



WOLKITE UNIVERSITY

COLLEGE OF MEDICINE AND HEALTH SCIENCES

DEPARTMENT OF PUBLIC HEALTH

**PREVALENCE OF SUBSTANCE USE AND ASSOCIATED
FACTORS AMONG WOLKITE UNIVERSITY UNDERGRADUATE
STUDENTS, SOUTH WEST ETHIOPIA 2022 GC**

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WOLKITE, ETHIOPIA

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Approval of Research for Defense

I hereby certify that I have supervised, read, and evaluated this research title as
PREVALENCE OF SUBSTANCE USE AND ASSOCIATED FACTORS AMONG WOLKITE
UNIVERSITY UNDERGRADUATE STUDENTS, SOUTH WEST ETHIOPIA 2022 GC
prepared by Hermela Gebretsadik, Beyene Adere, Maruf Dari under my guidance. I recommend
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Declaration

We, the under signed, declared that this is our original work, has never been presented in this or any other University, and that all the resources and materials used for the research, have been fully acknowledged.

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Abstract

Background: Use of substance such as alcohol, chat leaves (*Catha Edulis*) and Tobacco has become one of the rising major public health and socioeconomic problems worldwide. Substance use, particularly in developing countries, has dramatically increased. This study will assess prevalence of substance use and associated factors among students of Wolkite University main campus enrolled students.

Objectives: To assess the prevalence of substance use and the paradigm of its effects on current and future health among Wolkite university students.

Methods and materials: Institutional based, quantitative, cross-sectional study was conducted from April-June 2022 among Wolkite University undergraduate students. The sample size was calculated by using single population proportion formula and it was 370. Participants were selected using Simple random sampling technique and allocated proportionally to the colleges. Data was collected by a self-administered questionnaire with severity assessed by standardized fifth version of Diagnostic statistical manual of mental health criteria's for substance use disorder. Potential independent predictive factors (individual factors, socio demographic and economic factors) were assessed. A logistic regression used to identify independent predictors of substance use. P value < 0.2 at 95% CI at bi-variable analysis were considered statistically significant candidates for multivariable analysis.

Results: A total of 367 students were involved in this study, with a response rate of 99.4%. About 157 of the respondents had ever used substance in life, making the lifetime prevalence of substance 42.8% with 95% CI [37.9-48.5]. The life time prevalence of khat chewing, alcohol drinking and cigarette smoking were 30.2%, 28.6%, and 17.7% respectively. Sex [AOR=2.854 95% CI (1.029-7.916)], age[AOR=3.611 95% CI (1.16-11.22)]., food arrangement[AOR=3.299 95% CI (1.114-9.76)], amount of pocket money [AOR=4.124 95% CI (1.623-10.47)], fathers substance use status [AOR=4.226 95% CI (1.46-12.35)]. and friends substance use status [AOR=16.95 95% CI] were factors that were significantly associated with substance use.

Conclusion- a significant number of students use substance in this study. Influence of family, peer as well as society as a whole plays a great role. Creating awareness about the severity of substance use like, substance use disorder starting from individual to community level is essential.

Key words- substance, students, associated factors

CHAPTER ONE: INTRODUCTION

1.1 Background

Substance is; a psychoactive chemicals that acts primarily upon the central nervous system when taken, and alters brain function, resulting in temporary changes in perception, mood, consciousness and behavior (1).

Use of substance such as alcohol, chat leaves (**Catha Edulis**) and Tobacco has become one of the rising major public health and socio- economic problems worldwide. It is estimated that 90% of global population aged 12 or order are classified with dependency on psycho active substance. (2)

About 230 million people, or 5 percent of the world's adult population, are estimated to have used an illegal drug at least once in 2010. Alcohol and other drug (Chat and tobacco) users number about 27 million, which is 0.6 percent of the world adult population (3). Studies show that substance use, particularly in developing countries, has dramatically increased (4).In Ethiopia the commonly used substances are alcohol, cigarettes, chat and cannabis which frequently lead to addiction (5)

Alcohol, one of a central nervous system depressant has followed mankind throughout the ages, ever since our ancient ancestors first began to evolve and continues to up to current times(6). Alcohol is consumed by large proportions of adults in most countries around the world. Moderate use of alcohol is believed to be useful for some health aspects (7).

Though alcohol is considered as an effective social lubricant carrying connotations of pleasure and sociability in the minds of many, alcohol abuse has diverse health and socio-economic ramifications as well as responsible for a large number of avoidable deaths(8).

Chat (**Catha Edulis**) is a shrub-like plant that grows and consumed mostly in East Africa and the Arabian Peninsula including Ethiopia, where it is consumed traditionally for socialization and

during spiritual rituals. It is often consumed by chewing fresh leaves in a group and in moderation. Chat leaf has an amphetamine-like effect when chewed and is used as stimulant that believed to have a potential to be addictive (9, 10). Many historians believe that chat is a plant indigenous to Ethiopia and then introduced the habit to neighbors, travelers, merchants. In some European countries, chat classified as an illicit substance (11)

Tobacco is a valuable cash crop that most widely grown non-food crop in the world with assistance of man and with the leaf as the most valuable part of the plant (12). Even though, the use of tobacco is detrimental to the user, the tobacco plant remains to this day one of the most important economic crops in the world. The reason tobacco use spread is the addictive nature of its main constituent nicotine, which causes dependence and Addicted smokers regulate their nicotine intake and blood levels by adjusting the frequency and intensity of their tobacco use both to obtain the desired psychoactive effects and avoid withdrawal (13,14).

1.2 Statement of the problem

The use of psychoactive substances alters both the function and, eventually, the structure of the brain by the altered stimulation of particular pathways in the CNS, which can influence the person's control over their drug use leading to physical and psychological dependence, which forces the user to keep using despite adverse consequences. In addition it causes interpersonal problems, loss of employment, difficulty in participating in education, and legal problems. [15]

In the year 2018, an estimated 269 million people had used a drug at least once in the previous year,

(5.4% of the global population aged 15–64) and 36 million suffer from drug use disorder globally. [16]

The harmful use of alcohol resulted in an estimated 3 million deaths (5.3% of all deaths) globally in 2016. And alcohol-attributable burden of disease and injury was highest in the African Region. It was linked to HIV/AIDS, tuberculosis, digestive diseases directly and to violence and road injuries indirectly. (Global status report on alcohol and health 2018. Geneva: World Health Organization; 2018. License: CC BY-NC-SA 3.0 IGO). It also resulted in 2.8 million deaths,

accounting for 5% of all deaths related to use of psychoactive substances with attributed 8.1 million deaths to tobacco in year 2018. [16]

Globally, alcohol dependence was the most prevalent of the substance use disorders, with 100.4 million estimated cases in 2016 [17]

In Ethiopia, 35% of women and about half of men (46%) reported drinking alcohol at some point in their lives[EDHS, 2016]And among those, beer 33%, spirits 22%, others 43% and wine 2% are consumed by people whose age is 15 and above. [18]

This review has shown that three substances, namely alcohol, khat and tobacco, are frequently used by students in institutions of higher learning in Ethiopia. The substance most commonly used by the students was alcohol, followed by khat and tobacco. Substance use was consistently higher in males across the studies. [19]

Many substance abusers suffer from multiple drug dependencies and/or co-morbid conditions. The roots of abuse and addiction across multiple substances take hold in adolescence and the teen years [20]

1.3 Significance of the study

Even though substance use is increasing in Ethiopia among productive age groups; there is scarcity of data which address those segments of population. University teachers are among them. So that; this study will avail data on the prevalence and predictive factors for substance use among Wolkite University students

Information from this research will help as an input for program planners to gain insight to different effective methods of preventing initiation of substance use among the students by working with instructors, which in turn prevent great loss of productive age groups of the country as a whole. On top of this; the findings of the study can also help as a baseline data for further study in same area of inquiry. Additionally, it can add insight to the health professionals in the need to work on prevention of substance use behavior, by applying models of determinants of human behavior to lead quality of life by working with all concerned body.

