



Aya Ghassan Raad

Thesis title: Nonrecreational prescription medicine sharing practice (MEDSHARE-Rx Study)

Author: Aya Ghassan Raad was born on April 10, 1992, in Sweida, Syria, and raised in Damascus. She graduated from the Faculty of Pharmacy in Damascus with a degree in Pharmacy & Pharmaceutical Chemistry (79.88%). During her studies, she

trained in a community pharmacy for three and a half years, and after graduation, worked in a pharmacy for two years before obtaining her permanent pharmacist license. Aya then joined Masosud Pharmaceutical Company in Damascus as a medical representative and later became R&D Department Manager at Madamar Company in Poland, working remotely. She moved to Iceland in late 2023 with her husband, Omar Aboulizz, and has been working at Lyfjaval since April 2024.

Short abstract of the thesis: This study explored the practice of sharing prescription medicines without medical consultation in Iceland, as part of an international project. A total of 436 people participated, with 399 completing the survey. Painkillers were the most commonly shared medicines, followed by psychotropics and allergy drugs. Main reasons for sharing included emergencies and having the same prescription. Younger individuals and those with low trust in the healthcare system were more likely to share, while older adults were less accepting. University graduates were somewhat more likely to engage in sharing. The results suggest that although most people reject this practice, a small group continues to share medicines. Efforts should focus on raising awareness among youth and strengthening trust in healthcare.