

# ADDICTION STUDIES IN NIGERIA: GROWING NEED, LIMITED OPPORTUNITIES

**Isidore Obot, PhD, MPH**

Department of Psychology, University of Uyo

&

Centre for Research and Information on Substance Abuse (CRISA)

Uyo, NIGERIA

# Nigeria: Country Profile

- Political federation - 36 states & Federal Capital Territory
- Population: Approx. 184 million
- One of the largest populations of youth in the world.
- Multi-ethnic and culturally diverse - > 250 ethnic groups
- One of Africa's largest economies (relies heavily on oil)
- Over 62% of Nigeria's population still live in extreme poverty
- Health expenditures: 3.7% of GDP (2014)
- Physicians density: 0.38 physicians/1,000 population (2009)
- Adult literacy rate: 59.6% (2015)





# Drug use in Nigeria

- Data on extent of drug use fragmented.
- Long legacy of Cannabis and alcohol use
  - primary drugs of abuse among people seeking treatment for drug use disorders
- Coming of cocaine and heroin in the 1980s
- Amphetamine-type stimulants (ATS) in the 2000s
- Current concerns about opioid-analgesics
  - Codeine
  - Tramadol
- Injecting drug use

# EU/UNODC Support: Data Collection

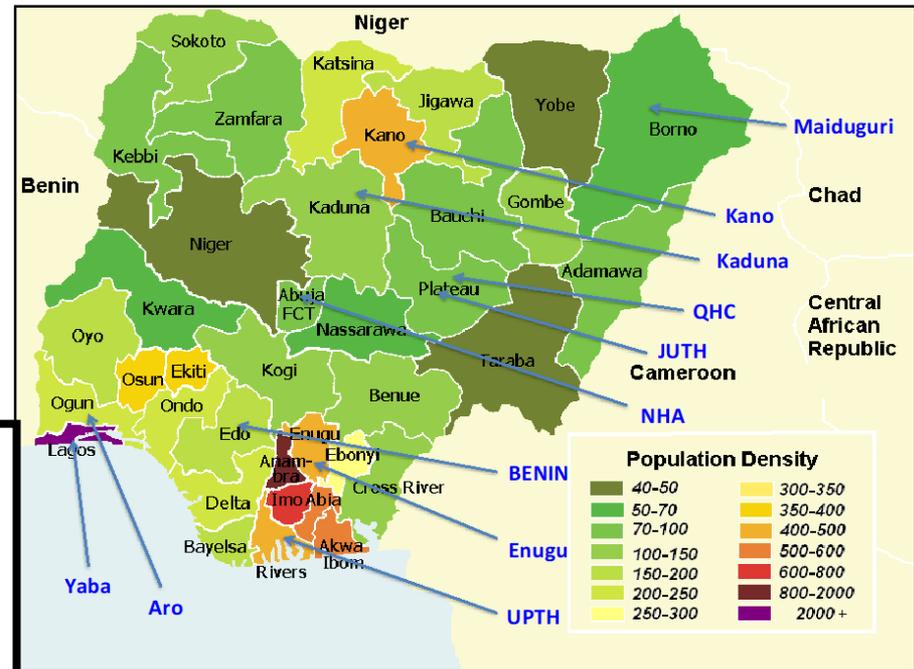
- National Household Survey on Drugs and Health
  - Nearly 40,000 respondents
  - Data analysis ongoing
- National survey of drug users in the community
  - More than 9,000 in all states interviewed
  - Analysis ongoing
- Survey of key informants
- Results expected in August; national report to be launched

# Nigerian Epidemiology Network on Drug Use (NENDU)

**Purpose:** A system used to monitor treatment demand and trends in drug use.

## Nigeria Pilot (2015-2016)

- Taking the lead in West Africa
- Nigerian Epidemiological Network on Drug Use (NENDU) among 10 federal hospitals & 1 private hospital
- Questionnaire based on SACENDU + WENDU
- Data collection started in 11 centres in January 2015, extended to NDLEA in 2016
- Standardised form filled per client
- Monthly reporting

