

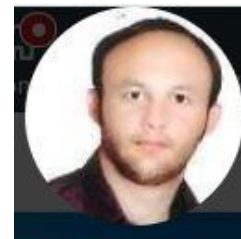
Zolpidem use among dormitory students: Is it really popular?

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Abstract

Zolpidem is a non-benzodiazepine hypnotic drug that is used to treat insomnia. The aim of this study was to determine the frequency of arbitrary use of Zolpidem and its related factors among dormitory students of Yazd Shahid Sadoughi University of Medical Sciences. In this cross-sectional study, 573 students residing in dormitories were evaluated using a self-administered questionnaire about the frequency of arbitrary use of Zolpidem. Data were analyzed using SPSS software version 18. Overall, the prevalence of Zolpidem use among students was 12.9%, 10.6% was arbitrary and 2.3% was on prescription. The stated reasons of Zolpidem use were sleep regulation in most of users (56.8%) and also experiencing hallucination, Euphoria and pleasure (17.5%). Frequency of self-administration of Zolpidem was correlated with gender; mother's occupation; smoking; Ritalin, Inderal, Tramadol and overall drug use ($p < 0.05$). On the other hand, there was no significant difference ($p > 0.05$) between the different educational levels, type of college, father's education, mother's education and father's occupation. The frequency of arbitrary use of Zolpidem among students was 10.6, and the most common reason for using Zolpidem was sleep regulation. As well as shown higher Zolpidem abuse among the male, smokers, users of Ritalin, Inderal and Tramadol and students whose mothers were employed. Therefore, it is necessary to take measures in self-treatment of students especially in taking drugs without doctor's prescription, and education on this issue seems to be necessary.



Speaker Publications:

1. "Pediculosis capitis among school-age students worldwide as an emerging public health concern: a systematic review and meta-analysis of past five decades"
2. "Status of fasciolosis among domestic ruminants in Iran based on abattoir data: a systematic review and meta-analysis"
3. "Epidemiologic features and risk factors of sepsis in ischemic stroke patients admitted to intensive care: A prospective cohort study"
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Biography:

Saeed Hosseini has completed his MSc at the age of 25 years from Kerman University Medical Science. He is the director of Social Determinants of Health programs in Shahid Sadoughi University Medical Science. He has published more than 10 papers in reputed journals.