

Alcohol and substance abuse risk among students at the Kenya Medical Training College

Abstract:

The object was to determine alcohol and substance use risk among students at the Kenya Medical Training College (KMTC). Data related to alcohol and substance use were obtained from 3107 first- and second-year basic diploma students from seven of the KMTC campuses in Kenya. Data were collected using a researcher-designed socio-demographic questionnaire and the Alcohol, Smoking and Substance Involvement Screening Test questionnaire. Most of the participants had low risk for alcohol use (98.1%), while a small percentage had moderate (1.7%) and high (0.25%) risk of alcohol use. Low risk of alcohol use was higher in females (99.15%) compared to males (97%). The risk for alcohol and tobacco use was comparable between those below 24 and those above 24 years. All the separated, divorced and widowed students (n=34) (100%) had low risk for sedatives and hallucinogens use. The risk of alcohol and substance use exists among KMTC students at different levels. There is need to screen students for substance use, increase awareness and provide appropriate intervention to prevent drug use and its related co-morbidities.