Attitude, practice, knowledge and reasons of use among traditional and complementary medicine users in Malaysia

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INTRODUCTION
Safe use of traditional and complementary medicine (T&CM) is one of the highlighted interests to be explored in the quality use of medicine exercise. Therefore, the aim of this study is to understand the attitude, practice, knowledge and reasons of use among T&CM users in Malaysia.

METHODS
A questionnaire-based cross-sectional study was conducted through convenience sampling method across Malaysia. Study approval was obtained from the institutional ethical committee and written consent was taken from the participants prior to data collection.

RESULTS
A total of 940 responded in this study (respond rate of 98.7%). The study screened out those who never take TCM before and excluded a total of 378 participants. Finally, 562 participants fulfilled the study criteria and enrolled in the study. Majority of TCM users in Malaysia aged 40 years and below and of female gender. Overall, 83.1% (n=467) of the participants indicated that they were healthy and do not have any underlying chronic diseases or medical problems. Both modern medicine and TCM were accessible in the community (n=348, 61.9%).

CONCLUSIONS
The findings of the study may help healthcare professionals to provide appropriate guidance regarding the rational use of T&CM by understanding more about T&CM users’ attitude, practice, knowledge and reasons of using T&CM.