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

<table>
<thead>
<tr>
<th>Prevalence (n=215)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced khat chewers</td>
<td>141 (65.6)</td>
</tr>
<tr>
<td>Current khat chewers</td>
<td>102 (47.4)</td>
</tr>
</tbody>
</table>

**Pattern of khat chewing (n=102)**

<table>
<thead>
<tr>
<th>Age at starting khat chewing (yr)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean (SD)</td>
<td>23.1 (7.1)</td>
</tr>
<tr>
<td>Median</td>
<td>20.0</td>
</tr>
<tr>
<td>≤15</td>
<td>18 (17.6)</td>
</tr>
<tr>
<td>16-20</td>
<td>35 (34.4)</td>
</tr>
<tr>
<td>&gt;20</td>
<td>49 (48.0)</td>
</tr>
</tbody>
</table>

**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 (60-50000)
- 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.