CHAPTER TWO:

2. LITERATURE REVIEW

2.1 Overview of prevalence of substance use

A multi-country cross sectional study was conducted in 2015 among countries in south East Asian nations and its results indicated that 16.9% used illicit drug use and 2.2 percent of them were frequent users(used >10 times in 12 months). It also showed that male students and students with poor subjective health status were more likely to be frequent users. (21)

In a study conducted in Iran among Iranian university students to asses risk and protective factors for substance abuse, results showed that peer's positive attitude towards drugs anticipated cigarette/hookah use. They also indicated that depression and anxiety, positive attitudes of family members towards substance use, strongly predicted using cigarette, alcohol and illicit drug use. And the negative attitude towards university also predicted the use of those drugs. (22)

According to a study conducted in oyo state, Nigeria, to investigate the prevalence of substance use among secondary school students, results of the study showed that 21.7% of them had ever drank alcohol and among them 26% full filed the criteria of substance abuse. (23)

Current prevalence of khat chewing was found to be 21.5% in a study conducted among medical students of Gondar University (24)

A cross-sectional study done to assess the prevalence of substance use and its association with high blood pressure among adults in Addis Ababa revealed that, 13.2% of men and 0.3% of women smoked cigarette in the past thirty days(current smoking), while Current alcohol consumption in past 12 months were 69 % and 56.5% among male and women respectively. Current khat chewing Men 18.3% and 1.9% women respectively (30)

2.2 Factors associated with substance uses

Men were found to be 3.3 times more likely to use substance than females [AOR=3.353 (1.460-7.701)] in a study conducted in Gondar, in addition to this 5th and 6th year students were 3.3 times more likely to use substance. [25]

The family has been described as; the Single most influential child hood factor in buffering the child and in shaping later adaptation. Family marital status, Family support function, and family substance use identified as predictive factor for substance use (3). Parental or family problems; may decrease the family attachment felt by adolescents, who could lead to an increase in involvement with substance-using peers and Family disruption was statistically significantly associated with substance use. (25)

According to a study conducted in china factors significantly associated with current drinking were age, health situation, smoking, geographic region, work status and social activities among men, and age, smoking, geographic region and work status among women. The type of beverage intake was also related socio- cultural-demographic factors (30)

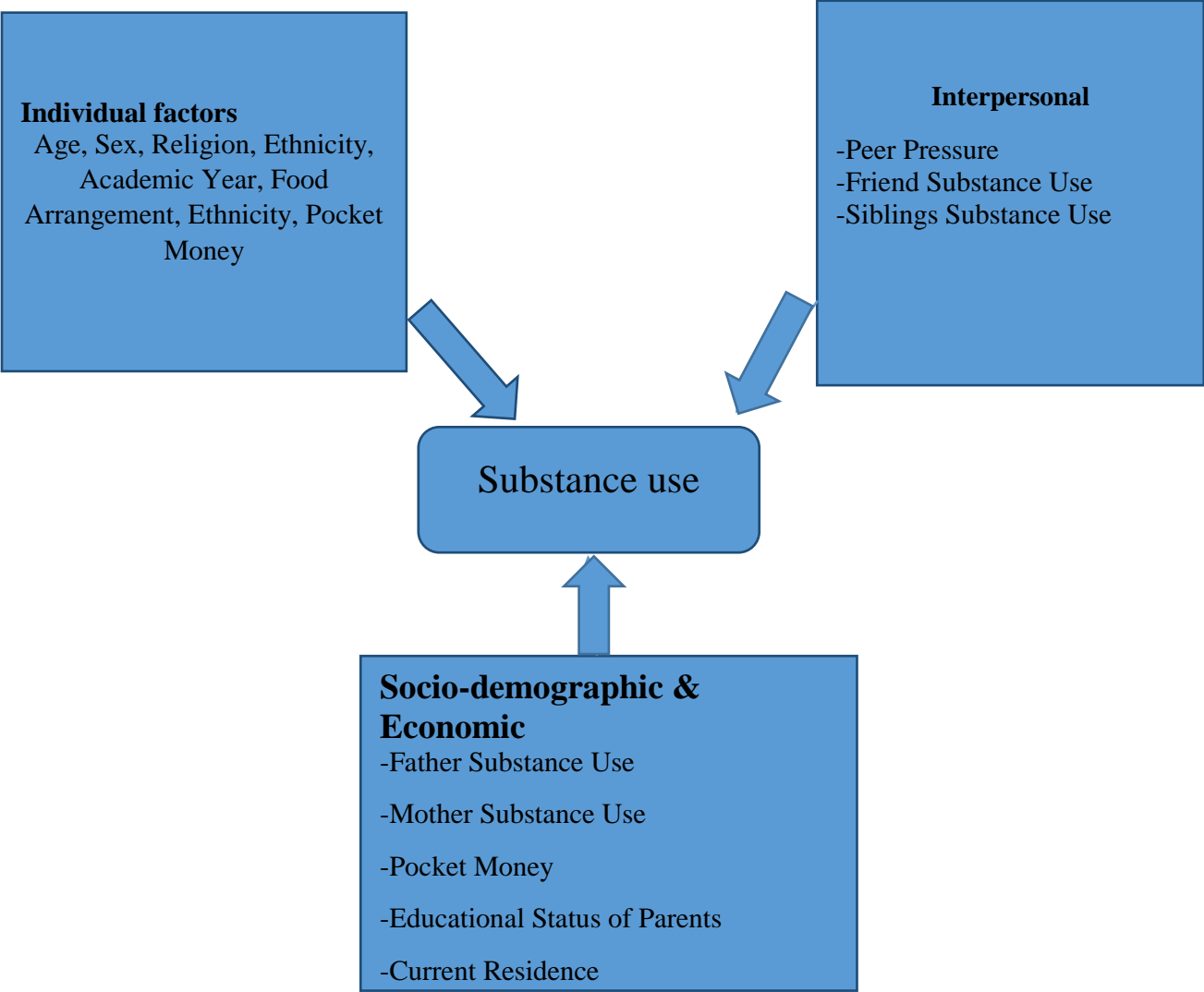
In a study conducted to determine alcohol use and associated factors among Dilla University Students in 2020 showed that having friends who were psychoactive substance, and those who had used khat and smoked cigarette were more likely to have used alcohol compared to others. (26)

Another institutional-based cross-sectional study was conducted among medical students of Gondar showed that Sex, religion, year of study, smoking habit, alcohol drinking, and having khat chewing friends had an association with substance use. In relation to this it indicated that the habit of khat chewing practice was 3.353 times higher in males than females (27)

According to a study conducted among high school students in southern Ethiopia, male, parental smoking, having sisters smoking, Khat chewing practice, having smoking peers were seen significantly associated with current tobacco use among high school students[.]. And 48.7 % of the study's participants smoked to have fun with friends, 38.5% of them smoked to read their readings and 12.8 % of them smoked to reduce boredom feelings. (28)

Conceptual framework

3,25,28,31



CHAPTER THREE: OBJECTIVES

3.1. General Objectives

- ❖ To assess the prevalence of substance use and associated factors among Wolkite University undergraduate students, south Ethiopia, 2022GC.

3.2. Specific Objectives

- ✓ To assess the prevalence rate of substance users among Wolkite university Undergraduate Students in 2022 GC.
- ✓ To assess factors associated with substance uses among undergraduate students of Wolkite University in 2022 GC.

CHAPTER FOUR: METHODS AND MATERIALS

4.1. Study Area

The study was conducted from April - June 2022 GC in Wolkite University, which is located in SNNPR, Gurage zone, 162 km south west of Addis Ababa, capital city of Ethiopia. Wolkite University is one of the third generation higher education institutions that was founded in 2012 GC. The plain landscape in which the university resides in is quiet ideal for academic pursuit. There are 2 campuses (main campus, cluster campus), with total of 15,000-19,999 students with in 9 colleges and 53 department of study in 2022. Wolkite University offers courses and programs leading to officially recognized higher education degrees such as Bachelor Degrees, Master's degrees in several areas of study.

