

# ABSTRACT

## PHARMACISTS' AND PHARMACIST TECHNICIANS' ATTITUDES TOWARD DIETARY SUPPLEMENTS

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**Background:** Dietary supplements (DS) belong to the common commodity of the Czech pharmacies. However, attitudes of pharmacists and pharmacist technicians toward this issue have not been evaluated in the Czech Republic yet.

**Aim:** To assess pharmacists' and pharmacist technicians' attitudes toward dietary supplements, DS awareness, beliefs about DS safety and efficacy, DS use and recommending DS to patients.

**Methods:** This Diploma Thesis was based on research project – pilot survey “Complementary and Alternative Medicine: The Survey of Health Beliefs”. The study was conducted through questionnaires. Data were collected in the period from 1.2.2009 to 31.5.2009 in selected Czech pharmacies. The data were processed in the computer programs MS Excel and PASW Statistics 18.

**Results:** Questionnaires were completed by a total of 203 pharmacists and pharmacist technicians from pharmacies in the Czech Republic. Approximately 7 out of 10 pharmacists and pharmacist technicians regarded DS as safe, the same number as effective, more than three-quarters of them have taken DS themselves and 82 % of respondents have already recommended the DS to the patients. The pharmacists and the pharmacist technicians, who considered DS to be safe and effective, used DS more often and recommend them to patients. In general, at the DS was not confirmed statistically significant dependence of use, same as recommendation by gender, educational attainment, number of years practicing, type and location of pharmacies. Use and recommending of DS was significantly influenced by age of respondents.

**Conclusion:** Czech pharmacists and pharmacist technicians have positive attitudes about DS generally. Further research into this area is desirable.