

THERAPEUTIC ADVANCES in *Drug Safety*

Contents

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Falling antibiotics healthcare background (Getty Images).

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Abstract-Post-20 Other*Sources of information used by the Portuguese population regarding generic drugs**Maria Maia¹, Clara Rocha¹, Jorge Balteiro¹*¹ESTeSC-Coimbra Health School, IPC, Coimbra, Portugal. Corresponding author: Maria Maia - mariammaia2000@gmail.com

Background: By using Generic Drugs (GD), patients gain access to treatments at a lower cost and with a more favourable cost/benefit ratio. However, there remains some distrust regarding the safety and efficacy of GD. Pharmacy professionals and doctors play a key role in the decision-making process of patients, as they are considered credible and trustworthy sources of information^[1-3].

Objectives: Determine the sources of information used by the population to gain knowledge about GD. **Methods:** Observational and cross-sectional study. The sample size was calculated with a 95% confidence level and a 5% margin of error, resulting in a sample of 609 individuals. Data were collected through non-probability convenience sampling between February 2023 and May 2024, using a questionnaire administered at a community pharmacy and online. **Results:** Among the 609 respondents, 81.3% identified Pharmacy Professionals as their main source of information, followed by doctors (63.2%) and Healthcare Institutions (46.8%). Individuals with higher levels of education are more likely to use leaflets/magazines. Television/radio are most used by men and younger individuals. Family/friends/neighbors are the most cited sources by those with lower education levels and by older individuals. These associations are statistically significant ($p < 0.05$). **Conclusion:** Results show that healthcare professionals are the most frequently used source of information, making patients more capable of making informed and responsible choices regarding the purchase of GD. It is of utmost importance to implement measures aimed at increasing knowledge about GD across the entire population.

Keywords: Generic Drugs, Sources of Information, Pharmacy Professionals

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Abstract-Post-21 Other*Imperfect apples with antimicrobial potential**Tatiana Ribeiro^{1,2}, Pablo Garcia³, Luisa Barreiros⁴, Patrícia Correia^{1,2}*¹Escola Superior de Saúde, Instituto Politécnico do Porto, Porto, Portugal. ²REQUIMTE/LAQV, Escola Superior de Saúde, Instituto Politécnico do Porto, Porto, Portugal. ³Departamento de Ciências Farmacêuticas, Faculdade de Farmácia, Universidade de Salamanca, Salamanca, Spain. ⁴LAQV/REQUIMTE, Departamento de Ciências Químicas, Faculdade de Farmácia, Universidade do Porto, Porto, Portugal. Corresponding author: Tatiana Ribeiro - tatiribeiro96@hotmail.com

Background: Apples are one of the most rejected fruits when they don't have the appearance appreciated by the consumer^[1]. The apple processing industry also generates a lot of waste. This fruit is rich in phytochemicals, but many are complex and have low bioavailability^[2]. Fermentation is a metabolic process in which complex sugars are converted into small alcohols or organic acids, simpler compounds with greater oral and cutaneous bioavailability^[3]. **Objectives:** Enhance, through fermentation, the microbial inhibition capacity of apple waste, combining the concept of circular and sustainable economy. **Methods:** The apples were supplied by the “Fruta Feia” cooperative, which aims to end food waste of fruits and vegetables due to their imperfect appearance. Different parts of the apple, prepared in different ways and adding sterile water, were fermented in flasks placed in an incubator at 30 °C. Samples were collected every 24 hours and the pH was measured. The fermented products were analyzed to evaluate the antimicrobial activity by measuring the inhibition halo for several species. **Results:** The tests using apple pulp resulted in a greater inhibition halo. It would be interesting to vary the state of fruit division, as well as to perform biostimulation and bioinoculation tests. Regarding the species tested, fermented apple pulp demonstrated greater activity in the sensitivity test for *Staphylococcus aureus*, *Bacillus cereus*, *Pseudomonas aeruginosa* and *Staphylococcus*

epidermidis. **Conclusions:** Apples that are rejected by the commercial circuit can be valued through fermentation, showing promising antimicrobial activity for some bacterial species.

Keywords: apple, fermentation, antimicrobial activity.

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Abstract-Post-22 Other

Mental health and anxiolytics in times of covid-19

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Background: The COVID-19 pandemic has triggered not only a global health emergency but also a significant psychological impact [1]. Anxiety has emerged as one of the most prevalent psychiatric outcomes, often intensifying other mental health disorders and reducing overall quality of life [1,2]. This rise in anxiety has led to increased use of pharmacological treatments, particularly anxiolytics [1,2,3]. **Objectives:** To examine the relationship between the COVID-19 pandemic and the use of anxiolytic medications, focusing on anxiety levels within the adult Portuguese population. **Methods:** A descriptive, cross-sectional study was conducted using an online questionnaire distributed to Portuguese adults between January and February 2022. The Beck Anxiety Inventory was used to assess anxiety levels. The survey also gathered data on the use of pharmacological and non-pharmacological strategies for managing anxiety. **Results:** The findings indicated that 13.1% of participants exhibited severe

anxiety, while 20.4% presented moderate anxiety. A notable increase in the consumption of anxiolytic medications was observed, with 81% of medicated participants reporting the use of anxiolytics. Furthermore, 70.8% had been using these medications for a duration exceeding three months. Additionally, 28.5% of respondents reported engaging in non-pharmacological methods to cope with anxiety symptoms. **Conclusions:** The COVID-19 pandemic was associated with increased anxiety levels and a greater reliance on anxiolytic medications among Portuguese adults. These findings highlight the urgent need for public health strategies aimed at preventing and managing anxiety through both pharmacological and alternative approaches.

Keywords: COVID-19; Mental Health; Anxiolytics.

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Abstract-Post-25 Other

Beer raw materials: evaluation of antioxidant activity and potential skin benefits

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Background: Malt and hop extracts have shown promising skin benefits, but scientific evidence is scarce [1]. **Objectives:** To evaluate, *in vitro*, the potential of aqueous extracts of malt and hops for antioxidant, photoprotective and metabolic activity in human keratinocytes (HaCaT cells). **Methods:** Experimental study, with the