4.3 Study period

The study was conducted from April 2022 GC-June 2022

4.2. Study Design

An institution based cross sectional study was conducted to assess the prevalence and associated factors of substance use among Wolkite University undergraduate students in 2022GC

4.4. Population

4.4.1. Source Population

Undergraduate Students of Wolkite University in calendar year 2021/2022 were source population.

4.4.2. Study Population

Undergraduate students who were sampled among the ones attending Wolkite University in 2021/2022 calendar year.

4.5. Eligibility criteria

4.5.1. Inclusion Criteria

Undergraduate students attending Wolkite University, who were available at time of data collection and who were willing to take part in the study.

4.5.2 Exclusion criteria

Those who are not found in the university at the time of data collection.

First year students in 2021/2022 academic year.

4.6 Sample Size determination and Sampling Technique

4.6.1. Sample size determination

The sample size was determined by using single population proportion formula with the assumption of; 95% confidence interval, 5% marginal error, 10% non-response rate and the (p), proportion of substance use taken to be 36.3% (the prevalence of substance use among respondents, 36.3%, 10.9%, 7.45 used alcohol, khat and cigarette respectively [31]

$$n = z^2 p(1 - p)/d^2$$

n=desired sample size

P= prevalence of substance use= 0.363

z- Confidence interval – 95% = 1.96

D-margin of error– 5 %=0.05

n=355

❖ Since source population is under 10,000 we used correction formula

$$no = \frac{n}{1 + \frac{n}{N}}$$

$$no = \frac{355}{1 + \frac{355}{6415}} = 336$$

n + nonresponse rate (10%) = 336+34=370

The final sample size (370) was distributed into each of the colleges using proportionate allocation

Table1- Proportionate allocation of students in their respective college among Wolkite University undergraduate students, April 2022

College	No. of students	Sample
Engineering and technology	1541	88
Computing and informatics	448	26
Natural and computational	402	23
Health and medicine	1147	66
Agriculture and natural resource management	487	28
Business and Econ	1215	70
Social science and humanity	684	39
College of education and behavioral sciences	337	19
School of law	154	9
Total	6415	368

4.6.2 Sampling Technique

A simple random sampling technique was employed after selecting departments that will participate by using lottery method, then lists of students were used as sampling frame to select participants randomly by their identification number.

4.7 Study Variables

4.7.1 Independent variables

Age, sex, religion, ethnicity, current residence, monthly pocket money, academic year, family substance use , family educational level, sibling substance use history , friend’s substance use history

4.7.2. Dependent variable

Substance use

4.8 Data Collection Instruments and Procedures

4.8.1 Data Collection Instruments

A self-administered questionnaire was used, prepared in English. The questionnaire covered substance use and its associated factors adapted from different literatures that were pertinent to the topic. The domain of the tool addressed the prevalence of substance use (cigarette, alcohol and khat) and its associated factors. To improve the internal consistency, the tools were originally prepared in English and later translated into Amharic for easier facilitation of the research

4.8.2 Data Collection Procedure

Data was collected by providing self-administered questionnaire to participants and allowing them to fill them. It was done in the main campus of Wolkite University undergraduate students. There were 3 data collectors. Collection started with the reading verbal consent form by collectors and proceeding if they are willing to participate

4.9 Data processing and analysis

Data were coded, and entered into SPSS version 20.0. After completion of data entry, it was cleaned and ready for statistical analysis. Descriptive analysis was done to describe the study population and the prevalence of substance use. Logistic regression analysis was done to identify factors associated with substance use. Bi-variable analysis was done and those with $P < 0.2$ at 95% CI were candidates for analysis by multivariate analysis. Then multivariate logistic regression was employed to identify the independent variables that were statistically significant ($p < 0.05$ at 95% CI).

4.10 Data Quality Control

The questionnaire was prepared in English and was pretested on (5%) of the sample at nearby university students, in Ambo University (Woliso campus) which is 60kms away from Wolkite main campus. We discussed on the questionnaire questions before the collection started to reach on consensus. The collected data was reviewed and checked on the spot of the collection site for completeness before data entry. After data entry data cleaning was done before analysis.

4.11 Operational Definitions

Substance- the three commonly used psychoactive drugs: alcohol, cigarette, khat (chat)

Substance use- Taking any of the three commonly used psychoactive substances: alcohol, cigarette and/or chat.

Lifetime prevalence of substance: the proportion of students who had ever use substance in their lifetime.

Current prevalence of substance: the proportion of students who used substance within 30 days preceding the study.

Substance use disorder: It is based on criteria to fit within overall four groupings of; impaired control, social impairment, risky use, and pharmacological criteria From the 11 DSM criteria questions, if respondents who used any of the three substances answer yes for two questions, mild, if individual answer yes for 2-3 items, moderate, 4-6 positive answer and severe substance use disorder if >6 positive answer.

Rural: residing less than woreda town, like kebele

Semi-urban: residing woreda towns

Urban: residing in cities and zonal towns

4.12 Ethical Consideration

Ethical clearance was obtained from the college of medicine and health sciences of Wolkite University. Written consent was also be sought from selected participants, after the reading of the consent form by collectors, to confirm willingness to participate in the study. Privacy and confidentiality was ensured throughout the study.

4.13 Dissemination plan

The final report will be disseminated to the department of public health, College of Medicine And Health Sciences, Wolkite University. The study findings will also, be disseminated to the Wolkite university administrations and other relevant bodies.

CHAPTER FIVE: RESULTS

5.1 Socio-demographic characteristics of respondents

A total of 367 university students participated in the study which makes the response rate 99.2%. Two hundred thirty eight of them were male respondents (64.9%) and the majority of respondents 165 (45%) were in the age group 17-24. More than half of them were campus café users 231 (62.9%) and 147 (40.1%) of them live in an urban setting as current living arrangement and (107) 29.2 % were second year students. Majority of respondents' religion was Muslim 156 (42.5%), and 168 (45.8%) were Oromo in ethnicity. Almost all of our respondents have pocket money 367 (97.8%) and slightly below half of respondents had pocket money in the range of 1000-2000 ETB.

Table 2: Socio-demographic characteristics of the respondents among Wolkite University students, Southwest Ethiopia, 2022

Variables	Categories	Frequency(n=367)	Percent
Sex	Female	129	35.1
	Male	238	64.9
Age	17-24	165	45.0
	25-30	128	34.9
	>30	74	20.2
Café/non-cafe users	Café user	231	62.9
	Non-café user	136	37.1
Living arrangement	Urban	147	40.1
	Semi-urban	118	32.2
	Rural	102	27.8
Religion	Muslim	156	42.5
	Orthodox	144	39.2
	Protestant	50	13.6
	Others *	17	4.6

Ethnicity	Oromo	168	45.8
	Amhara	55	15.0
	Gurage	47	12.8
	Sidama	23	6.3
	Others **	74	20.2
Pocket money	Yes	359	97.8
	No	8	2.2
How much pocket money	<500 birr	30	8.2
	500-1000 Birr	147	40.1
	1000-2000birr	182	49.6

*Adventist, catholic

**Gamo, Wolayta, Siltie

5.2 Background information of family

Table 3: Information on respondents' family among Wolkite University students, Southwest Ethiopia, 2022 GC (n=367)

Variables	Categories	Frequency(n=367)	Percent
Educational level of father	Cannot read and write	32	8.7
	Can read and write	76	20.7
	Elementary school	81	22.1
	High school	79	21.5
	Higher education	99	27.0
Educational level of mother	Cannot read and write	38	10.4
	Can read and write	94	25.6
	Elementary school	105	28.6
	High school	79	21.5
	Higher education	51	13.9
Father substance use	Yes	102	27.8
	No	265	72.2
Mother substance use	Yes	37	10.1
	No	330	89.9

