



FACULTY OF CLINICAL SCIENCES
COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS



13th Annual Scientific Conference & Gathering

THEME

**Environmental Virology,
Exposomics and Epigenetics**

VENUE

Old Great Hall, College of Medicine,
University of Lagos, Idi Araba,
Lagos State

DATE

WEDNESDAY 8TH JUNE 2016

TIME

8.00 am - 5.00pm

• PROGRAMME & BOOK OF ABSTRACTS •

KNOWLEDGE, ATTITUDE AND UTILIZATION OF APHRODISIACS AMONGST COMMERCIAL DRIVERS IN YABA BUS PARK, YABA, LAGOS STATE.

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Background: Aphrodisiac, from the Greek word *aphrodisiakos* is a substance/agent (as a food, drink or drug) that arouses or is presumed to arouse sexual desire. There is a rich history in all cultures of using substances derived from plants and animals, as well as synthetic materials, to change the sexual experience. However, from a scientific standpoint, the alleged results may have been mainly due to mere belief by their users that they would be effective i.e. the placebo effect. Aphrodisiac use in social settings has gained popularity, and easy access to these drugs enables recreational users to bypass proper medical screening and pharmacists' counselling. Recreational users put themselves at considerable risk by abusing these drugs and create a public health risk through disease transmission and/or over-dosing. Mobile workers such as commercial drivers are at risk of exposure to multiple sexual partners which could lead to concurrent recreational use of aphrodisiacs.

Objective: To assess the knowledge, attitude and utilization of aphrodisiacs amongst commercial bus drivers in Lagos State.

Methodology: The study design was a descriptive cross-sectional study. The study population comprised the commercial drivers at Yaba bus park where 200 questionnaires were administered. Data was collected using pre tested, semi-structured and interviewer-administered questionnaires designed to gather information on demographic characteristics, knowledge of aphrodisiacs, attitude towards and utilization of aphrodisiacs by respondents.

Result: Amongst the 200 questionnaires 185 responses were complete giving a 92.5% response rate. Of the responders (n=185), mean age was 38.6 ± 10.1 . About 70.8% and 73.0% knew aphrodisiacs were used to increase libido and enhance sexual performance respectively. Only 42.2% knew aphrodisiacs were used to treat erectile dysfunction. Fatigue (39.5%) was the commonest negative effect known. Herbal concoctions were the major aphrodisiacs known by respondents (72.4%). Only 51.9% of respondents use aphrodisiac and reason for use was to prolong sex and satisfy spouse (43.8%), to enhance sensation and arousal (42.7%) and to facilitate sexual encounter (40.5%). Fatigue was the major negative effect (39.5%) and (45.4%) use herbal concoctions as aphrodisiac.

Conclusions: This study shows that although the general knowledge of aphrodisiacs amongst the commercial drivers is poor, their attitude and utilization of these products is quite high.

Keywords: aphrodisiac, commercial drivers, side effects, Lagos