Drug Abuse, Alcohol Use Disorder and Level of Depression among Selected Undergraduate Students of Evangel University Akaeze, Ebonyi State

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Abstract

Substance use and mental health challenges are increasingly prevalent among university students, with alcohol use and depression posing significant risks to academic performance and overall well-being. This study examined the prevalence of drug abuse, alcohol use disorder, and levels of depression among undergraduate students of Evangel University Akaeze, Ebonyi State, and explored associations between these variables and socio-demographic factors.A cross-sectional survey was conducted among 315 undergraduate students using standardized self-report instruments, including the Drug Abuse Screening Test (DAST-10), Alcohol Use Disorders Identification Test (AUDIT), and Beck Depression Inventory-II (BDI-II). Data were analyzed using descriptive statistics, cross-tabulations, and Chi-Square tests.Alcohol use was reported by 50.2% of students, with 22.5% classified as light/social drinkers, 21.0% as moderate drinkers, and 6.7% as heavy drinkers. Drug use other than alcohol was low (7.6%), with the majority (92.4%) reporting no drug use. Depression was prevalent, with 41.9% experiencing mild, 19.7% moderate, and 8.3% severe symptoms. Alcohol consumption varied significantly by department (χ^2 = 34.618, p = 0.002), while no significant associations were observed between drug use and depression or gender.Alcohol use and depression are significant concerns among undergraduate students, while drug abuse remains relatively low. Departmental differences in alcohol consumption suggest environmental and academic influences. These findings highlight the need

for targeted mental health services, substance use prevention programs, and culturally sensitive interventions to enhance student well-being and academic outcomes.

Introduction

Substance use and mental health challenges are major public health concerns among young adults, particularly in university settings where students face academic pressures, social transitions, and increased independence. Drug abuse, encompassing both illicit and non-prescribed substances, has been associated with a range of adverse outcomes, including impaired cognitive function, poor academic performance, risky behaviors, and long-term health complications. Alcohol use disorder, a similarly prevalent concern, contributes to social, psychological, and physiological consequences, including liver disease, cardiovascular complications, and heightened risk for accidents and interpersonal conflicts [1-2].Depression is among the most common mental health disorders in undergraduate populations, characterized by persistent sadness, loss of interest, fatigue, impaired concentration, and functional limitations. Evidence indicates that depression and substance use often co-occur, creating a synergistic effect that exacerbates the negative outcomes associated with each condition. Individuals may use alcohol or drugs as a coping mechanism for stress, anxiety, or depressive symptoms, while chronic substance use can in turn intensify depressive states, forming a cyclical pattern that challenges both intervention and prevention efforts [3].

In the Nigerian context, rising rates of drug abuse and alcohol use among youths have been documented, yet research exploring the intersection of these behaviors with depression in university populations remains limited. Factors such as peer influence, academic stress, societal expectations, and cultural attitudes toward mental health and substance use contribute to the complexity of these issues. Furthermore, stigma associated with mental illness and substance use can discourage help-seeking and conceal the true prevalence of these conditions [4].Evangel University Akaeze, Ebonyi State, represents a unique student population where such data are scarce, underscoring the importance of context-specific research. This study, therefore, aims to assess the prevalence of drug abuse and alcohol use disorder, determine levels of depression, and explore the relationships among these variables among undergraduate students, providing insights to inform targeted interventions and improve student well-being.

Aim

The aim of this study was to investigate the relationship between drug abuse, alcohol use disorder, and depression levels among undergraduate students of Evangel University Akaeze, Ebonyi State.

Research Methodology

Research Design

The study employed a cross sectional research design which aim to determine the assessment of drug use and level of depression among the College of Health Science and Management Sciences undergraduate students of Evangel University Akaeze, Ebonyi State.

Area of Study

The area of study was Evangel University Akaeze, Ebonyi State.

Population of Study

The study focused on the College of Health Science and Management Sciences undergraduate students enrolled at Evangel University Akaeze

(EUA), Ebonyi State, Nigeria. It includes students from various academic disciplines of the College of Health Sciences and years of study to ensure a comprehensive understanding of the issues across different demographics.

Target Population

The target population for this study comprises of students in each department in the College of Health Sciences.

Accessible Population

The accessible population comprises of 100, 200, 300, 400 and 500 level students in the College of Health Sciences at Evangel University Akaeze, Ebonyi State, who will be available and willing to participate in this study at the time of data collection.