Sibling substance use	Yes	69	18.8
	No	298	81.2
Best friends substance use	Yes	114	31.1
	No	253	68.9

5.3 Prevalence of substance use

Regarding history of substance use; khat, cigarette, or alcohol, about 157 of the respondents have ever used substance making life time prevalence rate of substance use 42.8% with 95% CI [37.9-48.5]. From those respondents 111 (30.2%) chew chat and among those 109 (96.5%) of them chewed in the past 30 days making current use of khat 29.7%, 105(28.6%) of the responds drank alcohol and among those 94(88.5%) making the current use of alcohol 25.6% and 65 (17.7%) smoke cigarette and among those 16.9% smoked in the last 30 days. The most commonly used substance was chat followed by alcohol, followed by cigarettes. And almost all substance users use their pocket money to purchase the substance; 96.9%, 89.4%, 94.7% cigarette, alcohol and khat. The detail description is on table 4 below

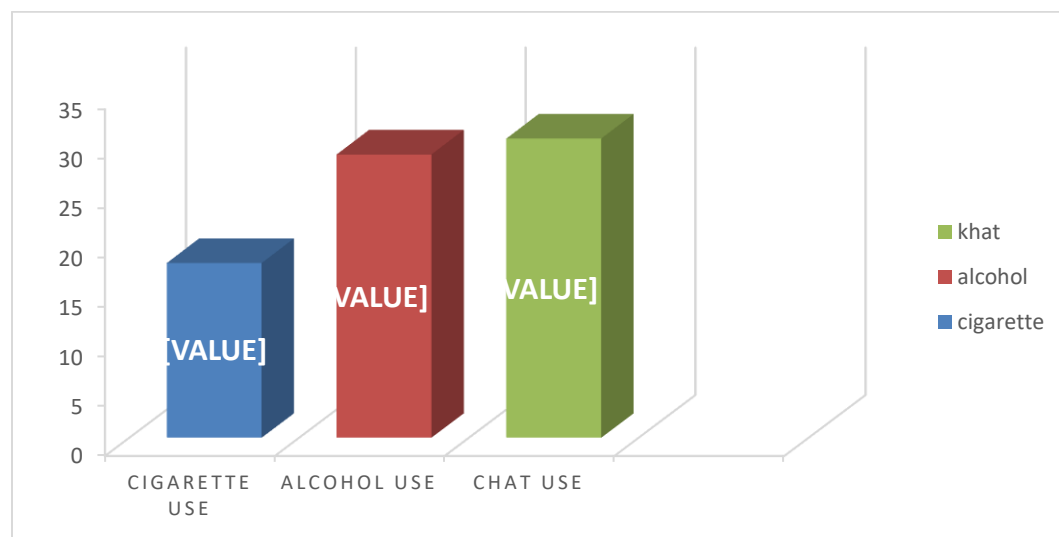


Figure 2- Life Time Prevalence of Chat Chewing, Alcohol Use and Cigarette Smoking Among Wolkite University Students, South West Ethiopia, 2022

Table 4: Substance use characteristics of Wolkite university students, South West Ethiopia, 2022

Variables	Categories	Frequency(n=367)	Percentage
Ever use substance in life	Yes	210	57.2
	No	157	42.8
Life time prevalence of cigarette	Yes	65	17.7
	No	302	82.3
Current cigarette use	Yes	62	95.4
	No	3	4.6
Frequency of smocking	Daily	42	64.6
	Once a week	9	13.8
	Occasionally	14	21.6
No. of cigarettes on a typical day	<5	22	33.8
	6-10	22	33.8
	11-15	21	32.3
Use of pocket money for cigarette purchase	Yes	63	96.9
	No	2	3.1
Life time prevalence of alcohol use	Yes	105	28.6
	No	262	71.4
Current alcohol use	Yes	94	25.6
	No	11	3.0
Frequency of drinking	Daily	11	10.5
	Weekly	51	48.6
	Occasionally	43	10.9
Number of drinks on a typical day	<=2	22	21.0
	3-4	40	38.1
	5-6	5	4.8
	7-9	6	5.7
	10 or more	32	30.5

Type of drinks	Beer	60	57.1
	Wine	21	20.0
	Locally made drinks	15	14.3
	Mixed drinks	9	8.6
Use of pocket money to purchase alcohol	Yes	93	89.4
	No	11	10.6
Lifetime prevalence of khat chewing	Yes	111	30.2
	No	256	69.8
Current khat chewing	Yes	109	96.5
	No	4	3.5
Frequency of khat chewing	Everyday	52	46.0
	Occasionally	50	44.2
	Weekly	11	9.7
Use of pocket money to purchase khat	Yes	107	94.7
	No	6	5.3

5.4 The reason for substance uses of respondents

The most reported reason for substance use was the positive perception towards the effect of the substance; 26.2%, 28.6%, 29.2% of the cigarette smokers, alcohol drinkers, chat chewing respectively. (Table 5)

Table 5- Reasons for substance use among user respondents in Wolkite University, South West Ethiopia, 2022

Variables	Categories	Frequency(n=367)	Percentage
reasons for smoking	I like the feeling	17	26.2
	To be like my friends	16	24.6
	I am bored or just to have fun	16	24.6

		I feel stressed, nervous and tense	14	21.5
		To work/learn long hours	2	3.1
reasons for drinking		I like the feeling	30	28.6
		To be like my friends	25	23.8
		I am bored or just to have fun	14	13.3
		I feel stressed, nervous and tense	29	27.6
		To work/learn long hours	7	6.7
reasons for khat chewing		I like the feeling	33	29.2
		To be like my friends	17	15.0
		I am bored or just to have fun	22	19.5
		I feel stressed, nervous and tense	16	14.2
		To work/learn long hours	25	22.1

5.5 Substance use disorder prevalence and characteristics

Using 11 DSM 5 substance use disorder indicators characteristics we assessed substance use disorder among undergraduate students of Wolkite University. Among the 157 students who used substance, 154 of them were showing at least 2 positive answer making prevalence of substance use disorder 98% with 95% confidence interval. Among those most of the substance users were in the severe category with 42.9%, followed by mild severity with 30.5% and moderate disorder with 26.6% among users.

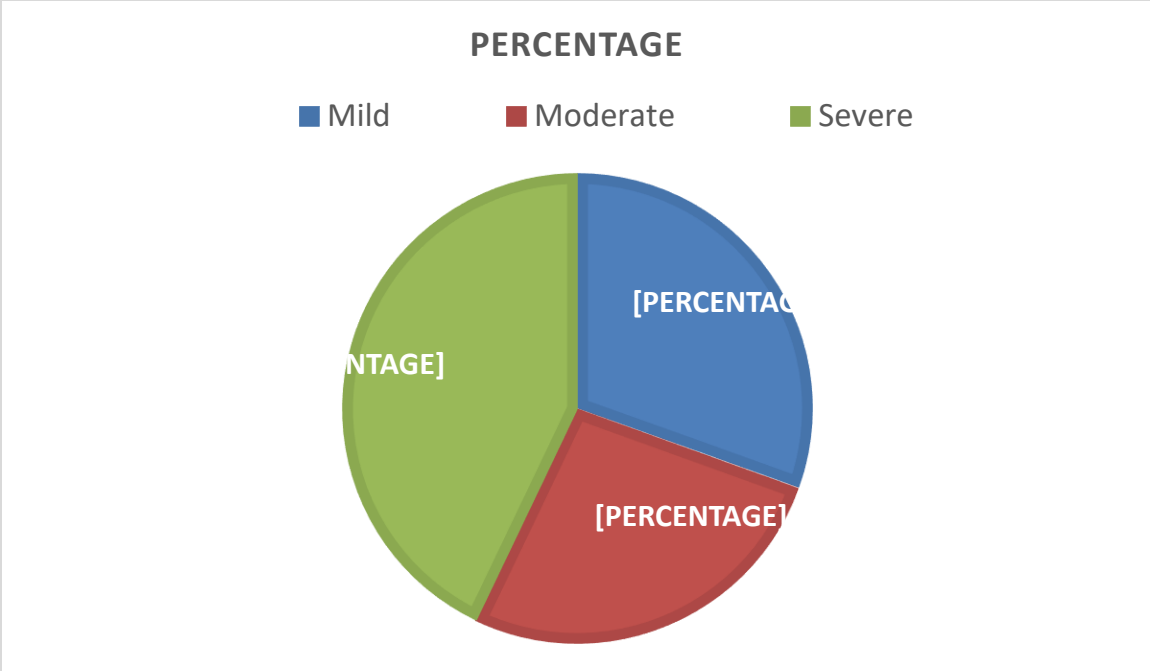


Figure 3- Severity of substance use disorder among substance users, Undergraduate Wolkite University students, South West Ethiopia, 2022. (n=157)

