



DOI: <https://doi.org/10.56936/18290825-1.v19.2025-81>

## ASSESSMENT OF VITAMIN USE AND SELF-MEDICATION PRACTICES AMONG CONSUMERS

BARSEGHYAN A.B.<sup>1</sup>, DZOAGBE H.Y.<sup>2</sup>, GINOVYAN G.G.<sup>1</sup>,  
NAZARYAN L.G.<sup>1</sup>, SIMONYAN M.H.<sup>1</sup>

<sup>1</sup> Department of Pharmaceutical Management, Yerevan State Medical University after M. Heratsi, Yerevan, Armenia

<sup>2</sup> Datta Meghe College of Pharmacy, Datta Meghe Institute of Higher Education and Research, India

Received 05.11.2024; Accepted for printing 11.02.2025

### ABSTRACT

People often take vitamins and mineral supplements to improve their health, but excessive intake can lead to toxicity and adverse effects. Unregulated self-medication is common, especially in developing countries like Armenia, and poses significant risks, including harmful drug interactions. This underscores the importance of healthcare providers educating patients about the safe use of vitamins. The study aims to assess vitamin use and self-medication practices among consumers. This study used a descriptive, cross-sectional design involving 385 consumers from different regions of Armenia. The sample size was determined using Cochran's formula, providing a 95% confidence interval and a 5% margin of error. A structured questionnaire was utilized for data collection, which took place anonymously between September 2023 and April 2024. Data were analyzed using SPSS version 23.0, focusing on descriptive statistics, with a significance level set at  $p < 0.05$ .

A diverse group of participants with varying ages and educational backgrounds was surveyed in Armenia, with a gender distribution of 51% female and 49% male. The majority were aged 18-45, and 59% had higher education. Key motivations for self-administering vitamins included perceived trivial health issues (42%) and prior experience (37%). Notably, 78% self-medicated with vitamins over the past year, and 71% shared their experiences with others. However, 72% did not undergo screening tests before self-administering vitamins, primarily purchasing them from pharmacies (93%).

The findings indicate that consumers in Armenia actively engage in vitamin self-medication and often share their experiences, raising concerns about potential risks due to insufficient research or screening prior to use. The prevalence of pharmacy purchases offers an opportunity for healthcare professionals to enhance oversight and promote safer practices. Developing clear guidelines for pharmacists and launching public awareness campaigns are essential for encouraging responsible self-medication and mitigating risks.

**KEYWORDS:** self-medication, vitamins, public health, health risks, pharmacists.

### CITE THIS ARTICLE AS:

Barseghyan A.B., Dzoagbe H.Y., Ginovyan G.G., Nazaryan L.G., Simonyan M.H. (2025). Assessment of vitamin use and self-medication practices among consumers. The New Armenian Medical Journal, vol.19(1), 81-86; DOI: <https://doi.org/10.56936/18290825-1.v19.2025-81>

### ADDRESS FOR CORRESPONDENCE:

Anush B. Barseghyan  
Department of Pharmaceutical Management Yerevan  
State Medical University after M. Heratsi, 2 Koryun  
Street, Yerevan 0025, Armenia  
Tel.: (+374 94) 11-09-10  
E-mail: [anushikbarseghyan@gmail.com](mailto:anushikbarseghyan@gmail.com)