

Table 2 Prevalence and pattern of Khat chewing among professional drivers in Saudi Arabia

Prevalence (n=215)	n (%)
Experienced khat chewers	141 (65.6)
Current khat chewers	102 (47.4)
Pattern of khat chewing (n=102)	
Age at starting khat chewing (yr)	
Mean (SD)	23.1 (7.1)
Median	20.0
≤15	18 (17.6)
16–20	35 (34.4)
>20	49 (48.0)
Reason/s for continuing khat chewing	
Increase alertness and concentration	37 (36.3)
Taste	12 (11.8)
Increase energy	48 (47.1)
Makes me feel refreshed	56 (54.9)
Increase self esteem and sexual desire	9 (8.8)
I am addictive and use it to prevent withdrawal symptoms of khat	9 (8.8)
Promote dialogue and social discussion	81 (79.4)
Others	9 (8.8)
Frequency of chewing khat	
1–2 d/mo	21 (20.6)
1 d/wk	39 (38.2)
2–4 d/wk	30 (29.4)
Daily	12 (11.8)
Cost of khat chewing /month	
Median (range) (SR)	600 (60–5000)
Median (range) (USD)	160 (16–1334)
≤500 (SR)	29 (28.4)
501–1000 (SR)	48 (47.1)
>1000 (SR)	25 (24.5)
Quantity in g/session	
<300 (<bundle)	87 (85.3)
300–500 (bundle)	9 (8.8)
>500 (>bundle)	6 (5.9)
Duration in h/session	
<3	25 (24.5)
3–5	65 (63.7)
>5	12 (11.8)
Other materials taken during chewing khat*	
Shisha	31 (30.4)
Cigarette smoking	42 (41.2)
Energy drinks	43 (42.2)
Sweet drinks	35 (33.3)
Others (cola, black tea, ice water)	26 (25.5)
Family member share khat chewing	54 (52.9)
Frequency of family conflicts due to khat chewing	
Nothing	72 (70.6)
1 or 2 times	17 (16.7)
3–9 times	3 (2.9)
≥10 times	10 (9.8)
History of trial to quit chewing khat	47 (46.1)
Obstacles to quitting chewing khat*	
Social commitment	76 (74.5)
Peer pressure	60 (59.6)
Unwillingness (no motivation)	28 (28.3)
Need to kill time	11 (10.6)

*Not mutually exclusive.

SD = standard deviation; SR = Saudi Riyal, USD = US dollar.