5.6 Factors associated with substance use

The following were candidate for multivariable logistic regression at 95% CI p-value of <0.2. Sex (p<0.001), age (p<0.001), food arrangement (p<0.001), academic year (p<0.001), current residence (p<0.001), amount of pocket money (p<0.001), father’s substance use status (p<0.001), mother’s substance use status (p<0.001), sibling’s substance use status (p<0.001), best friends’ substance use status (p<0.001).

From the candidate variables in the bivariate analysis; sex, food arrangement, amount of pocket money, father’s substance use, and best friends’ substance use history were found to be significant predictors of substance use among students as shown in table 6.

Male students were 3 times more likely to use than females [AOR=2.854 95% CI (1.029-7.916)]. students who were above age 30 were 3.6 times more likely to use than students in the age group 17-24 years [AOR=3.611 95% CI (1.16-11.22)]. Being a 5th year student made students 3.2 times likely to use substance than second year students [AOR=3.299 95% CI (1.114-9.76)]. Non-café students are 4 times more likely to use substance than café students [AOR=4.124 95% CI (1.623-10.47)]. Students currently residing in rural areas were 4.2 times more likely to use substance than those in semi-urban. [AOR=4.226 95% CI (1.46-12.35)]. Those with higher monthly pocket money were 17 times more likely to use substance than those with less [AOR=16.95 95% CI

(2.89-99.23)]. Those whose father use substance were 9 times more likely to use substance than those whose father that doesn't use substance. [AOR=9.13 95% CI (2.80-29.73)]. Those students who have substance user friends were 31 times more likely to be substance users than those with friends with no substance use history [AOR=31.17 95% CI (11.12-87.31)]

Table 6- binary and multivariable logistic regression of respondents for substance use among Wolkite University Undergraduate Students, southwest Ethiopia, and 2022GC

Variables n=367		Substance use		OR		P value
		No	Yes	COR(95%CI)	AOR (95%CI)	
Sex	Female	94	35	1	1	1
	Male	116	122	2.82 (1.776-4.492)	2.854 (1.029-7.916)	0.044*
Age group	17-24	118	47	1	1	1
	24-30	57	71	3.127(1.924-5.082)	2.467(0.85- 7.13)	0.09
	>30	35	39	2.798 (1.585-4.937)	3.611(1.16-11.22)	0.02*
Academic year	2 nd year	79	28	1	1	1
	3 rd year	56	42	2.116(1.175-3.810)	1.000(.331-3.017)	1.00
	4 th year	45	48	3.010(1.664-5.443)	1.113(0.368-3.36)	0.85
	5 th year	30	39	3.668(1.930-6.971)	3.299(1.114-9.76)	0.03*
Food arrangement	Café	163	68	1	1	1
	Non café	47	89	4.539(2.886-7.138)	4.124(1.623-10.47)	0.003*
Current residence	Semi-urban	82	36	1	1	1
	Urban	75	72	2.187(1.316-3.634)	1.603(0.53-4.77)	.397
	Rural	53	49	2.106(1.213-3.656)	4.226(1.46-12.352)	0.008*
Pocket money	<500	48	6	1	1	1
	500-1000	89	39	3.506(1.385-8.871)	4.248(0.71-25.38)	0.113
	1000-2000	71	110	12.394(5.041-30.473)	16.950(2.89-99.23)	0.002*
Substance use of father	Yes	15	87	16.157(8.759-29.803)	9.133(2.80-29.73)	0.000*
	No	195	70	1	1	1

Substance use of mother	Yes	3	34	19.073(5.73-63.411)	1.163(0.193-7.003)	0.869
	No	207	123	1	1	1
Substance use of sibling	Yes	5	64	28.215(10.94-72.41)	4.062(0.96-17.16)	0.057
	No	205	93	1	1	1
Substance use of friend	Yes	11	103	34.507(17.29-68.84)	31.17(11.12-87.31)	<u>0.000*</u>
	No	199	54	1	1	1

Abbreviations OR- odds ratio, COR- crude odds ratio, AOR- adjusted odds ratio CI- confidence interval, *p-value statistically significant <0.05

CHAPTER SIX

6. DISCUSSION

This study revealed that the prevalence of substance use among Wolkite university students is 42.8%, which is higher than study done in Wolayta Sodo University (28.6%) (32) to the contrary, the prevalence of substance use found in this study is relatively lower than reported in mekele university students in which (46%) of the students were either cigarette smokers, alcohol drinkers, khat chewers, 2 of the substance or all three. (33) The difference may be due to the difference in study setting and as well as number of participants.

The life time prevalence of alcohol found in this study (28.6%) was relatively higher than studies conducted in Nigeria (21.7%), US (26.3%). the reason could be the difference between socio-cultural difference and study population as well as study time. The previous studies were community based studied in large population.

The life time prevalence of khat chewing was found to be 30.2%, this was higher than khat lifetime prevalence rate 21.5% among medical students in the study done in Gondar University, while it is lower than the study conducted in Amhara region (38.1%). The reason could be that wolkite is a common place for chat chewing, and the Gondar study had only studied prevalence among medical students, while the study in Amhara region had a much larger sample size and study conducted at the community level.

The life time prevalence of cigarette smoking in this study was 17.7 which is lower than the study conducted in misha district southern Ethiopia (22.8%), and the study in Balkesir University which was 35%, 19.8% in the study conducted among Wolayta University students, the difference could be due to study setting, even though these studies are done with institutional based studies.

This study showed that the habit of substance use was 3 times more likely in males than females. This was consistent with the study conducted with the study conducted in Gondar. In addition to this its results of academic year association with substance use was also consistent to this study [3.3 times more likely, 3.2 times more likely respectively] Another consistent finding with this study was the association of substance use with the use of friends which had an AOR of 30.33,

and in this study it was AOR= 31.1 this similarity could be because both studies were institutional based and on students (25)

This study showed that students with father history of substance use were 9 times more likely [AOR=9.13] to use substance than those with fathers with no substance use history. This result was higher than the study conducted in Debre Berhan University which was AOR=3.1. the difference in association could be the study setting and this study directly assessed the association of father's substance use with student's substance use while the Debre Berhan's study assessed family's association in general. (31)

This study showed that non-café students were 4 times more likely to be substance users than non-café students this was higher than the study conducted among Debre Berhan University students which was AOR=1.8. This difference could be because of different study setting and time.

Limitation of the study

- ✓ The study topic assesses sensitive issues related to individual behavior which might have been the reason for under reporting
- ✓ This study was a cross-sectional study, so it cannot always determine cause and effect relationship

CHAPTER SEVEN: CONCLUSION AND RECOMMENDATION

7.1 Conclusion

The current substance use prevalence of Wolkite University students is high. The individual related variables sex, age, non-café user, individuals with higher pocket money were significantly associated with substance use status of the respondents under individual's related factors. Under social factors father's substance use and best friends' substance use were significantly associated with substance use of respondents. The most commonly mentioned for substance use was respondents enjoying the effect the substance brings, to relieve from stress or worries, peer pressure and to study long hours. This study shows that substance use is the result of multiple factors and calls up and needs work from individual to community level to prevent substance use and its consequences.

