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**PhD Dissertation Defense**

Entitled

*HEALTH SUPPLEMENT USE AND RELATED ADVERSE EVENTS IN DUBAI UNITED ARAB  
EMIRATES:*

*A CROSS-SECTIONAL STUDY*

by

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Abstract

Health supplement (HS) products contain ingredients of more than a thousand chemicals that may adversely affect human health. Previous studies have found that consumers and healthcare professionals are generally unaware regarding the associated risks of HS. The purpose of this research was to measure consumption of HS in Dubai, the adverse events thereof, and the level of knowledge, attitude, and practice among healthcare professionals. This study comprised two cross-sectional studies. Descriptive statistics, Chi-square, or ANOVA were used as appropriate. 455 (37.8%) reported either current or previous use of health supplements. Of the 455, 389 (85.54%) were knowledgeable about health supplements and 442 (97.14%) had encountered no adverse events. Of the 13 (2.86%) who had encountered adverse events, the degree of severity was either moderate or mild. Most (10, 76.92%) did not know how to report the event to healthcare professionals. Only 3 (23.08%) had ever reported an event. The findings may be used to develop policies and programs on HS that will help to minimize the risk of adverse events arising from their use. The results also point out that it is important to institute educational initiatives to assess any risks related to the use of HS. Such initiatives will help to raise both awareness and knowledge in both the population and healthcare professionals regarding the use and adverse events of HS.

**Keywords:** Health supplements, adverse events, knowledge, attitude, practice.