

Table 1 Age distribution and alcohol, tobacco and psychoactive drug use among 189 male alcohol users attending clinics in Basra

Variable	No. of patients	%
Age group (years)		
20–29	10	5.3
30–39	74	39.2
40–49	73	38.6
50–59	28	14.8
≥ 60	4	2.1
Duration of alcohol use (years)		
< 5	14	7.4
5–9.9	47	24.9
10–14.9	30	15.9
15–19.9	48	25.4
≥ 20	50	26.5
Main alcoholic drink consumed		
Arak	92	48.7
Gin	81	42.9
Beer	13	6.9
Whisky	3	1.6
Approximate amount consumed (bottle ^a /day)		
¼	13	6.9
½	33	17.5
¾	42	22.2
1	62	32.8
1½	39	20.6
Smoking (no. of cigarettes/day)		
0	35	18.5
< 10	9	4.8
10–19	25	13.2
20–29	51	27.0
30–39	30	15.9
40–49	29	15.3
50–59	7	3.7
≥ 60	3	1.6
Other psychoactive drugs used ^b		
Centrally acting anticholinergics	103	67.3
Benzodiazepines	29	18.9
Anticholinergics + benzodiazepines	15	9.8
Codeine (cough mixtures)	4	2.6
Anticholinergics + codeine	2	1.3

^a750 mL bottle, mostly spirits.

^bPercentages calculated from those using other psychoactive drugs (n = 153).