

A survey on self-medication with Sinupret®/Sinupret forte® and its application

Overview

Duration:

01 January 2006 - 31 December 2006

Research Team:

[Prof. Dr. Gerd Glaeske \(verstorben\)](#) (Head of project)

Elke Anna Eberhard

Funding:

Bionorica AG

Details

While the general public is getting more and more interested in so-called “alternative treatment and therapy” or “complementary medicine” (CAM=Complementary and Alternative Medicine), empirical research on CAM-users, their attitudes and motives or their specific application behaviour is relatively restricted. The project aims at gaining insight into the applicants’ behaviour and the health activities of a limited cohort of users. The survey was restricted to users of products of Sinupret®/Sinupret forte®, the two best-selling herb-based pharmaceuticals for the treatment of sinusitis. 54.2% of the persons questioned sent back the questionnaire. The number of women and persons with average or high educational qualifications as well as of married people and households without children is disproportionately high. Although Sinupret®/Sinupret forte® is a medication that does not require prescription, 62.6% of those questioned used it because it had been recommended to them by their physician. 90% used it specifically for the treatment of sinusitis. 46.2% said that they had used the medication exclusively. When home cures are taken into consideration, that proportion is reduced to 20.3%. 58.9% of those questioned used OTC products (OTC=Over-The-Counter) for prevention and therapy purposes. Vitamins and minerals as well as over-the-counter painkillers were at the top of the list. When asked to guess the GKV’s motives of abolishing the reimbursement of products that are available without prescription, 78.8% contributed such a change to cost saving motives, while only 7.5% considered it to be a measure to enhance the medical care quality.

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Project Type:

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