

**Health anxiety, self-medicating behavior and general health issues in
University students.**



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DECLARATION

I, MunibaAnsar, ID: 14005146010, Student of MS Clinical Psychology in the subject of Clinical Psychology, Session 2014-2016, hereby declare that the matter printed in the thesis title "Health Anxiety, General Heath Problems & Self-Medicating Behavior in University Students " is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

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Abstract

The aim of this research was to find out the relationship among Self-Medication, Health Anxiety and General Health Problems in University population. The sample of this research was comprised of (N=200), in which an equal proportion from government and private university students were taken, while cross sectional research design was used in the research. To measure self-medication an indigenous scale was developed, while Health Anxiety Questionnaire was used to assess Anxiety among university population regarding their health issues (Lucock & Morley, 1990), moreover General Health Questionnaire (Goldberg & Williams, 1998) was used to assess general health issues of university students. Results revealed that there was a highly significant positive correlation among anxiety, fear, and dissatisfaction with doctors, health anxiety, self-medicating behavior and general health negative. Furthermore results also revealed that availability of medicine leads to high consumption of self-medication and female university students have more health anxiety than male students. Results also revealed that higher level of health anxiety exists among early adulthood students than later years, moreover low general health in university students leads to self-medication behavior. Results also describe that health anxiety in university students is a significant predictor of self-medication. Furthermore from the results it has also been revealed that Gender is also a key predictor of self-medication, which gives a notation that consumption self-medication is influenced by gender. The research also provide an indigenous scale of self-medication that can be used in further researches in the field of clinical psychology.

List of Abbreviations

SMS: Self-Medication Scale

Anx: Anxiety

DD: Dissatisfaction with Doctors

AM: Availability of Medicine

HAQ: Health Anxiety Questionnaire

GHQ: General Health questionnaire

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A:Self-Medication Scale

B:Health Anxiety Questionnaire

C: General health Questionnaire

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(N = 200)

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Introduction

According to general observation of researcher mostly problematic areas of society belongs to young generation due to their inconsistent behavior towards changes and challenges of life (Neinstein& Irwin, 2013). Considering the matter as most focused one, population between the ages of 18 years to 25 years who usually belongs to university population and are undergraduates. University population like all other young adults need to cope with many psychosocial issues and changes that is related to the development of their personality. As well as they have to cope with academic and social demands that they encounter in university studies as they are getting ready for their professional lives (Malek, 2014). Mostly university population was comprised on undergraduate students who takes four years of education in universities as the duration of this degree was long and hectic for students they encountered with many psychosocial stressors such as study burden, hectic routine, economical issues, acceptance from society, career, responsibilities of home as well as interpersonal relationships etc. all these factors contributed in distressing their lives.