



## QUESTIONNAIRE FOR BASELINE SURVEY ON ALCOHOL AND DRUG ABUSE (ADA) AMONG TERTIARY INSTITUTIONS AND UNIVERSITY STUDENTS IN KENYA

QUESTIONNAIRE NO. \_\_\_\_\_

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### INSTRUCTIONS

The Performance Contracting Guidelines requires that all Universities to undertake a "Baseline survey on alcohol and drug abuse to promote evidence based programming".

The data captured by this questionnaire is meant to assist in designing evidence-based strategies for addressing the challenges of alcohol and drug abuse among university students.

Please note that the information you provide will be treated with utmost confidentiality. The institution takes all necessary precautions to ensure that the information you give will only be used for the intended purpose. The questionnaire is also anonymous; therefore your name, course or department will not be required. All that is needed is your honest feedback to assist the institution to respond to the needs of affected students.

Please read and answer ALL the questions.

Thank you.

#### *For official use only*

Date	
Edited by	
Keyed in by	
Date keyed in	



No.	QUESTIONS	RESPONSES					
<b>Section 1: Background and characteristics of respondents</b>							
101.	What is your gender?	1. Male 2. Female					
102.	How old are you? [Write age in complete years]	..... years					
103.	What is your religion?	1. Christian 2. Muslim 3. Hindu/Buddhist 4. Other (Specify).....					
104.	Year of study?	1. First year 2. Second year 3. Third year 4. Fourth year and above					
105.	Where do you live when in session?	1. Accommodation within the institution 2. Accommodation outside the institution 3. Reside at home 4. Other (Specify) .....					
106.	Who pays your fees?	1. Self-sponsored 2. Government sponsored (HELB or CDF) 3. Both Government and self-sponsored 4. Others (Please specify) .....					
<b>Section 2: Availability and Accessibility of Drugs and Substances of Abuse</b>							
201.	Which of the following drugs and substances of abuse are commonly used in this institution? [Tick appropriately to each of the drugs mentioned]	<b>SUBSTANCE</b>	<b>Yes</b>	<b>No</b>			
		1. Alcohol					
		2. Cigarettes					
		3. Kuber/ Tamboo					
		4. Shisha					
		5. Vape/ vape juice/ e-cigarette/ electronic cigarette					
		6. Snuff/ Ugoro/ Chaves/ Mbaki					
		7. Miraa/ Muguka/ Jaba					
		8. Bhang/ Marijuana/ Shash					
		9. Weed Cookies/ Weed Cakes/ Weed Edibles					
		Heroin/ Kete/ Kichuri/ Brown					
		10. Cocaine/ Crack/ White Powder					
		11. Codeine and Cough Syrups abused to get "high"					
		12. Prescription drugs e.g. Cozepam/ C/ Yellow/ Maduya, Artane/ Benzhexol/ Rohypnol/ Diazepam/ Bughizi/ Valium/ Largactil/ Ma White/ Ma Blue					
13. Inhalants e.g. jet fuel, gasoline, thinner, glue etc.							
202.	How easy is it to obtain the following substances within the institution? [Tick appropriately to each of the drugs mentioned]	<b>SUBSTANCE</b>	<b>Very Easy</b>	<b>Easy</b>	<b>Slightly Easy</b>	<b>Difficult</b>	<b>Very Difficult</b>
		1. Alcohol					
		2. Cigarettes					
		3. Kuber/ Tamboo					
		4. Shisha					
		5. Vape/ vape juice/ e-cigarette/ electronic cigarette					
		6. Snuff/ Ugoro/ Chaves/ Mbaki					
		7. Miraa/ Muguka/ Jaba					



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	8. Bhang/ Marijuana/ Shash						
	9. Weed Cookies/ Weed Cakes/ Weed Edibles						
	10. Heroin/ Kete/ Kichuri/ Brown						
	11. Cocaine/ Crack/ White Powder						
	12. Codeine and Cough Syrups abused to get "high"						
	13. Prescription drugs e.g. Cozepam/ C/ Yellow/ Maduya, Artane/ Benzhexol/ Rohypnol/ Diazepam/ Bughizi/ Valium/ Largactil/ Ma White/ Ma Blue						
	14. Inhalants e.g. jet fuel, gasoline, thinner, glue etc.						

