



QUESTIONNAIRE ON THE STATUS OF DRUGS AND SUBSTANCE ABUSE AMONG UNIVERSITY AND TERTIARY INSTITUTION STUDENTS IN KENYA

QUESTIONNAIRE NO. _____

INSTRUCTIONS

The Performance Contracting Guidelines require that all universities undertake a survey to assess the status of drugs and substance abuse among students in order to promote evidence based prevention programs that respond to their needs.

The data captured by this questionnaire is only meant to assist our university/ institution in designing supportive programs for addressing the challenges of drugs and substance abuse among our students.

Please note that you have been identified randomly to participate in this study and the information you provide will be treated with utmost confidentiality. The university/ institution takes all the necessary precautions to ensure that the information you give will only be used to inform programs that assist our students who may be affected by problems related to drugs and substance abuse. The questionnaire is also anonymous; therefore, your name, campus, school, course or department will not be required. All that is needed is your honest feedback to assist the university/ institution to respond to the needs of our 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		
Section 1: Background and characteristics of respondents				
101.	What is your gender?	1. Male 2. Female 3. Trans gender		
102.	How old are you? [Write age in years] years		
103.	What is your religion?	1. Christian 2. Muslim 3. Hindu 4. Buddhist 5. Other (Specify).....		
104.	What level of study are you currently pursuing?	1. Certificate 2. Diploma 3. Bachelors		
105.	What is the location of your campus?	1. Main campus 2. Remote campus		
106.	Year of study?	3. First year 4. Second year 5. Third year 6. Fourth year 7. Fifth year and above		
107.	Where do you live when in learning session?	1. Accommodation within the university/ institution 2. Accommodation outside the university/ institution 3. Reside at home 4. Other (Specify)		
108.	Who pays your fees?	1. Self-sponsored 2. Government sponsored (HELB or CDF) 3. Both Government and self-sponsored 4. Scholarship 5. Others (Please specify)		
Section 2: Availability and Accessibility of Drugs and Substances of Abuse				
201.	Which of the following substances of abuse are commonly used by students in this university/ institution? [Tick as appropriate]	SUBSTANCE	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		
		8. Muguka/ Jaba		
		9. Bhang/ Marijuana/ Shash		
		10. Weed Cookies/ Weed Cakes/ Weed Edibles		
		11. Heroin/ Kete/ Kichuri/ Brown		
		12. Cocaine/ Crack/ White Powder		
		13. Codeine and Cough Syrups abused to get "high"		
		14. Prescription drugs e.g. Cozepam/ C/ Yellow/ Maduya, Artane/ Benzhexol/ Rohypnol/ Diazepam/ Bughizi/ Valium/ Largactil/ Ma White/ Ma Blue		
		15. Over the counter drugs e.g. Panadol, Piriton, Mara Moja, etc.		

No.	QUESTIONS	RESPONSES					
		16. Inhalants e.g. jet fuel, gasoline, thinner, glue etc.					
		17. Other (Please specify)					
202.	On a scale of 1 to 5 (with 1 being very easy and 5 being very difficult), how easy is it for students to obtain the following substances within the university/ institution? [Tick as appropriate]	SUBSTANCE	1	2	3	4	5
		1. Alcohol					
		2. Cigarettes					
		3. Kuber/ Tamboo					
		4. Shisha					
		5. Vape/ vape juice/ e-cigarette/ electronic cigarette					
		6. Snuff/ Ugoro/ Chaves/ Mbaki					
		7. Miraa					
		8. Muguka/ Jaba					
		9. Bhang/ Marijuana/ Shash					
		10. Weed Cookies/ Weed Cakes/ Weed Edibles					
		11. Heroin/ Kete/ Kichuri/ Brown					
		12. Cocaine/ Crack/ White Powder					
		13. Codeine and Cough Syrups abused to get "high"					
		14. Prescription drugs e.g. Cozepam/ C/ Yellow/ Maduya, Artane/ Benzhexol/ Rohypnol/ Diazepam/ Bughizi/ Valium/ Largactil/ Ma White/ Ma Blue					
		15. Over the counter drugs e.g. Panadol, Piriton, Mara Moja, etc.					
		16. Inhalants e.g. jet fuel, gasoline, thinner, glue etc.					
17. Other (Please specify)							