7.2 Recommendation

Based on the above findings, the following recommendations are forwarded:

- ✓ Health professionals should develop Targeted IEC activity; Education and awareness creation on harmful effect of substance use and need to develop strategy to encourage the victims bring behavioral change.
- ✓ Government should give emphasis on prevention of substance use and need to establish behavioral therapy institutions. It also calls up a need to add teachers in programs of prevention activities done to substance use.
- ✓ Researchers need to perform further research in this specific group of society to identify high risk subgroups. Moreover, it is better to conduct more community based studies regarding substance use and Show the consequence of it as a disorder level to help policy makers for designing strategies.
- ✓ Public health managers and health policy makers should give due attention in designing effective prevention methods that addresses house hold levels and communities at large.
- ✓ University should develop students centered programs that link their work with their life skills, by giving training like Social resistance skill; to increase awareness of various social influences that support substance use with specific skills for effectively resisting peer and society.

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ANNEX

English version Questionnaire Information sheet

This questionnaire is prepared to study Substance use and associated factors among Wolkite University students, south Ethiopia in 2022, GC.

INFORMED CONSENT SHEET

Dear respondent, my name is _____ and I am a Wolkite University public health Student. I am collecting data on substance use and associated factors among Wolkite university students. The questions ask about substance use like alcohol, cigarette, khat and other as well as your age, gender and so on. Your answer will be looked at by people who are trying to learn more about substance use and associated factors and will be compared with the answers made by young people in the other parts of the world. If this study is to be helpful, it is important that you should answer each question as carefully as possible. All your answers will be kept strictly confidential and **your name will not be included**. Most people enjoy filling in this questionnaire, and we hope that you will too.

Do you agree to participate?

1. Yes 2. No

PART ONE – Socio-Demographic Factors

No.	Question	Response	Skip to
100	Sex	(1) Male (2). Female	
102	Age in Years	_____ years	
103	Academic year	(1). 1 st year (2).2 nd year	

		(3). 3 rd year (5). 5 th year	(4). 4 th year	
104	I am a	(1) Café user (2) Non-café student		
105	Childhood residence	(1)Rural (3) Semi-Urban	(2)Urban	
106	Current residence	(1)Rural (3)Semi-Urban	(2). Urban	
107	Religion	(1.) Muslim (3). Protestant (4) others specify _____	(2) Orthodox	
108	Ethnicity	(1) Oromo (4) Sidama (6)others/ specify _____	(2) Amhara (3) Gurage	
109	Do you have pocket money/monthly income?	(1) Yes	(2) No	
110	If yes to Qs 110, specify the average amount of money you get per month	_____ETB.		

PART TWO Family Background

201	What is your father educational Status?	(1) Can't Read and write (2) can read and write (3) primary [1-8] (7) others (specify) __	(4)Secondary[9-12] (5) Diploma (6) Degree	
202	What is your mother's educational Status?	(1)Cannot Read and write (2) can read and write (3) primary [1-8] (7) others (specify) _____	(4)Secondary[9-12] (5) Diploma (6) Degree	
203	Did your father use substance? (alcohol,	(1). Yes	(2) .No	If no go to 207

	cigarette, and Khat)		
204	If Yes which substance?	(1) Cigarette (2). Alcohol (3) Khat	
205	Did your mother use substance? (alcohol, cigarette, and Khat)	(1). Yes (2) .No	If no go to 208
206	If —Yes which substance?	(1) Cigarette (2). Alcohol (3). Khat	
207	Did your siblings use substance? (alcohol, cigarette, and Khat)	(1). Yes. (2) .No	
208	If yes which substance	(1) Cigarette (2). Alcohol (3) Khat	
Peer related questions			
209	Did your friends use substance	(1). Yes (2) .No	If no go to part 2
210	If yes which substance	(1) Cigarette (2). Alcohol (3). Khat	
211	How many of your friends use substance?	(1) none of them (2)A few of them (3) about half of them (4) Most of them (5)All of them	
212	How frequently have you been encouraged by your friends to use substance?	(1) Not at all (2) Occasionally (3) Frequently (4) Always	

PART THREE Cigarette Use and Associated Factors

301	Have you ever smoked cigarettes?	(1). Yes (2) .No	If no go to part 4
302	Have you ever smoked cigarette in the last 30 days?	(1). Yes (2) .No	

303	How often do you smoke cigarette?	(1) Daily. (2) once a week (3) Occasionally (4) once a month (5) Other/ specify_____	
304	How many cigarettes per day do you smoke?	(1). less than 5 (2). 6-10 (3). 11-15 (4). 16-20 (5). 21 or more	
305	Do you use pocket money to buy cigarette?	(1) Yes (2) No	
306	I usually smoke cigarette: (CIRCLE THAT APPLY FOR YOU)	(1). I like the feeling (2). To be like my friends (3). I am bored; or just to have fun (4). I feel stressed, nervous, tense, and full of worries or problems (5). To work long hours	
307	Do you think cigarettes smoking are harmful?	(1). Yes. (2). No	

PART 4- Alcohol Use and Associated Factors

No.	Question	Response	Skip to
401	Have you ever drunk any alcoholic beverage?	(1) Yes (2) No	If no go to part 5
402	Have you ever drunk any alcoholic beverage in the last 30 days?	(1) Yes (2) No	
403	How often do you have Alcoholic beverages (local alcohol, tella. Teji, beer, daft, or Mixed drink)?	(1) Daily (2) Weekly (3) Occasionally (4) once a month (5) Other/ specify_____	

404	How many drinks containing alcohol do you have on a typical day when you are drinking?	(1). 2. (2). 3 -4 (4). 5- 6 (3) 7 - 9 (5). 10 or more	
405	Do you use pocket money to buy alcohol?	(1) Yes (2) No	
406	I usually drink alcohol because:	(1). I like the feeling. (2). To be like my friends (3). I am bored; or just to have fun (4). I feel stressed, nervous, tense, and full of worries or problems (5). To work long hours	
407	Which of the drink that contain alcohol have you frequently drinks?	1, bear 2, wine 3, cultural drinks 4, hard liquor (vodka, whisky, etc.) 5, local drinks 6, mixed drinks	
408	Do you think alcohol drinking is harmful?	(1)Yes (2) .No	

PART5- Khat Use and Associated Factors

No.	Question	Response	Skip to
501	Have you ever chewed khat?	(1)Yes (2) No	If no go to part 6
502	Ever chewed khat in the last 30 days?	(1) Yes (2) No	
503	Do you use pocket money to buy khat?	(1) Yes (2) No	
504	How often do you chew khat?	(1). Every day (2) Occasionally. (3) Weekly (4).Monthly (5). Others specify_____	

505	Why do you chew khat? I usually chew chat because: (CIRCLE ALL THAT APPLY FOR YOU)	(1). I like the feeling (2). To be like my friends (3). I am bored; or just to have fun (4). I feel stressed, nervous, tense, and worries or problems (5). To work long hours	
506	Do you think chewing khat is harmful?	(1) Yes (2) No	

PART SIX: For those using one of (chat, alcohol or cigarettes) substance; the final scale for substance use disorder; Questions based on DSM 5 criteria. Would you please tick your response in the space provided.

No.	Questions	yes	no
601	Did you feel that your substance use was out of control?		
602	Have you ever tried and failed to control, or stop using the substance?		
603	Have you spent a great time to obtain the substance and, recovering from effect?		
604	Have you had a strong desire or urge to get the substance especially when you are in an environment where the drug was previously obtained or used?		
605	Have you failed to do or to fulfill major role obligations what was normally expected of you at work or home?		
606	Have you continued substance use, despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance?		
607	Have you withdrawn from family activities and your hobbies in order to use the substance?		
08	Have you continued substance use, despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been		

	caused or exacerbated by the substance?		
609	Have you failed to abstain from using the substance despite it has led to health problem?		
610	Have you experience of requiring a markedly increased dose of the substance to achieve the previous desired effect?		
611	Have you consumed the substance to relieve unpleasant symptoms resulted from lack of use substance use?		