Inclusion Criteria

The populations included in this study were undergraduate students in each department in the College of Health Science and Management Sciences at Evangel University Akaeze (EUA), Ebonyi State.

Sample of Study

Sampling Techniques

A stratified random sampling method was employed to recruit undergraduate's students at Evangel University Akaeze (EUA). This approach involves dividing a populationinto subgroups or strata based on relevant characteristics, and then randomly selecting samples from each stratum.

Sample Size

This study sample size was calculated using the Taro Yamane Formula for a finite population (Yamane, 1967).Below is the sample calculation:

$$n = \frac{N}{1+ N (E)^2}$$

$n_=$ desired population size
N= Population size understudy
e = Level of significance of error assumed to be 5%
1= Unity in value

$$n = \frac{1316}{1+1316}$$

$$n = \frac{1316}{1+1316 (5/100)^2}$$

$$n = \frac{1316}{1+ 1316(0.05)^2}$$

$$n = \frac{1316}{1+ 1316 (0.0025)}$$

$$n = \frac{1316}{1+ 3.29}$$

$$n = \frac{1316}{4.29}$$

n= 306.7 approximately 307.
307 participants will be recruited for this study

Analysis of Data

The research was dutilize an analytical data using IBM SPSS (Statistical Package for Social Science) Version 25. Level of significance was set at 0.05. The descriptive statistics namely frequency/percentage were used to analyse the data. Chi-square was used to determine the association between drug use and level of depression.

Results

This section provides a detailed overview of the socio-demographic profile of the respondents.The sample consisted of 315 undergraduate students, with a gender distribution of 54.9% female (173 participants) and 45.1% male (142 participants). The age of participants ranged primarily from 21 to 25 years, accounting for 64.8% (204 participants), while those aged 18 to 20 years comprised 35.2% (111 participants).

In terms of religious affiliation, a significant majority identified as Christian (96.2%, 303 participants), with a small proportion identifying as Muslim (3.8%, 12 participants). The tribal distribution revealed that 77.1% (243 participants) were Igbo, while the remaining consisted of Hausa (5.7%), Yoruba (11.4%), and others (5.7%).

Regarding marital status, the vast majority were single (94.9%, 299 participants), with a few being married (4.1%, 13 participants) and divorced (1.0%, 3 participants). The educational level of participants was predominantly at the Bachelor's degree level (BSC) with 91.4% (288 participants), while those with a Master's degree (MSC) constituted 7.6% (24 participants).

The departments represented included Medical Laboratory Science (30.2%, 95 participants), Nursing Science (21.6%, 68 participants), Radiography and Radiation Sciences (17.8, 56 participants and Physiotherapy (20.3%, 64 participants). Other departments such as accounting (3.8%, 12 participants) and Banking and Finance (6.3%, 20 participants) had fewer participants.

Finally, the distribution across departmental levels indicated that first-year students (100 level) made up 17.5% (55 participants), while the largest group was from the 200 level (23.8%, 75 participants). The other levels (300, 400, and 500) accounted for 20.3%, 19.7%, and 18.7%, respectively.

Table 1: Descriptive Statistics of Participants' Demographic Variables
Frequency Table

Variables		Frequency	Percent
Gender	Female	173	54.9
	Male	142	45.1
Age	18-20	111	35.2
	21-25	204	64.8
Religion	Christian	303	96.2
	Muslim	12	3.8
Tribe	Hausa	18	5.7
	Igbo	243	77.1
	Others	18	5.7
	Yoruba	36	11.4
Marital Status	Divorced	3	1.0
	Married	13	4.1
	Single	299	94.9
Educational Level	BSC	288	91.4
	MSC	24	7.6
	Others	3	1.0
Department	Accounting	12	3.8
	Banking and Finance	20	6.3
	Medical Laboratory	95	30.2
	Nurses	68	21.6
	Physiotherapy	64	20.3
	Radiography	56	17.8
Department Level	100	55	17.5
	200	75	23.8
	300	64	20.3
	400	62	19.7
	500	59	18.7
Occupational Status	Self-employed	315	100

The data on alcohol consumption among the undergraduate students of the College of Health Science reveals a nearly even split in responses regarding whether participants engage in alcohol use. Out of 315 respondents, **50.2% (158 participants)** reported that they do consume alcohol (indicated by "Y" for Yes), while **49.8% (157 participants)** stated that they do not drink alcohol (indicated by "N" for No).

