoms
- Schedule an online consultation with my doctor
- Visit a pharmacy for over-the-counter medications
- Use telemedicine services offered by my employer or insurance
- Prioritize urgent medical concerns and postpone non-urgent consultations
- Arrange flexible working hours with my employer to accommodate medical visits
- Attend walk-in clinics or urgent care centers outside of work hours

Section D: Access to internet

14. Do you have access to the internet?

- Yes No

15a. How often do you use the internet?

- Not at all Rarely Occasionally Often Very often

b. If daily, on average, how many hours per day do you use the internet? _____

16. For what purposes do you use the internet for health information? (Check all that apply)

- Searching for symptoms
- Finding medication information
- Online diagnosis
- Ordering medications online
- Reading articles about health conditions
- Other (Please specify): _____

17. How do you typically access the internet? (Check all that apply)

- Smartphone Computer Tablet

Section E: Subjective norms

Instructions

Please indicate how much you agree or disagree with each statement regarding your medications by checking (✓) the appropriate number on a scale from 1 to 5.

22. Most people who are important to me think it is safe for me to get medicine online.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

23. My family supports me to self-medicate online.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

24. I feel social pressure to getting medication online.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

25. My employer encourages me to opt for self-medication online to save working time.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

26. Social media platforms make self-medication trendy and easier.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

Section F: Perceived behavioural control

Instructions

Instructions: Please indicate the extent to which you agree or disagree with each statement regarding your medications by checking (✓) Appropriately

27. I am confident that I can get my medications online.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

28. I have internet access to manage my online medications effectively.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

29. I can overcome obstacles that prevent me from taking my medications online.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

30. I believe I can stick to my online self-medication schedule even when I am busy.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

31. Internet access makes me feel that I have control over my medication-taking behaviour.

- Strongly Agree Agree Unsure Disagree Strongly Disagree

Section G: Self-Medicating Scale (SMS)

Instructions

Instruction: Please indicate the extent to which you agree with the following statements regarding your self-medication practices by checking (✓) appropriately.

- Very often Often Rarely Not at all

28. I often self-medicate when I feel unwell.

- Very often Often Rarely Not at all

29. I do self-medication to manage minor health issues.

- Very often Often Rarely Not at all

30. I use online medications without consulting a doctor.

- Very often Often Rarely Not at all

31. I rely on my own knowledge to treat health problems rather than seeking professional help.

- Very often Often Rarely Not at all

32. I suffered side effects due to self-medication online.

- Very often Often Rarely Not at all

33. Self-medication is a common practice among my peers.

- Very often Often Rarely Not at all

Section H: Self-Reported Self-Medication

Instructions

Please answer the following questions regarding your self-medication behaviors.

34. What types of medications do you typically use for self-medication? (Select all that apply)

- Over-the-counter pain relievers (e.g., Ibuprofen, Panadol)
- Cold and flu medications (e.g., flue cup)
- Antihistamines (e.g., for allergies such as cetriзен)
- Digestive aids (e.g., antacids like magnesium, laxatives)
- Herbal supplements or natural remedies
- Other (please specify): _____

35. How do you typically decide which medication to use for self-medication? (Select all that apply)

- Personal past experiences
- Recommendations from friends or family
- Online research
- Pharmacist recommendations
- Advice from non-medical professionals

Other (please specify) _____

36. What are your main reasons for self-medicating? (Select all that apply)

Convenience

Previous experience with the medication

Cost savings

Lack of access to a healthcare provider

Belief that the issue is minor

Other (please specify): _____

Thank you for participating