



A cross-sectional study of the knowledge, attitude and practice related to smoking among Undergraduates at Usmanu Danfodiyo University Sokoto State Nigeria

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This study investigated the prevalence, knowledge, attitudes, practices, and determinants of smoking among undergraduate students at Usmanu Danfodiyo University, Sokoto (UDUS). A cross-sectional survey was conducted among 282 students selected through multistage sampling, using a structured questionnaire adapted from the Global Adult Tobacco Survey (GATS). Data were analyzed with IBM SPSS version 25 using descriptive statistics, chi-square tests, and binary logistic regression. The prevalence of current smoking was very low (3.55%). Although most respondents demonstrated good to excellent knowledge of smoking-related health risks, notable misconceptions persisted regarding waterpipe and “light” cigarettes. Attitudes were largely mixed, with many acknowledging smoking risks while also perceiving it as a stress-relief mechanism. Smoking was more common among off-campus residents. Bivariate analysis identified peer influence and stress-related urges as significant factors, but logistic regression confirmed only off-campus residence as an independent predictor (AOR = 11.0, $p = 0.041$). The study concludes that smoking prevalence at UDUS is exceptionally low, and while knowledge and attitudes are generally positive, they do not significantly influence smoking behavior. Environmental and social contexts, particularly living off-campus, represent the major vulnerability. Targeted tobacco control strategies should therefore prioritize off-campus students.

Keywords: Smoking, Prevalence, Knowledge, Attitude, Practice, University students, Nigeria.