The assessment of the quantity of alcohol consumed daily by undergraduate students in the College of Health Science reveals that out of 315 respondents, 40.3% (127 participants) reported regular alcohol consumption, with 5.7% (18 participants) consuming less than 1 bottle of beer (0.15 ounces), 8.9% (28 participants) consuming 1 bottle (0.6 ounces), 14.9% (47 participants) consuming 2 bottles (2.4 ounces), 6.0% (19 participants) consuming 3 bottles (5.4 ounces), and 1.3% (4 participants) consuming 4 bottles (9.6 ounces), while only 0.3% (1 participant) reported drinking more than 4 bottles, and 22.5% (71 participants) indicated that they only drink occasionally.

The assessment of the quantity of alcohol consumed monthly by undergraduate students in the College of Health Science shows that out of 315 respondents, 41.3% (130 participants) reported regular alcohol consumption, with 4.1% (13 participants) consuming less than 1 bottle of beer (0.15 ounces), 5.1% (16 participants) consuming 1 bottle (0.6 ounces), 11.1% (35 participants) consuming 2 bottles (2.4 ounces), 8.3% (26 participants) consuming 3 bottles (5.4 ounces), and 6.0% (19 participants) consuming 4 bottles (9.6 ounces), while only 1.6% (5 participants) reported drinking more than 4 bottles, and 22.5% (71 participants) indicated that they only drink occasionally.

Table 2: Summary of level of Alcohol Abuse among College of Health Science Undergraduate Students

		Frequency	Percent	Valid Percent	Cumulative Percent
Do you	N	157	49.8	49.8	52.1
take	Y	158	50.2	47.9	100.0
alcohol	Total	315	100.0	100.0	

Table 3: Daily Alcohol Consumption

Indicate the quantity of alcohol you take in a day

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid		127	40.3	40.3	40.3
	< 1 bottle of beer (0.15 ounces)	18	5.7	5.7	46.0
	> 4 of bottles of beer	1	.3	.3	46.3
	1 bottle of beer (0.6 ounces)	28	8.9	8.9	55.2
	2 bottles of beer (2.4 ounces)	47	14.9	14.9	70.2
	3 bottles of beer (5.4 ounces)	19	6.0	6.0	76.2
	4 bottles of beer (9.6 ounces)	4	1.3	1.3	77.5
	Only drink occasionally	71	22.5	22.5	100.0
	Total	315	100.0	100.0	

Table 4:Monthly Alcohol Consumption
Indicate the quantity of alcohol you take in a month

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	130	41.3	41.3	41.3
< 1 bottle of beer13 (0.15 ounces)		4.1	4.1	45.4
> 4 of bottles of5 beer		1.6	1.6	47.0
1 bottle of beer16 (0.6 ounces)		5.1	5.1	52.1
2 bottles of beer35 (2.4 ounces)		11.1	11.1	63.2
3 bottles of beer26 (5.4 ounces)		8.3	8.3	71.4
4 bottles of beer19 (9.6 ounces)		6.0	6.0	77.5
Only drink71 occasionally		22.5	22.5	100.0
Total	315	100.0	100.0	

Table 4b: Classification of Alcohol Consumers (n = 315)

Alcohol Category	Frequency (n)	Percentage (%)
Abstainers	157	49.8%
Light/Social Drinkers	71	22.5%
Moderate Drinkers	66	21.0%
Heavy Drinkers	21	6.7%
Total	315	100.0%

The cross tabulation of drug uses other than alcohol among undergraduate students from different departments reveals significant insights into their substance use behaviors. Out of the 315 respondents, the majority, 291 participants (92.4%), reported that they never use drugs, with the breakdown across departments being 5 from Accounting (A), 6 from Banking (B), 68 from Nursing Science (N), 64 from Physiotherapy (P), and 56 from Radiography and Radiation Science (R), while 92 participants reported never using drugs from the Medical Laboratory Science (M) department. Additionally, 7 participants indicated that they use drugs 2-4 times in a month, with 2 from Accounting (A) and 5 from Banking (B), and 17 participants reported using drugs once a month or less often, comprising 5 from Accounting (A), 9 from Banking (B), and 3 from Medical Laboratory Science (M).

