

A Comparative Analysis of Group-Based Motivational Interviewing and Individual Counselling for Khat Cessation Among Long-Distance Truck Drivers on Nigeria's Northern Corridor

C, h, i, n, w, e, i, k, e, O, k, o, n, k, w, o

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| Abstract

This study addresses a current research gap in Medicine concerning Comparing the effectiveness of group-based motivational interviewing versus individual counseling for khat cessation among long-distance truck drivers on the Northern Corridor route in Nigeria. The objective is to clarify key debates, identify practical implications, and outline a focused agenda for scholarship and policy. A mixed-methods design was used, combining survey and interview data collected over the study period. The analysis indicates persistent structural constraints alongside emerging local innovations; however, evidence remains uneven across contexts and sectors. The paper argues for context-specific approaches and stronger empirical foundations in future research. Stakeholders should prioritise inclusive, locally grounded strategies and improve data transparency. Comparing the effectiveness of group-based motivational interviewing versus individual counseling for khat cessation among long-distance truck drivers on the Northern Corridor route, Nigeria, Africa, Medicine, original research This structured abstract provides a standardised summary to support rapid screening, indexing, and assessment of scholarly contribution.

