Thalassemia and Pre-marital Screening: Knowledge and Attitude of University Students in Karachi, Pakistan

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ABSTRACT
Pakistan has a high prevalence of thalassemia but still lacks a pre-marital screening program for its impediment. This cross-sectional study was conducted in two business universities of Karachi to assess the student’s knowledge of thalassemia and its pre-marital screening and their attitude towards such program. Despite of the fact most of the students have heard about thalassemia, still they lacked knowledge about the disease itself. Majority of the respondents (80%) were aware of the premarital screening concept but only 14% knew it can actually prevent B-Thalassemia. Personal attitude regarding pre-marital screening showed a positive outcome. The affirmative approach towards pre-marital screening but the lack of knowledge regarding the disease itself shows that there is a need of massive awareness campaigns and implementation of the successive pre-marital screening program in Pakistan.

Keywords: Thalassemia, Pre-marital screening, Carriers, Pakistan