The cross tabulation of responses regarding how often students are heavily influenced by drugs across various departments reveals a clear pattern of low drug influence. Out of the 315 respondents, a significant majority, 290 participants (92.4%), reported that they are never heavily influenced by drugs, including 5 from Accounting (A), 5 from Banking (B), 92 from Medical Laboratory Science (M), 68 from Nursing Science (N), 64 from Physiotherapy (P), and 56 from Radiography and Radiation Science (R). In contrast, only 1 participant from the Medical Laboratory (M) department indicated being influenced by drugs 0 times, while another 1 participant from Banking (B) reported being

influenced daily. Additionally, 10 participants stated they are influenced every month, with 5 from Accounting (A) and 5 from Banking (B), and 13 participants reported being influenced less often, comprising 2 from Accounting (A) and 9 from Banking (B), along with 2 from Medical Laboratory Science (M).

Table 5: Prevalence of Drug Abuse among College of Health Science Undergraduate Students

		Department						
		A	B	M	N	P	R	Total
How often do you use drugs	2 -4 times in a month	2	5	0	0	0	0	7
other than alcohol? If you do	Never	5	6	92	68	64	56	291
not take drugs, fill in your answer in OTHERS and move to the next section.	Once in a month or less often	5	9	3	0	0	0	17
Total		12	20	95	68	64	56	315

Table 6: Heaviness of Drug Influence

		Department						
		A	B	M	N	P	R	Total
4. How often are you heavily influenced by drugs?	Daily	0	0	1	0	0	0	1
	Daily	0	1	0	0	0	0	1
	Every month	5	5	0	0	0	0	10
	Less often	2	9	2	0	0	0	13
	Never	5	5	92	68	64	56	290
Total		12	20	95	68	64	56	315

The assessment of the level of depression among College of Health Science undergraduate students reveals concerning trends across three key indicators: **Sadness, Loss of Pleasure,** and **Guilty Feelings.** For **Sadness**, out of 315 respondents, **38.4% (121 participants)** reported experiencing no sadness, while **46.0% (145 participants)** indicated a level of sadness, and **13.0% (41 participants)** reported a higher level, with **2.5% (8 participants)** expressing severe sadness. In terms of **Loss of Pleasure, 39.7% (125 participants)** stated they feel no loss of pleasure, while **38.7% (122 participants)** reported experiencing some loss, **18.1% (57 participants)** indicated a greater loss, and **3.5% (11 participants)** experienced severe loss. Lastly, regarding **Guilty Feelings, 44.1% (139 participants)** reported no feelings of guilt, while **37.1% (117 participants)** indicated mild guilt, **14.9% (47 participants)** reported moderate guilt, and **3.8% (12 participants)** experienced severe guilt. These findings highlight a significant prevalence of depressive symptoms among students, particularly in the areas of sadness and feelings of guilt, underscoring the need for targeted mental health support and interventions within this demographic.

Table7: level of Depression among College of Health Science Undergraduate Students

Sadness

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	121	38.4	38.4	38.4
	1	145	46.0	46.0	84.4
	2	41	13.0	13.0	97.5
	3	8	2.5	2.5	100.0
	Total	315	100.0	100.0	

Loss of Pleasure

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	125	39.7	39.7	39.7
	1	122	38.7	38.7	78.4
	2	57	18.1	18.1	96.5
	3	11	3.5	3.5	100.0
	Total	315	100.0	100.0	

Guilty Feelings

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	139	44.1	44.1	44.1
	1	117	37.1	37.1	81.3
	2	47	14.9	14.9	96.2
	3	12	3.8	3.8	100.0
	Total	315	100.0	100.0	

Table 7b: Overall Depression Level among Undergraduate Students (n = 315)

Depression Level	Frequency (n)	Percentage (%)
Minimal	95	30.2%
Mild	132	41.9%
Moderate	62	19.7%
Severe	26	8.3%
Total	315	100.0%

The analysis of the association between drug abuse and depression among College of Health Science undergraduate students reveals important insights through cross tabulation and Chi-Square tests. The crosstab shows that among the 315 respondents, those who reported using drugs other than alcohol (indicated as "O") were distributed across various levels of Loss of Pleasure: 7 students reported using drugs (2 at level 0, 4 at level 1, 2 at level 2, and 1 at level 3), while the majority of students who do not use drugs (indicated as "N") showed a significantly higher count with 291 participants at level 0, 115 at level 1, 50 at level 2, and 9 at level 3.

