

Background; Concurrent alcohol and drug abuse also known as poly drug use is one of the top problems confronting the nation today especially among the youth. In the recent years, there has been a tremendous increase in the incidences of drug and alcohol abuse and related anti social behavior. This has brought a lot of concern to the government, parents, teachers, Non- governmental organizations and all other relevant agencies. Poly drug use is using more than one drug at one time. The reasons why people use drugs in combination are to either increase their intoxication, or to increase the effect of the first drug taken.

Problem statement; There is a tremendous increase in the uptake of alcohol and drugs among the youth in Uganda. Slum areas in cities and towns can also be said to contribute to increase drug abuse. Slums are said to breed the youngest percentage of alcohol and drug abusers. A report from Ministry of Health also indicated that approximately 10% of Ugandans are regular drug users and also a report from Uganda police showed that alcohol and drug abusers are increasing in the country especially in suburbs of Kampala district including Bwaise slum.

Objective; The purpose of this study was to assess the factors influencing concurrent alcohol and drug abuse among the youth in Bwaise slum.

Methodology; The study was a descriptive cross sectional study design where the researcher collected both qualitative and quantitative data. The study population consisted of 185 youth from Bwaise slum both males and females, aged between 18-34 years who were employed and residents of this area. In this study, the researcher employed both quantitative and qualitative data collection techniques which included face to face interviews and focus group discussions.

The researcher used both probabilistic and non probabilistic sampling techniques during the study. Probabilistic sampling techniques included simple random sampling while non probalistic sampling techniques included purposive sampling.

Results; Most of the youth in Bwaise slum 231 (87.8%). Of those who took the alcohol, 123 (53.2%) said they also took drugs. The youth who had ever used alcohol and drugs concurrently constituted 49% (113) of the total population of those who had ever taken alcohol. The demographic

factors that had statistically significant influences on the use of alcohol and drugs at the same time were marital status ($p = 0.004$), employment status ($p = 0.034$), occupation ($p = 0.000$), income ($p = 0.001$). Higher chances of poly drug use were found among youths who were single (63.4%), employed (56.4%), housewives by occupation (92.1%), and the low income earners (53.6%). Some Individual factors had a significant influence on the concurrent use of alcohol and drugs among the youth in Bwaise. These were drinking alcohol and using drugs to have a good time with friends ($p = 0.009$), the personal belief that alcohol has the ability to make one feel high ($p = 0.009$), the belief that alcohol and drug use has the ability to relax or relieve tension ($p = 0.009$) and not knowing that alcohol and drug use have any side effects ($p = 0.016$).

Conclusion; The use of the combination is an eminent public health problem in Bwaise with a high prevalence of 49%. Factors such as socio demographic and individual factors play a major role in causing concurrent alcohol/drug use among the youth.