

Awareness and Attitude of Women about The Teratogenic Effect of Drugs During Pregnancy: A Pilot Study

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ABSTRACT

Study design: Cross-sectional pilot study

Background/Objective: Lack of awareness regarding the teratogenic risks associated with drug use during pregnancy can have detrimental effects on both maternal and fetal health outcomes. This study aimed to assess the knowledge and attitude toward teratogenic drug usage among reproductive-age women in the Arar region, Saudi Arabia.

Methods: This cross-sectional study used convenience sampling to collect data via an online self-administered questionnaire. Descriptive and analytical statistical analyses were employed.

Results: One hundred eleven eligible individuals, nearly 50% aged 21 to 29, were included. Nearly 29.7% agreed that frequently, the adverse side effects of medications outweigh their benefits. At the same time, 5.4% held the view that all drugs are essentially detrimental. Close to 10% believed that any medical drug carries a potential danger for unborn babies. About 12.6% agreed that using insulin may harm the fetus. Around a third (31.5%) recognized the necessity of vitamin A intake during pregnancy. A notable 75.7% did not see any link between prenatal vitamin A intake and congenital disabilities. In addition, a substantial 85.6% agreed they should discuss family planning intentions with their doctor. The most widely used medications in currently or previously pregnant women were vitamins/supplements, accounting for 65.6%, analgesics/antipyretics (59.2%), and antibiotics (31.6%).

Conclusions: study respondents show relatively poor awareness/attitude toward the teratogenic effects of drugs during pregnancy. To alter the women's conservative attitudes and exaggerated ideas about pharmaceutical hazards, physicians, pharmacists, and other healthcare professionals must offer adequate counseling.

Keywords: Awareness; attitude; drugs, women; pregnancy; Saudi Arabia

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