The Chi-Square test results indicate a Pearson Chi-Square value of 8.968 with 6 degrees of freedom, resulting in an asymptotic significance of 0.175. This p-value suggests that there is no statistically significant association between drug use and levels of depression as measured by loss of pleasure, given that the significance level is above the typical threshold of 0.05.

Table 8:Association between Drug Abuse and Depression among College of Health Science Undergraduate Students

	Loss of Pleasure				
	0	1	2	3	Total
How often do you use drugs other than alcohol?N	4	2	1	0	7
	117	115	50	9	291
If you do not take drugs,O fill in your answer in OTHERS and move to the next section.	4	5	6	2	17
Total	125	122	57	11	315

Table 9: Chi-Square Tests of Correlation between Drug Abuse and Depression

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	8.968[a]	6	.175
Likelihood Ratio	7.510	6	.276
N of Valid Cases	315		

a. 6 cells (50.0%) have expected count less than 5. The minimum expected count is .24.

The examination of the association between gender and drug abuse among College of Health Sciences and Management Sciences undergraduate students is illustrated through cross tabulation and Chi-Square tests. The crosstab reveals that out of 315 respondents, the distribution of drug use is as follows: 2 students reported using drugs 2-3 times a week (1 female and 1 male), 5 students reported using drugs 2-4 times a month (3 females and 2 males), while a significant majority, 291 students, indicated that they never use drugs (160 females and 131 males). Additionally, 17 students reported using drugs once a month or less often (9 females and 8 males).

The Chi-Square test results show a Pearson Chi-Square value of 0.099 with 3 degrees of freedom, resulting in an asymptotic significance of 0.992. This high p-value indicates that there is no statistically significant association between gender and the frequency of drug use, as it exceeds the conventional threshold of 0.05

Table 10: Summary of Gender and Drug Abuse among College of Health Science and Management Sciences Undergraduate Students

		Gender Female	Male	Total
How often do you use drugs other than alcohol? If you do not take drugs, fill in your answer in OTHERS and move to the next section.	2-3 times a week	1	1	2
	2-4 times a month	3	2	5
	Never	160	131	291
	Once a month or less often	9	8	17
Total		173	142	315

Table 11:Chi-Square Tests Summary of Gender and Drug abuse among College of Health Science and Management Sciences Undergraduate Students.

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	.099[a]	3	.992
Likelihood Ratio	.099	3	.992
N of Valid Cases	315		

a. 4 cells (50.0%) have expected count less than 5. The minimum expected count is .90.

The analysis of the association between demographic variables and alcohol use disorder among undergraduate students in the College of Health Science and Management Sciences highlights significant findings through cross tabulation and Chi-Square tests. The crosstab shows that out of 315 respondents, a total of 158 students reported not consuming alcohol, while 156 students indicated they do consume alcohol, with 1 student providing an unspecified quantity. Breaking down the data by department reveals varying patterns of alcohol consumption: in Accounting, 4 students reported no consumption, while 8 indicated they do consume alcohol; in Banking and Finance, 1 student reported no consumption, with 1 consuming; Business Management showed 4 non-drinkers and 14

drinkers; Marketing had 3 non-drinkers and 2 drinkers. Notably, Medical Laboratory Science had 39 students indicating no consumption and 50 consuming alcohol, while Nursing Science showed 44 non-drinkers and 24 drinkers. Similarly, Physiotherapy reported 45 non-drinkers and 19 drinkers, and Radiography and Radiation Sciences had 18 non-drinkers and 38 drinkers.

The Chi-Square test results indicate a Pearson Chi-Square value of 34.618 with 14 degrees of freedom, yielding an asymptotic significance of 0.002. This low p-value suggests a statistically significant association between the department of study and alcohol consumption behaviors among the students, rejecting the null hypothesis of independence.

Table 12:Association between demographic variables and alcohol abuse among the college of health science and management sciences undergraduate students.

		Do you take alcohol? If, yes grade the quantity of alcohol you take. If, no move to the next section			
		No	Yes	Yes	Total
Department	Accounting	4	0	8	12
	Banking and Finance	1	0	1	2
	Business Management	4	0	14	18
	Marketing	3	0	2	5
	MedicalLaboratory Science	39	1	50	90
	Nursing Science	44	0	24	68
	Physiotherapy	45	0	19	64
	Radiography and Radiation Sciences	18	0	38	56
Total		158	1	156	315

Table 13:Chi-Square Tests of the Association between Demographic Variables and Alcohol Abuse Among the College of Health Science and Management Sciences Undergraduate Students

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	34.618[a]	14	.002
Likelihood Ratio	35.456	14	.001
N of Valid Cases	315		

a. 12 cells (50.0%) have expected count less than 5. The minimum expected count is .01.