**SECTION 3: Drugs and Substance Use**

301.	SUBSTANCE	A. Which of the following listed drugs have you ever taken in your lifetime (Tick as appropriate for all the drugs)		B. How old were you when you first used the drugs mentioned (years)	C. Which of the following listed drugs have you used in the last 12 months (Tick as appropriate for all the drugs)		D. Which of the following listed drugs have you used in the last 30 days (Tick as appropriate for all the drugs)	
		Yes	No		Yes	No	Yes	No
	1. Alcohol							
	2. Cigarettes							
	3. Kuber/ Tamboo							
	4. Shisha							
	5. Vape/ vape juice/ e-cigarette/ electronic cigarette							
	6. Snuff/ Ugoro/ Chaves/ Mbaki							
	7. Miraa/ Muguka/ Jaba							
	8. Bhang/ Marijuana/ Shash							
	9. Weed Cookies/ Weed Cakes/ Weed Edibles							
	10. Heroin/ Kete/ Kichuri/ Brown							
	11. Cocaine/ Crack/ White Powder							
	12. Codeine and Cough Syrups abused to get "high"							
	13. Prescription drugs e.g. Cozepam/ C/ Yellow/ Maduya, Artane/ Benzhexol/ Rohypnol/ Diazepam/ Bughizi/ Valium/ Largactil/ Ma White/ Ma Blue							
	14. Inhalants e.g. jet fuel, gasoline, thinner, glue etc.							



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302.	How often do you use alcohol? <i>[Tick only one response]</i>	1. Once a month 2. Once in two weeks 3. One day a week 4. 3 to 4 days a week 5. Daily 6. I no longer use alcohol but have drank in the past	
303.	Have you ever used alcohol in the last one year?	Yes.....	1
		No.....	2
		<b>If no, skip to Q 305</b>	
304.	During the last one year, have you experienced any of the following signs or symptoms as a result of alcohol use? Please respond to all the questions (1 – 11)		
1.	Have you had times when you ended up using alcohol more, or longer, than you intended?	Yes.....	1
		No.....	2
2.	Have you more than once wanted to cut down or stop using alcohol but couldn't?	Yes.....	1
		No.....	2
3.	Have you spent a lot of time using alcohol or being sick or recovering from the effects (hangover) of alcohol?	Yes.....	1
		No.....	2
4.	Have you ever wanted alcohol so badly that you couldn't think of anything else?	Yes.....	1
		No.....	2
5.	Have you ever found that using alcohol or being sick from using alcohol often interfered with your academic performance? Or caused troubles in the institution?	Yes.....	1
		No.....	2
6.	Have you continued to use alcohol even though it was causing trouble with your family or friends?	Yes.....	1
		No.....	2
7.	Have you given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to use alcohol?	Yes.....	1
		No.....	2
8.	Have you more than once gotten into situations after using alcohol that increased your chances of getting hurt (such as driving, swimming, walking in a dangerous area, or having unsafe sex)?	Yes.....	1
		No.....	2
9.	Have you continued to use alcohol even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?	Yes.....	1
		No.....	2



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No.	QUESTIONS	RESPONSES		
10.	Have you ever had to use more alcohol than you once did to get the effect you want?	Yes.....	1	
		No.....	2	
11.	Have you found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure? Or sensed things that were not there?	Yes.....	1	
		No.....	2	
305.	Do you believe that alcohol and drugs of abuse has the following effects? [Tick appropriately to each of the responses provided]		Yes	No
		a. Breaks the ice		
		b. Enhances social activity		
		c. Makes it easier to deal with stress		
		d. Facilitates a connection with peers		
		e. Gives people something to talk about		
		f. Facilitates male bonding		
		g. Facilitates female bonding		
		h. Allows people to have more fun		
		i. Gives people something to do		
		j. Makes food taste better		
		k. Makes women sexier		
		l. Makes men sexier		
m. Make me sexier				
n. Facilitates sexual opportunities				
<b>Section 4: Sources of Drugs and Substances of Abuse</b>				
400.	Where do students in this institution obtain drugs and substances of abuse? [Tick ALL as appropriate]		Yes	No
		1. Canteen/ Bar/ Premise within the Institution		
		2. Canteen/ Bar/ Premise within the Neighbourhood		
		3. From fellow students within the institution		
		4. From friends		
		5. From school workers		
		6. From lecturers and tutors		
		7. From parents		
		8. On-line purchasing over websites or social media		
		9. Others (specify) .....		
401.	When are students from this institution most likely to use drugs and substances of abuse? [Tick ALL as appropriate]		Yes	No
		1. Any time		
		2. During lecture breaks		
		3. After evening lectures		
		4. Weekends		
		5. During inter-college/ university competitions		
		6. University/ College trips		
		7. During holidays/ semester breaks		
		8. Others (specify).....		
402.	Are you aware of students in this institution who are selling bhang/ marijuana within the institution?	1. Yes		
		2. No		



