

First Generation Antihistamine, Irrational Uses and Risk of Dependence in University Of Khartoum Faculty of Medicine, 2018-2019

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Background: The aim of this study is to investigate the prevalence of abuse, irrational use and dependence on antihistamine. This cross-sectional study, conducted during 11-months period. The study involve 388 students, participants

were randomly selected from all levels. 57% of student use antihistamine without prescription, 17.7% of student use antihistamine for insomnia, 3.7% develop de pendence; all of the student who participate use the drug without prescription an d for insomnia. The cause of insomnia in 64.6% of student is studying anxiety a nd also there

is correlation between using antihistamine for insomnia and level, age of student, abuse and dependence.

Keywords: Antihistamine, Irrational Uses, Abuse, Dependence