Amharic version questionnaire

ቃጠላ ነገ ማጠቃለያ ቅጽ

ውድ ተጠያቂ፡ ጤና ይስጥልኝ ስሜ-----ይባላል። የ ወልቂጤ ዩኒቨርሲቲ የ ጤና መኮንን ተማሪ ነኝ
 ጌ እ ህ ተጠቃሚው በ ወልቂጤ ዩኒቨርሲቲ ተማሪዎች ሊይ ስለ ሱስ የሚያስዘነገሮች (ሲጋራ፣ አልኮል፣ እና ጫት) አጠቃቀም እና ተዛማጅ ነገሮችን ለማጥናት መረጃ ለመሰብሰብ ነው። መጠይቁ የሚጠይቃቸው ስለ ሱስ የሚያስዘነገሮች አጠቃቀም እንደዚሁም ስለ እናንተ ዕድሜ፣ ፆታ እና ሌሎችንም ይጠይቃል። መልሶቻችዎ ስለ ሱስ የሚያስዘነገሮች አጠቃቀም እና ተዛማጅ ነገሮችን ለማወቅ እና ለመማር በሚፈልጉ ሰዎች የሚታይ እና ሌሎች በተመሳሳይ ከተደረጉ ጥናቶች ጋር የሚወዳደር ነው። ይህ ጥናት ጠቃሚ ይሆን ዘንድ እያንዳንዱን ጥያቄ በተቻላችሁ በጥንቃቄ ይመልሱ። ሁሉም መልሶቻችሁ በሚስጥር የሚጠበቁ ስለሆነ ስማችሁን እንድትጽፉ አንጠይቃችሁም። ብዙ ሰዎች ይህን መጠይቅ መሙላት ይወዱታል እናንተም ትወዱታላችሁ ብለን ተስፋ እናደርጋለን መጠይቁን ለመሙላት ፈቃደኛ ነህ/ነሽ
 አዎ _____ አይ _____
 የመጠይቅ ቁጥር -----

ክፍል 1: መሰረታዊ፣ ማህበራዊና ሰባዊ መረጃ

ተቁ	ጥያቄ	መሌስ	ወደ ተራ ቁጥር ይለፉ
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100	ያታ	1) ወንድ (2) ሴት	
102	ዕድሜ	ዓመት	
103	የትምህርት አመት	1) 1ኛ (2) 2ኛ (3) 3ኛ (4) 4ኛ (5) 5ኛ	
104	አሁን የምትኖርበት / የምትኖሪበት ቦታ	(1) Café (2) Non-café	
105	ያደክበት/ያደግሺበት ቦታ	1) ገጠር (2) ከተማ (3) የገጠር ከተማ	
106	አሁን የምትኖርበት	1) ገጠር (2) ከተማ (3) የገጠር ከተማ	
107	ሃይማኖት	1) ሙስ ሊም (2) ኦርቶዶክስ (3) ፕሮቴስታንት (4) other_____	
108	ብሄረሰብ	1) አሮሞ (2) አማራ (3) ጉራጌ (4) ሲዳማ (5) ሌላ /ጥቀስ /ሽ-----	
109	የኪስ ገንዘብ በወር ዉስጥ ይኖርሃል/ሻል?	1)አዎ (2). አይ	
110	ለ 109 ጥያቄ አዎ ካላቸው በአማካኝ ስንት ብር ይሆናል	ብር	

ክፍል 2 የበተሰብ መስረታዊ መጠይቅ

201	የአባት-ህ/ሽ የትምህርት ደረጃ	(1) ማንበብ እና መጻፍ አይችልም (2) ማንበብ እና መጻፍ ይችላል (3) ከ1-8 ኛ ክፍል (4) 7-12 ኛ ክፍል (5) ድፊልማ (6) ድግር (7) ላለ/ ይጠቀስ	
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202	የአናትህ/ሽ የትምህርት ደረጃ	(1) ማንበብ እና መጻፍ አይችለም (2) ማንበብ እና መጻፍ ይችላል (3) ከ1-8 ኛ ክፍል (4) 7-12 ኛ ክፍል (5) ድፒልማ (6) ድግር (7) ላለ/ ይጠቀስ	
203	አባትህ/ሽ ሱስ የሚያስዘዙ/የሚያነቃቁ ነገሮችን ይጠቀማሉ ?	(1)አዎ (2). አይደለም	አይደለም ከሆነ ወደ ተ.ቁ 207 ይለፉ
204	ጥያቄ ቁጥር 205 መልስ አዎ ከሆነ የተኛውን ይጠቀማሉ	(1)ሥጋራ (2)አሌኮሌ (3) ጫት (4) ሌላ/ ይጠቀሱ _____	
205	እናትህ/ሽ ሱስ የሚያስዘዙ/የሚያነቃቁ ነገሮችን ይጠቀማሉ ?	(1)አዎ (2). አይ	አይደለም ከሆነ ወደ ተ.ቁ 208 ይሆፈ
206	ጥያቄ ቁጥር 207 መልስ አዎ ከሆነ የተኛውን ይጠቀማሉ ?	(1)ሥጋራ (2)አልኮል (3) ጫት (4) ሌላ/ ይጠቀስ _____	
207	ወንድሞችህ/ሽ ወይም እህቶችህ/ሽ ሱስ የሚያስዘዙ ነገሮችን ይጠቀማሉ	(1)አዎ (2). አይ	
208	ጥያቄ ቁጥር 209 አዎ ከሆነ የተኛውን ይጠቀማሉ ?	(1)ሥጋራ (2)አልኮል (3) ጫት (4) ሌላ/ ይጠቀስ _____	አይደለም ከሆነ ወደ ተ.ቁ 211 ይለፉ
የሚተላለፉ ስለ ጓደኞችህ/ ችሽናቸው			
209	የቅርብ ጓደኛህ/ሽ ሱስ የሚያስዘዙ/ የሚያነቃቁ ነገሮችን ይጠቀማሉ?	(1)አዎ (2). አይ	አይደለም ከሆነ ወደ ክፍል 3
210	ጥያቄ ቁጥር 212 መልስ አዎ	(1)ሥጋራ (2)አልኮል	

	ከሆነ የተኛውን ይጠቀማል?	(3) ጫት (4) ሌላ / ይጠቀስ _____	
211	ከጓደኞችህ/ችሽ መሃል ስንቶቹ ይጠቀማሉ-	1) ማንም አይጠምም 2) ጥቂቶቹ 3) ግማሽ 4) ሁሉም	
212	በጓደኞችህ/ችሽ ምን ያህል ጊዜ አነቃቂ ለመጠቀም ግፊት ደርሶብሃል/ሻል	1) መቼም 2) አልፎ አልፎ 3) በተደጋጋሚ 4) ሁሌም	

ክፍል 3 ሱስ የሚያስዙ ነገሮችን መጠቀም ሁኔታ እና ተዛማች ነገሮችን በተመሆከተ

ከዚህ በታች ያለት መጠይቆች ሲጋራ መጠቀምን በተመሆከተ ይሆናል

301	ሲጋራ አጭሰህ /ሽ ታወቃለህ /ቂያለሽ	1) አዎ (2) አይደለም	አይደለም ከሆነ ወደ ክፍል 4
302	ባለፉት 30 ቀናት ሲጋራ አጭሰህ /ሽ ፣ ታወቃህህ /ሽ ?	1) አዎ (2) አይደለም	
303	በምን ያህሌ ጊዜ ነው ሲጋራ የምታጨሰው/ሽው ?	(1) በየቀኑ (2) በሳምንት (3) አልፎ አልፎ (4) በወር (5) ለሌ_____	
304	በቀን ስንት ሲጋራ ታጨለህ/ሽ	(1). <5 (2). 6-10 (3). 11-15 (4). 16-20 (5). >= 21	
305	ሲጋራ ለመግዛት የኪስ ገንዘብህን /ሽን ትጠቀማለህ /ሚለያሽ ?	1) አዎ (2) አይደለም	
306	ማጨስ ያነሳሳህ /ሽ ምን ድን ነው ብለህ /ሽ ታስባለህ /ቢያለሽ ?	(1) የሚያስደስት ሲሜት ይሰጠኛል (2) እንደ ጓደኞቼ ለመሆን (3) ለደስታ /ቀሌድ /ጫወታ (4) ከጭንቀት ወይም ከውጥረት ለመውጣት	