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403.	Are you aware of students in this institution who are selling heroin or cocaine within the institution?	1. Yes		
		2. No		
404.	Are you aware of students in this institution who are selling prescription drugs e.g. cozepam/ C/ yellow/ artane/ benzhexol/ rohypnol/ diazepam/ bughizi/ valium/ largactil/ ma white/ ma blue within the institution?	1. Yes		
		2. No		
405.	Are you aware of students in this institution who are selling bhang/ marijuana within the neighbourhood?	1. Yes		
		2. No		
406.	Are you aware of students in this institution who are selling heroin or cocaine within the neighbourhood?	1. Yes		
		2. No		
407.	Are you aware of students in this institution who are selling prescription drugs within the neighbourhood?	1. Yes		
		2. No		
408.	Do you know any student who has been found in possession of drugs and/or substances of abuse in this institution?	1. Yes		
		2. No		
409.	What usually happens to students found in possession of drugs or substances of abuse? [Tick all applicable]		YES	NO
		1. Referred to Guidance/Counselling		
		2. Parents/Guardians are summoned to the institution		
		3. Referred to peer counselling		
		4. Referred to treatment and rehabilitation		
		5. Suspended from the institution		
		6. Taken to the police		
		7. Expelled from the institution		
		8. I do not know		
9. Others (specify) ..... .....				
<b>Section 5: Risk Factors and Consequences of Drugs and Substances of Abuse</b>				
501.	Do you have a parent/ guardian who uses drugs or substances of abuse?	1. Yes		
		2. No		
502.	Do you have a friend who uses drugs or substances of abuse?	1. Yes		
		2. No		
503.	Have you ever failed to sit for an exam of continuous assessment in the last one year?	1. Yes		
		2. No		
504.	Did you ever miss a class or lecture in the last one year?	1. Yes		
		2. No		



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505.	In the last one year, did your academic grade improve?	1. Yes 2. No		
506.	Did you ever have a disciplinary issue with a lecturer or the institution in the last one year?	1. Yes 2. No		
507.	Are there adequate efforts by management in your institution to control access and use of drugs and substances of abuse by students?	1. Yes 2. No		
508.	Have you ever participated in a forum on drugs and substance abuse awareness and prevention program in your institution?	1. Yes 2. No		
509.	Are you an active member in any religious group?	1. Yes 2. No		
510.	Are you an active member of any sport or club?	1. Yes 2. No		
511.	In the last one year, have you ever been involved in gambling or betting?	1. Yes 2. No		
<b>Section 6: Strategies on Drugs and Substance Abuse Prevention</b>				
601.	Which of the following interventions are offered in this institution to address the problems of drugs and substance abuse?	<b>Program</b>	<b>YES</b>	<b>NO</b>
		1. Awareness talks on drugs and substance abuse		
		2. Guidance/Counselling services		
		3. Sobriety clubs or clubs on prevention of substance abuse		
		4. Peer counselling		
		5. Referral of students to treatment and rehabilitation services		
		6. Random checks for drugs and substances of abuse		
		7. Policy on drug free environment within the institution		
		8. Sensitization programs for first year students		
		9. A core unit on drugs and substance abuse in first year		
602.	Which other programs are being offered in this institution to address the problems of drugs and substance abuse?	<hr/> <hr/> <hr/> <hr/>		
603.	In the last one year, have you ever experienced 3 or 4 of the following: extreme changes in mood, withdrawal from people, dramatic changes in eating or sleeping habits, feeling depressed, hopeless about the present or future, lacking interest in activities/hobbies, thinking about taking your life, attempted to harm yourself or attempted suicide	1. Yes 2. No		
604.	If you wanted help for a mental health problem, where would you seek help within the institution?	1. Institutional counsellor 2. Health centre 3. Dean of students office 4. Other (please specify) .....		



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No.	QUESTIONS	RESPONSES
605.	If you wanted help for substance use problems, where would you seek help within the institution?	1. Institutional counsellor 2. Health centre 3. Dean of students office 4. Other (please specify) .....
606.	What would you recommend the University/ College/Institution Management, Parents/ Guardians, Lecturers and Neighboring Communities to do in in the prevention of drugs and substances of abuse?	<p><u>University/ College/ Institution Management</u></p> 1. .... 2. .... 3. ....

**THANK YOU FOR YOUR TIME**