

OTC 医薬品に対する企業勤務者の意識調査

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(受付:平成25年10月23日, 受理:平成26年1月29日)

Survey of Office Workers' Attitudes Towards Over-the-counter Drugs

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Summary

In Japan's aging society, self-medication has an important role to play in reducing medical expenditure. However, there is little information about the attitudes of the general public, particularly office workers, to over-the-counter (OTC) drugs. Therefore, in this study, we investigated the attitudes of Japanese office workers to OTC drugs in order to obtain basic data for improving the conditions of sale and use of OTC drugs.

A questionnaire survey was conducted on office workers. The questionnaire covered the respondents' characteristics, as well as their perception, usage, and requirements for OTC drugs. A total of 356 respondents completed the survey. Most respondents (94.1%) agreed that OTC drugs were convenient. 81.1% of them agreed, agreed in part, or agreed depending on the nature of the drugs that advice from pharmacists was necessary. Nevertheless, almost all respondents placed more importance on efficacy or price than on the pharmacist's advice when purchasing OTC drugs. About half (49.3%) always or usually read the package inserts. Older respondents (over 50 years old) were more likely to read the inserts than younger respondents ($p=0.001$). Furthermore, among older respondents, 45.6% wanted package inserts that were easier to understand (vs. 26.4% for younger respondents; $p=0.007$), 58.5% wanted lower prices, 45.3% wished to consult a pharmacist more easily and conveniently, and 43.8% expected pharmacists to choose an appropriate drug for them as individuals.

Our study has shown how office workers' perceive OTC drugs and their needs in relation to these drugs. Pharmacists and pharmaceutical companies should be aware of the diversity of consumers' attitudes and requirements in order to promote the safe use of OTC drugs.

Key words

Over-the-counter drug, Office workers' perception, Questionnaire survey, Self-medication