		(5) ረጅም ግዜ ለመስራት ወይም ለመማር	
307	ሲጋራ ማጨስ ጎጅ ነው ብለህ/ሽ ታስባለህ/ታስቢያለሽ	1)አዎ (2)አይደለም	

ክፍል 4 ከዚህ በታች ያለት መጠይቆች አልኮል መጠቀምን በተመለከተ ይሆናል

401	አልኮል ነክ የሆኑትን መጠጦችን ጠጥተህ/ሽ ታውቃለህ/ሽ	1)አዎ (2)አይደለም	አይደለም ከሆነ ወደ ክፍል 5
402	ባለፉት 30 ቀናት ማንኛውንም የአልኮል መጠጥ ጠጥተህ/ሽ ታውቃለህ/ታያለሽ?	1)አዎ (2)አይደለም	
403	በምን ያህሌ ጊዜ ነው አልኮል ነክ የሆኑትን መጠጦችን (ቢራ፣ ድራፍት፣ አራቄ፣ ጠሊ፣ ጠጅ) የምትጠጣው/ጠጪው?	(1)በየቀኑ (2) በሳምንት (3)አልፎ አልፎ (4)በወር (5) ሌላ/ይጠቀስ /_____	
404	ምን ያህሌ አልኮል ነክ መጠጦች ባለፉት 30 ቀናት ጠጥተህ/ሽ ታውቃለህ/ታያለሽ?	(1). <= 2. (2). 3 -4 (4). 5- 6 (3) 7 - 9 (5). >=10	
405	አልኮል ለመግዛት የኪስ ገንዘብህን/ሽን ትጠቀማለህ/ሚያሳይህ/ሽ?	1)አዎ (2)አይደለም	
406	አሌኮል ለመጠጣት ያነሳሳህ/ሽ ምንድነው ብህህ/ሽ ታስባህ/ሁ/ቢያህ/ሽ?	(1) የሚያስደስት ሲሜት ይሰጠኛል (2) እንደ ጓደኞቼ ለመሆን (3) ደስታ/ቀሌድ/ጫወታ (4) ከጭንቀት ወይም ከውጥረት ማሰውጣት (5) ረጅም ግዜ ለመስራት ወይም ለመማር	
405	የአልኮል መጠጥና ሌሎች ዕጾችን በአንድ ጊዜ ተጠቅመህ/ሽ ታውቃለህ/ሽ?	1)አዎ (2)አይደለም	

406	አዘወትረህ/ሽ የምትጠጣውን/ጭውን የአልኮል መጠጥ ዓይነቶችን ዘርዘር	1, ቢራ 2, ወይን 3, የባህል መጠጥ 4, hard liquor (vodka, whisky, etc.) 5, የተቀላቀሉ መጠጦች	
407	አልኮል መጠጣት ጎድ ነው ብለህ ታስባለህ/ታስቢያለሽ	(1)አዎ (2)አይደለም	

ክፍል 5 ከዚህ በታች ያሉ መጠይቆች ጫት መጠቀምን በተመለከተ ይሆናል

501	ጫት ቅመህ/ሽ ታውቃህህ/ቂያህሽ?	1)አዎ (2)አይደለም	አይደላም ከሆነ ወደ ክፍል 6
502	ባለፉት 30 ቀናት ጫት ቅመህ/ሽ ታውቃህህ/ቂያህሽ?	1)አዎ (2)አይደለም	
503	ጫት መግዛት የክስ ገንዘብ ትጠቀማህህ/ሚያሽ?	1)አዎ (2)አይደለም	
504	መጀመርያ ጊዜ ጫት ስትጠቀም/ህ ማንነው ያስተዋወቀህ/ሽ	(1) ጓደኛ (2) ቤተሰብ (3) ዜመድ (4) በራሴ ካለኝ ጉጉት/ፍላጎት (5) ሌላ/ይጠቀስ /----- -----	
505	በየስንት ጊዜ ነው ጫት የሚትጠቀመው/ምው?	(1) በየቀኑ (2) አልፎ አልፎ (3) በሳምንት (4) በወሩ (5) ሳሊ/ይጠቀስ /_____	
506	ጫት መጠቀም ያነሳሳህ/ሽ ምንድነው ብህህ/ሽ ታስባህህ/ታስብያህሽ?	(1) የሚያስደስት ሲሆን ይሰጠኛል (2) እንደ ጓደኞቼ ለመሆን (3) ደስታ/ቀሌድ/ጫወታ	

		(4) ከ ጭንቀት ወይም ከውጥረት ሆሙራት (5) ረጅም ጊዜ ሆሙስራት ወይም ሆሙማር	
507	ጫት መቃም ጎጂ ነው ብልህ /ሽ ታስባለህ	(1)አዎ (2) አይደለም	

ክፍል 6 አነቃቂ ነገር ለሚጠቀሙ የ substance disorder መለኪያ በ DSM-5 መስፈርት መሰረት

ተቁ	ጥያቄ	አዎ	አይ
601	የአነቃቂ ነገር አጥቃቀምህ ከቁጥጥር ውጭ እንደሆነ ተሰምቶህ/ሽ ያውቃል?		
602	የአነቃቂ ነገር መጠቀምህን ለመቆጣጠር ወይም ለማቆም ሞክረህ ሳይሳካልህ/ሽ ቀርቶ ያውቃል?		
603	አነቃቂ ነገሩን ለማግኘት ብሎም ከ ተጽኖው ለመውጣት ብዙ ሰአት ፈጅቶብህ/ሽ ያውቃል?		
604	ከዚ በፊት አነቃቂ ነገር የምትገዛበት ቦታ ላይ ስቶን/ኚ አነቃቂ ነገሩን የመግዛት ፍላጎትህ/ሽ ጨምሮ ያውቃል?		
605	በሰራ ላይ ወይም በእቤት ላይ ካንተ/ካንቺ የሚጠበቁትን ግደታዎች ለመስራት ወይም ለማሟላት ሳትችል/ሳትችይ ቀርተህ/ሽ ታውቃለህ/ሽ		
606	በአነቃቂ ነገር ምክንያት በተደጋጋሚ ከግል እና ከ ማህበረሰቡ ጋር ባለህ/ሽ ግንኙነቶች ጋር ችግር ቢፈጠርም አነቃቂ ነገር መጥቀም አላቆምክም/ሽም		
607	አነቃቂ ነገር ለመጠቀም ስትል/ይ ከቤተሰብ ስብስብ እና በትርፍ ሰአት የምታረጋችውን ስራዎችህ ትተህ/ትተሽ ታውቃለህ/ሽ?		
608	በአነቃቂ ነገሩ ምክኛት ሊፈጠር ሚችለውን የ አይምሮም ሆነ የ አካላዊ ጉዳት እያወከ/ሽ መጥቀም ቀጥለሃል/ሻል		
609	አነቃቂ ነገሩ የ ጤና እክል አምጥቶብህም/ሽም ቢሆን መጥቀም አላቆምክም/ሽም		
610	በፊት በትንሽ አነቃቂ ነገር የምትፈልገውን/ጊውን effect ለማግኘት ከበፊቱ በጣም የበለተ መጠን መጠቀም ኖሮብህ/ሽ ያውቃል		
611	አነቃቂ ነገር ባለመጠቀምህ/ሽ የመጣውን ደስ የማይል ስሜት ለማስወገድ አነቃቂ ነገር ተጠቅመህ/ሽ ታውቂያለህ/ሽ		

