

## Attitude and Awareness of Bahraini Medical and Non-Medical Students Towards Premarital Screening

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### ABSTRACT

**Background:** The Kingdom of Bahrain was ranked among the 20 countries with the highest prevalence of inherited blood disorders. As a consequence, an obligatory law for premarital testing and counseling was passed by Bahrain's Government to all couples who are planning to get married.

**Objectives:** To assess the extent of Bahraini university students' awareness and understanding regarding the premarital testing, and to determine their tendency of compliance with the premarital test results, and finally to compare the level of conversance amongst medical and non-medical students for both genders.

**Study Design:** Cross-sectional study.

**Setting:** Arabian Gulf University and Bahrain Teachers College.

**Methods and materials:** This study was conducted in Bahrain from July to September 2019. Data were collected using online questionnaires which were sent via social media to 313 students from both universities. Data were entered and analyzed using SPSS version 25.

**Results:** About 313 students were included in this study, and the majority were practically aware that the test was mandatory and that the compliance to its results was optional. According to the survey, more than fifty percent of non-medical students responded positively and stated that they would comply with the test's results if both partners were carriers of the same hereditary disease. However, 80 (51.6%) medical students might have gotten married against the counselor's advice if they were under such a circumstance.

**Conclusion:** The results showed that students' major does not affect one's Knowledge and compliance to premarital test results.

**Keywords:** Attitude, Awareness, Bahrain, Students, Premarital screening

*Bahrain Med Bull 2022; 44 (4): 1160-1165*

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