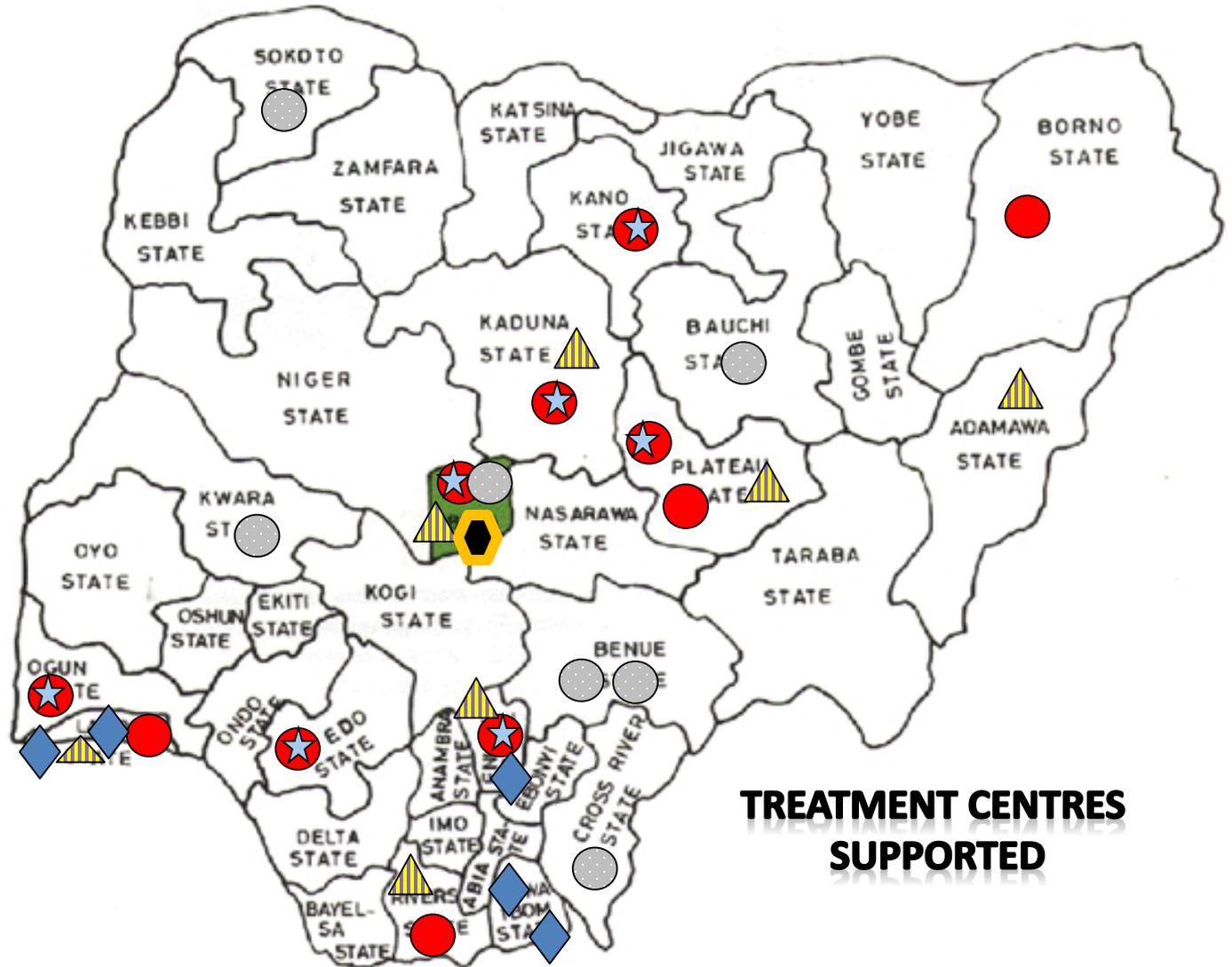


## NENDU progress

- NENDU report 2015
- NENDU report 2016
- Provides information for ECOWAS, AU, UN reporting

# Upgrading & Supporting Drug Treatment Centres

- 11 Model Treatment Centre
- Other Centres
- ★ 7 Regional training Hubs
- ▲ 7 Model NDLEA counselling centres
- ◆ 5 Community based CSOs
- ◆ Pilot of Treatment Service in Kuje Prison