SECTION 3: Substances of abuse

301.	SUBSTANCE	A. Which of the following listed drugs have you ever taken in your lifetime (Tick as appropriate)	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 1 year (Tick as appropriate)	D. Which of the following listed drugs have you used in the last 30 days (Tick as appropriate)	E. How often do you use alcohol? [Use the list below to tick one response for each substance] 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 drunk in the past	1	2	3	4	5	6	
							1. Alcohol						
							2. Cigarettes						
							3. Kuber/ Tamboo						
							4. Shisha						
							5. Vape/ vape juice/ e-cigarette/ electronic cigarette						
							6. Snuff/ Ugoro/ Chaves/ Mbaki						
							7. Miraa						

No.	QUESTIONS	RESPONSES	
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?		
10.	Have you ever had to use more alcohol than you once did to get the effect you want?		
11.	Have you ever experienced the following symptoms when the effects of using alcohol were wearing off? You had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, had a seizure, sensed things that were not real.		
303.	Do you believe that alcohol and drugs of abuse has the following effects? [Tick as appropriate]	1. Breaks the ice/ enhances confidence/ enhances courage	
		2. Enhances social activity	
		3. Makes it easier to deal with stress	
		4. Facilitates a connection with peers	
		5. Gives people something to talk about	
		6. Facilitates male bonding	
		7. Facilitates female bonding	
		8. Allows people to have more fun	
		9. Gives people something to do	
		10. Makes food taste better	
		11. Makes women sexier	
		12. Makes men sexier	
		13. Make me sexier	
		14. Facilitates sexual opportunities	
		15. To improve performance	
		16.	
Section 4: Sources of Drugs and Substances of Abuse			
400.	Where do students in this university/ institution obtain drugs and substances of abuse? [Tick as appropriate]	1. Canteen/ Bar/ Premise within the University/ institution	
		2. Canteen/ Bar/ Premise within the Neighbourhood	
		3. From fellow students within the university/ institution	
		4. From friends	
		5. From university/ institution workers	
		6. From lecturers and tutors	
		7. From parents and relatives	
		8. From peddler (drug seller)	
		9. On-line purchasing over websites or social media	
17. Others (specify)			
401.	When are students from this university/ institution most likely	1. Any time	

No.	QUESTIONS	RESPONSES	
	to use drugs and substances of abuse? <i>[Tick as appropriate]</i>	2. During lecture breaks	
		3. After evening lectures	
		4. Weekends	
		5. During inter-college/ university/ institution competitions	
		6. University/ institution/ College trips	
		7. During holidays/ semester breaks	
		Others (specify)	
402.	Are you aware of students in this university/ institution who are selling bhang/ marijuana within the university/ institution?	Yes	No
403.	Are you aware of students in this university/ institution who are selling heroin or cocaine within the university/ institution?		
404.	Are you aware of students in this university/ institution who are selling prescription drugs e.g. cozepam/ C/ yellow/ artane/ benzhexol/ rohypnol/ diazepam/ bughizi/ valium/ largactil/ ma white/ ma blue within the university/ institution?		
405.	Are you aware of students in this university/ institution who are selling bhang/ marijuana within the neighbourhood?		
406.	Are you aware of students in this university/ institution who are selling heroin or cocaine within the neighbourhood?		
407.	Are you aware of students in this university/ institution who are selling prescription drugs e.g. cozepam/ C/ yellow/ artane/ benzhexol/ rohypnol/ diazepam/ bughizi/ valium/ largactil/ ma white/ ma blue within the neighbourhood?		
408.	Do you know any student who has been found in possession of drugs and/or substances of abuse in this university/ institution?		
409.	What usually happens to students reported to the university/ institution and found in possession of drugs or substances of abuse? <i>[Tick as appropriate]</i>	1. Referred to Guidance/Counselling	Yes
		2. Referred to peer counselling	No
		3. Referred to treatment and rehabilitation	
		4. Suspended from the university/ institution	
		5. Expelled from the university/ institution	
		6. Parents/Guardians are summoned to the university/ institution	
		7. Taken to the police	
		8. Given a warning letter	
		9. I do not know	