Discussion

The present study explored drug abuse, alcohol use disorder, and depression among undergraduate students at Evangel University Akaeze, Ebonyi State. The findings provide insights into the socio-demographic profile, substance use behaviors, and mental health status of the students, highlighting critical areas for intervention. The sample consisted predominantly of female students (54.9%) and a majority within the 21–25-year age range (64.8%). This aligns with typical university populations where young adults in early adulthood represent the bulk of enrollment. The overwhelming majority identified as Christian (96.2%) and Igbo (77.1%), reflecting the religious and ethnic composition of the region. Most students were single (94.9%) and pursuing a Bachelor's degree (91.4%). These demographic characteristics contextualize the patterns of substance use and mental health outcomes observed in the study [5].

Approximately half of the respondents (50.2%) reported consuming alcohol, with varying frequencies and quantities. While a substantial proportion were light or social drinkers (22.5%), a notable segment engaged in moderate (21.0%) and heavy drinking (6.7%). Daily and monthly consumption patterns suggest that alcohol use is a common coping mechanism among students,

potentially linked to academic stress, peer influence, and social activities. The significant association between department and alcohol consumption (χ^2 = 34.618, p = 0.002) indicates that academic environment or field of study may influence drinking behaviors, with students in Medical Laboratory Science and Radiography reporting higher alcohol intake compared to other departments. These findings are consistent with prior research indicating that university students are at increased risk of hazardous alcohol consumption, particularly in health-related faculties where stress and workload may be high [6-7].

Drug use other than alcohol was relatively low, with 92.4% of students reporting no use. Only a small number reported occasional or monthly use, and the influence of drugs on daily functioning was minimal. There was no significant association between drug use and depression levels (χ^2 = 8.968, p = 0.175) or between gender and drug use (χ^2 = 0.099, p = 0.992). These findings suggest that, in this population, drug abuse may not yet be a widespread concern, though even limited use can have long-term consequences if left unaddressed. The low prevalence may reflect effective anti-drug messaging within the university or cultural and religious factors discouraging illicit drug use [8].Depressive symptoms were prevalent, with 41.9% of students experiencing mild depression, 19.7% moderate, and 8.3% severe. Sadness, loss of pleasure, and guilty feelings were commonly reported, indicating a substantial burden of psychological distress. These findings highlight the need for proactive mental health services on campus, including counseling, peer support, and stress management programs. While drug use was not significantly associated with depression, the observed rates of alcohol consumption could contribute to depressive symptoms over time, given the bidirectional relationship between alcohol use and mood disorders documented in the literature [9].

The study revealed no significant association between gender and drug use, suggesting that male and female students are equally likely to abstain or engage in occasional substance use. However, department of study was significantly associated with alcohol consumption, suggesting that environmental and academic factors may influence drinking behaviors. These findings underscore the importance of targeted interventions that consider both demographic and academic contexts when addressing substance use and mental health among undergraduates [10].The findings indicate a clear need for campus-based interventions to address alcohol use and depression. Strategies could include routine screening for depressive symptoms and alcohol use, culturally sensitive psychoeducation programs, and stress management workshops. Early identification and support can mitigate the adverse effects of alcohol use and depression on academic performance and overall well-being [11].

Conclusion

The study revealed that alcohol use is moderately prevalent among undergraduate students of Evangel University Akaeze, with a small proportion engaging in heavy drinking, while the use of drugs other than alcohol remains low. Depression is a significant concern, with a notable percentage of students experiencing mild to severe symptoms, particularly sadness, loss of pleasure, and feelings of guilt. The findings indicate that alcohol consumption varies by department, highlighting the influence of academic environment and peer dynamics on student behavior, whereas gender does not significantly affect substance use patterns. The study underscores the intertwined challenges of substance use and mental health among undergraduates, emphasizing the urgent need for targeted interventions. Universities should implement comprehensive mental health services,

substance use prevention programs, and culturally sensitive psychoeducational initiatives to promote well-being, academic performance, and healthy lifestyle choices among students. These strategies are critical for addressing both the immediate and long-term implications of alcohol use and depression within the university population.

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