**TREATMENT CENTRES  
SUPPORTED**

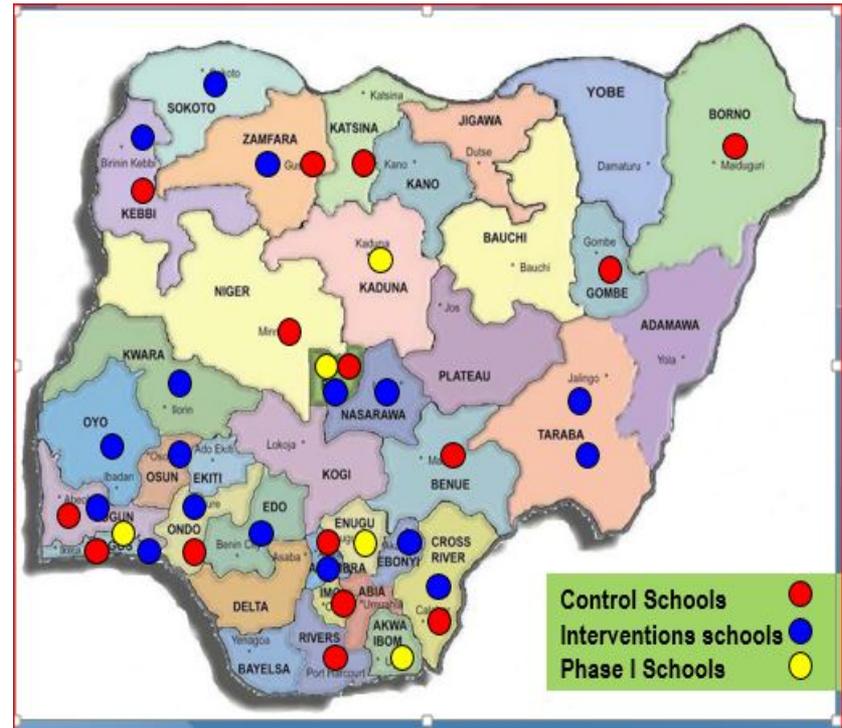
# Prevention Programmes – Unplugged, Strengthening Families

Adaptation of programme for Nigeria  
in 2015

Randomized control trial  
implemented in 32 Schools, 96  
classes

> 4,000 students. Baseline data  
collected in 2015 and follow-up data  
in 2016.

- By mid-2018 all 100 Federal  
Government Colleges covered.



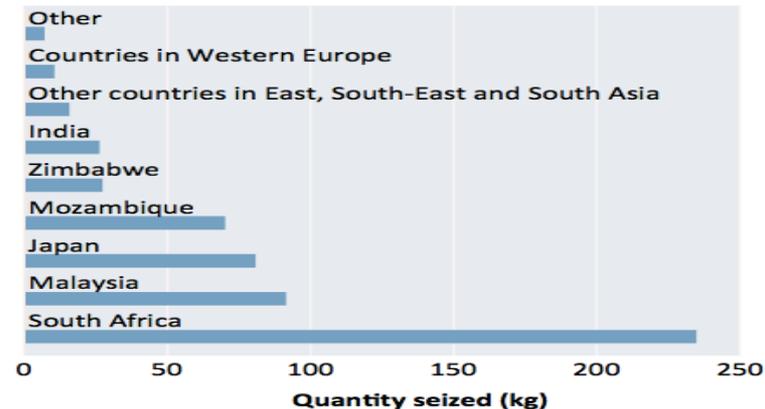


# Methamphetamine Production

- Since 2011 - 11 meth labs + seized – 84 kgs of meth at lab sites
- Lab located in March 2016 ‘Super lab’ capable of producing 3,000 kgs of methamphetamine each cycle