No.	QUESTIONS	RESPONSES		
		10. Others (specify)		

Section 5: Risk Factors and Consequences of Drugs and Substances of Abuse

		Yes	No
501.	Do you have a parent/ guardian who uses drugs or substances of abuse?		
502.	Do you have a friend who uses drugs or substances of abuse?		
503.	Have you ever failed to sit for an exam of continuous assessment in the last one year?		
504.	Did you ever miss a class or lecture in the last one year?		
505.	In the last one year, did your academic grade improve?		
506.	Did you ever have a disciplinary issue with a lecturer or the university/ institution in the last one year?		
507.	Are there adequate efforts by management in your university/ institution to control access and use of drugs and substances of abuse by students?		
508.	Have you ever participated in a forum on drugs and substance abuse awareness and prevention program in your university/ institution?		
509.	Are you an active member in any religious group?		
510.	Are you an active member of any sport or club?		
511.	In the last one year, have you ever been involved in gambling or betting?		

Section 6: Strategies on Drugs and Substance Abuse Prevention

		Program	Yes	No
601.	Which of the following interventions are offered in this university/ institution to address the problems of drugs and substance abuse? [Tick as appropriate]	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 university/ institution		
		8. Sensitization programs for first year students		
		9. A core unit on drugs and substance abuse in first year		

No.	QUESTIONS	RESPONSES		
		10. Involving parents or guardians		
		11. Others (specify)		
602.	In the last one year, have you ever experienced any of the following: <i>[Tick as appropriate]</i>		Yes	No
		1. Extreme changes in mood		
		2. Withdrawal from people		
		3. Dramatic changes in eating or sleeping habits		
		4. Feeling depressed		
		5. Hopeless about the present or future		
		6. Lacking interest in activities/hobbies		
		7. Thinking about taking your life		
		8. Attempted to harm yourself or attempted suicide		
603.	If you wanted help for a mental health problem, where would you seek help within the university/ institution? <i>[Tick as appropriate]</i>	1. University/ institution counsellor	Yes	No
		2. Health centre		
		3. Dean of students office		
		4. University/ institution lecturer		
		5. Fellow student		
		6. Peer counsellor		
		7. Other (please specify)		
604.	If you wanted help for substance use problems, where would you seek help within the university/ institution? <i>[Tick as appropriate]</i>	1. University/ institution counsellor	Yes	No
		2. Health centre		
		3. Dean of students office		
		4. University/ institution lecturer		
		5. Fellow student		
		6. Peer counsellor		
		7. Other (please specify)		

No.	QUESTIONS	RESPONSES
606.	<p>What would you recommend the University/ institution/ College/University/ institution Management, Parents/ Guardians, Lecturers and Neighboring Communities to do in in the prevention of drugs and substances of abuse?</p>	<p><u>University/ institution/ College Management</u></p> <p>1.</p> <p>2.</p> <p>3.</p> <p><u>Parents</u></p> <p>1.</p> <p>2.</p> <p>3.</p> <p><u>Lecturers</u></p> <p>1.</p> <p>2.</p> <p>3.</p> <p><u>Neighbouring Communities</u></p> <p>1.</p> <p>2.</p> <p>3.</p> <p><u>Government</u></p> <p>4.</p> <p>5.</p> <p>6.</p> <p><u>Peers (Fellow students)</u></p> <p>7.</p> <p>8.</p> <p>9.</p> <p><u>Others (Specify)</u></p> <p>10.</p> <p>11.</p> <p>12.</p>

THANK YOU FOR YOUR TIME