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## Alcohol use disorders and associated factors among adults attending art clinics in Gedeo Zone health centers, Southern Ethiopia: a cross sectional study

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**Background:** Alcohol use disorders (AUDs) is a challenging problem with a third leading cause of death that contributes to 3.8% of the overall global burden of disease. It is more common among HIV/AIDS patients and negatively affects treatment outcomes, and their quality of life. However, limited information is available in Ethiopia regarding AUD among HIV/AIDS patients. Hence, the study aimed to assess the prevalence and associated factors of Alcohol Use Disorders among adults attending ART clinic in Gedeo Zone Health Centers, southern Ethiopia.

**Methods:** A facility based cross-sectional study was conducted from May to July 2017. Systematic random sampling technique was employed to select the study participants. Alcohol Use Disorders were assessed using Alcohol Use Identification Test (AUDIT). A multivariable logistic regression was fitted to identify factors significantly associated with the Alcohol Use disorders. The strength of the association was determined by Odds Ratio (OR) with the corresponding 95% Confidence Interval (CI). In the final model, variables with a P-value of <0.05 were considered statistically significant.

**Results:** A total of 358 adults attending ART clinic participated in the study. The overall prevalence of alcohol use disorders was 30.2%. About 75.6% of the participants had alcohol drinking history at any point of time in their life, 45.5% social drinker, 21.2% hazardous drinking, 6.1% harmful drinking and 2.8% alcohol dependency. According to logistic regression, single marital status (AOR=2.09; 95%CI: 1.02, 4.27), lower CD-4 level (AOR=2.01; 95%CI: 1.10, 3.77), poor ART drug adherence (AOR= 1.89; 95% CI: 1.13, 3.16) and presence of bipolar spectrum disorders (AOR= 2.59; 95%CI: 1.43, 4.72) were statistically associated with AUDs.

**Conclusion:** In study, alcohol use disorders among adults attending ART clinic in Gedeo Zone Health Centers was high. Single in marital status, lower CD4 count, poor ART drug adherence and bipolar spectrum disorders were positively associated with AUDs. Hence, strengthening ART drug adherence counseling, early screening the presence of bipolar disorder in addition to HIV Care services is recommended to prevent the problem of AUDs.

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