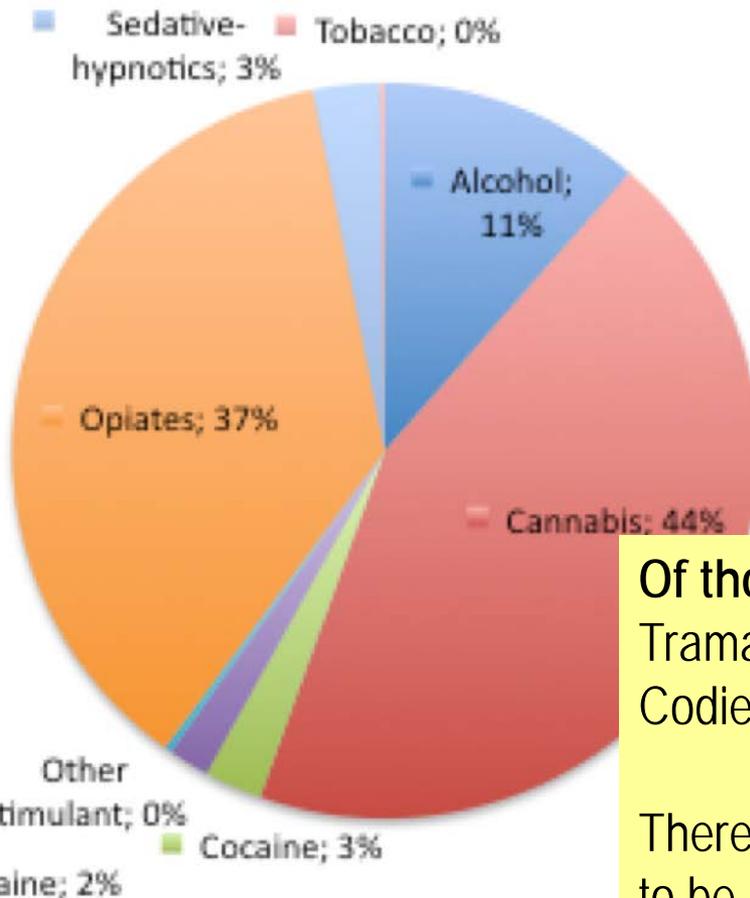


**Fig. 9:** Destination of ATS seizures reported at Murtala Muhammed International Airport (MMIA) in Nigeria, July 2009-July 2013



Source: Data reported by National Drug Law Enforcement Agency (NDLEA), Nigeria, July 2009-July 2013.

# Most problematic substances declared by patients



1<sup>st</sup> most frequently used drug:

- Cannabis: 44%
- Opioids: 37%
- Alcohol: 11%

Of those reporting opioid use:

Tramadol - 69%

Codiene - 20%

Therefore pharmaceutical misuse continues to be an important issue

# Academic Training in Drug-related Issues

- No academic programme (from certificate/diploma to postgraduate degrees) focusing on drug issues in any Nigerian university
- Some course content on drugs in relevant faculties – medicine, pharmacy, education
- One private institute offering certificate/diploma training in addiction counseling, including online option
- Only semester-long, full course on drugs offered in departments of psychology

# Psychology of Substance Abuse

- Offered in departments of psychology
- 3<sup>rd</sup> year, one semester course in the university
- Compulsory for all students
- Sometimes attracts students from other departments
- Often involves experiential learning – field trips, volunteering, etc.

# Course Content

- Nature and dynamics of substance abuse
- Basic pharmacology of psychotropic substances
- Drugs of addiction
- Prevention and treatment
- Issues in addiction research
- Drug legislations

# Opportunities for addiction education

- Treat-Net
- UTC, UPC
- Workshops – SBI, HR – for NGOs
- Special sessions at conferences

# Formalising addiction education

- University of Uyo planning postgraduate diploma in addiction counseling
  - Decision taken by the department
  - Will need Faculty and Senate approval
  - For counselors, psychologists, medical doctors/psychiatrists, social scientists, etc.
  - Practical training to be emphasized

# Need for service providers

- Who needs addiction professionals?
  - Drug treatment centres (govt. and CSO owned)
  - Demand reduction units of the National Drug Law Enforcement Agency (NDLEA) in all 36 states
  - Social welfare departments
  - CSOs
  - Primary health care centres
- Need is growing, formal training opportunities are scarce; this situation needs to be addressed.

# THANK YOU!

Email: [obotis@gmail.com](mailto:obotis@gmail.com)

Phone: +234 703 940 8945