

THERAPEUTIC ADVANCES in *Drug Safety*

Contents

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Abstract-Post-74 Other

Occupational stress in community pharmacy professionals: a cross-sectional study

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Background: The study of mental health in health professionals, including community pharmacy professionals, is relevant due to their continuous exposure to emotionally stressful situations [1]. Work-related stress, burnout and intense routine significantly affect the quality of life [2,3].

Objective: To assess the stress levels of pharmacy professionals in the Bragança and Lisbon districts, different regions from Portugal, analysing the influence of sociodemographic and professional variables. **Methods:** Quantitative, cross-sectional, descriptive and correlational study with 127 community pharmacy professionals' participants. Data were collected through a questionnaire with two parts: one for sociodemographic variables (gender, age, marital status, number of children, professional role, chronic illness, physical activity, and salary), and the second for assessing stress using the QSO-VG scale. **Results:** Stress levels were similar between Bragança (1.78) and Lisbon (1.82). The main reported causes of stress included lack of time with family and friends, work overload,

inadequate salary, and negative attitudes from users. Only gender showed a statistically significant association with stress: men reported higher stress levels in Bragança (2.04), while women reported higher levels in Lisbon (1.92). No significant associations were found with the other sociodemographic variables studied. **Conclusion:** There was no significant stress level's difference between different regions from Portugal. However, stress levels are significant in these regions, and it is necessary to improve working conditions and reduce the workload of the pharmacy professional's community.

Keywords: Community pharmacy; occupational stress; pharmacy professionals.

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Abstract-Post-75 Other

Aromatic and medicinal galactagogue plants: analysis of labelling information from online dietary supplements

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Background: Breast milk provides both physical and psychological benefits for the mother and the infant. In cases of insufficient milk production, plants with galactagogue properties are considered an option, with traditional reports supporting their use [1,2]. **Objectives:** To collect and

analyze dietary supplements (DS) containing plants, sold online, with galactagogue indications. **Methods:** A descriptive, cross-sectional study was conducted, using Google® platform to collect galactagogue DS in January 2025. Included criteria were DS for human use, DS with isolated or combined plants, stores selling DS. Labelling information, including active ingredients, indications for use, adverse reactions, interactions, and contraindications, was collected from the analysed DS. **Results:** A total of 16 DS from 14 websites were included in the study (ten containing mixtures of plants and six containing a single plant). In total, 21 different plants were identified. Fennel (*Foeniculum vulgare*) (seven DS) and fenugreek (*Trigonella foenum-graecum*) (six DS) were the most commonly used. Information on contraindications, such as not recommended for pregnant women, children, or individuals with allergies (to fish, fish oil, or soy), or in cases of known hypersensitivity to some ingredient, was included in 12 DS (75.0%). Only three DS (18.8%) provided details on adverse reactions and two DS on potential interactions (12.5%). **Conclusions:** The DS analyzed exhibited variations in their composition. Standardized studies are needed to demonstrate the efficacy and safety of these supplements, as well as to validate the effectiveness of the formulations and the potential synergistic effects between the plants.

Keywords: Galactagogue plants, milk production, dietary supplements

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Abstract-Post-76 Other

Dietary supplements and cosmetics with cannabis sativa L. and/or cannabidiol: analysis of labelling information and cannabinoid quantification methods

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Background: The growing interest in the potential benefits of *Cannabis sativa* L. (CS) and cannabidiol, has boosted the marketing of dietary supplements (DS) and cosmetic products (CP). However, legal compliance and labelling information lack raises concerns about consumer safety [1]. **Objectives:** Analyse labelling information on DS and CP containing CS and/or cannabidiol, available online, and review cannabinoid quantification analytical methods (CQAM). **Methods:** A descriptive, cross-sectional study was conducted from August to October 2024 to collect DS and CP from websites (e.g. pharmacies, herbal stores) containing CS and/or cannabidiol, isolated or in mixtures. The labelling information was analysed (uses, ingredients, interactions, adverse reactions). A literature review was conducted in December 2024 using PubMed® to gather studies about CQAM, using the keywords “Chemistry Techniques, Analytical” [Mesh], “*Cannabis sativa*”, “Cannabinoids”. **Results:** A total of 60 products (22 DS; 38 CP) were identified. The most common ingredient was seed oil, present in 73% of DS and 59% of CP. The main indications were associated with skin hydration (16 CP), and as a complement in nervous system problems (18 DS). The literature review resulted in 16 studies. Two high-performance liquid chromatography methods were found the best for cannabinoid quantification, demonstrating good linearity, precision and accuracy. **Conclusions:** Ingredients, such as CS seed oil and cannabidiol, showed inconsistencies with current Portuguese legislation. Collected DS and CP may differ in CS and other contents, highlighting the importance of quality control and regulatory monitoring, using the validated CQAM identified in this study.

Keywords: *Cannabis sativa* L., cannabidiol, labelling information.