

1 **ASSESMENT OF FACTORS INFLUENCING EASE OF ACCESS ON**
2 **INTENTIONAL ORGANOPHOSPHATES SELF-POISONING AMONG PERSONS**
3 **AGED 15-30 YEARS IN KERICHO COUNTY, KENYA.**

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ABSTRACT

Aims: The aim of this study was to assess factors influencing ease of access on intentional organophosphate self-poisoning among persons aged 15-30 years in Kericho County, Kenya...

Study design: The study adopted prospective cross-sectional study design and purposive sampling technique.

Place and Duration of Study: The study was conducted in 3 level 4 health facilities (Kericho County Referral Hospital, Kapkatet Sub-County Hospital and Sigowet Sub-County Hospital) in Kericho County, Kenya. Which were systematically sampled base on the highest monthly workload one year prior to the study period. Study was conducted between December 2021 and March 2022. .

Methodology: 100 participants of age between 15 year and 30 years old were included in the study (88 males and 12 females). It was a study of all cases of intentional organophosphate self- poisoning, relied majorly on the diagnosis made by clinicians and doctors at emergency departments. Participants were sampled based on the presenting symptoms and history from the respondents. All respondents brought to hospital presenting to emergency department with a history of intentional organophosphate self- poisoning were recruited for the study depending on their eligibility where only respondents who were admitted and recovered after treatment were enrolled after signing or assenting to the consent voluntarily.

Results: A sampled of 100 participants were eligible and managed to have 100% response rate. The study found out that there was a statistical relationship between the parameters since the chi square value were 0.001 which was less than the standard p value which is 0.05 at 95% confidence interval. Bivariate analysis showed a strong positive correlation was found between self-poisoning and easy access to organophosphate ($p < 0.05$, $r = 0.631$). With regard to easy access to organophosphate, the majority indicated yes with 71(71%) responses while those who indicated no were 29 (29%) respondents out of 100 respondents.

Conclusion: It was concluded that ease of access of organophosphate poisons predisposed the high-risk group to find easiest way of committing suicide when they encountered challenges in their daily lives, therefore, laxity on sales ,storage and distribution of pesticides give those at risk a chance.

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Keywords: *Suicide, organophosphate, self-poisoning, ease of access, Deliberate self-harm, Intentional*

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1.0 INTRODUCTION

18

19

20 Organophosphate (OP) is a number of a collection of compounds typically derived
21 from phosphonic, phosphoric and phosphonic acids. In 19th century, the prototypic
22 Ops were initially synthesized, and similar compounds are currently found in most of
23 the products used globally such as fire retardants, pesticides, prescription drugs,
24 fuel additives, plasticizers, nerve agents [1]. Suicide is a global disaster claiming
25 over 800 000 deaths each year. In 2012, suicide led among causes of death in
26 persons aged 15– to 29- year.[2]. The contributions of the compounds across the
27 world in decades is development of agricultural productivity through improved
28 quality product by controlling plant pathogens, nematodes and insects and higher
29 crop yields. Furthermore, they have also minimized machinery, the amount of labor
30 and fuel used for mechanical weed-control [3]. Pesticide use is still the commonest
31 method of committing self-harm in non- urban regions of Sri Lanka. Pesticides
32 which were previously known for majority of suicides were substituted by less
33 hazardous chemicals serving the same purpose in agricultural yields have shown
34 significance reduction in suicides cases. This restriction and substitution of these
35 pesticides will significantly reduce intentional and non- intentional poisoning
36 agricultural areas in Sri Lanka.[2]. Kasemy (2021) study, aimed at investigating the
37 incidence, distribution, trends, and determinants of suicide by self-poisoning among
38 patients presenting at Menoufia Poison Control Center (MPCC) and Tanta Poison
39 Control Center (TPCC), serving two significant Egyptian provinces, in light of the
40 rising trend of self-poisoning and as demonstrated by past statistics on its incidence
41 in Egypt are grossly insufficient, making comparison of the past figures potentially
42 ineffective and inconclusive. [4]. Contrary to a pesticide ban, which should go into
43 effect more quickly, factors like age, religion, and gender distribution vary slowly
44 over time, causing the step adjustment in the trend of suicide rate seen in
45 Bonvoisin's study (2020). In addition, self-poisoning with pesticides is a common
46 way for people to injure themselves, affecting people of all ages and genders, so
47 any regulations would probably affect the entire population. As observed in Taiwan,
48 bans may have distinct effects on rural and urban areas, and rising rural-to-urban
49 migration may have a negative impact on suicide rates. [5]. Pesticide suicide was
50 the eighth most common contributing factor to death among 125 committing suicide
51 in the year 2018 as per the Centers for Disease Control and Prevention.[6]. Self-
52 poisoning and mortality due to suicide report was released in the last month of year
53 2019 by Vermont Department of Health (VDH) . [7]. These kinds of families run the
54 risk of subjecting their kids to a wide range of physical and mental abuse. Most
55 frequently, events that have resulted in a suicide attempt are interpersonal conflicts
56 between the adolescent and their classmates and family. These interpersonal
57 issues could play a significant part in the emergence of suicidal ideas.[8]

58

1.2 Statement of the Problem

60 Approximately 800 000 persons lost live by self-poisoning yearly. Self-harm using
61 chemicals bring upto one-fifth of the global self-harm and have been known to
62 cause an alarming challenge in public health issues mostly in agriculture productive
63 regions especially in developing countries in Asia. [9]. In 1950s, during introduction
64 of Agrarian Revolution which were accompanied by pest control chemicals which

65 were hazardous at the same time, approximately fourteen million early deaths were
66 reported to have been associated with intentional self-poisoning.[2],[10]. People die
67 as a result of suicide at a rate of 10.7 people for every 100, 000 persons meaning
68 that there is a single death due to suicide in every 20 seconds. Suicide is ranked at
69 position 15 in the leading causes of deaths in the world since it translates to 1.4% of
70 all deaths worldwide [11]. Over 79% of suicidal deaths are accounted by people
71 from low and middle income earners (LMICs). An extremely vulnerable group is
72 represented by adolescents who self-harm [12]. Public health and medical fields
73 have raise an alarm on the rising adolescent intentional self-poisoning which have
74 been noted in November 2019 report that adolescent adolescent attempted self-
75 poisoning has been on the rise. [13]. A study done in Kericho County Referral
76 Hospital reported that 5% of all admissions are due to poisoning [14]. The data base
77 report (facility registers for the year 2017 to 2019) in the study sites showed an
78 uptrend reported cases of self-poisoning .Following that report, researcher opted to
79 conduct a study to assess factors influencing ease of access on self-poisoning
80 among persons aged 15-30 years.

81 **1.2 Purpose of the study**

82 The study aimed at assessing factors influencing ease of access of
83 organophosphate poisons on intentional self- poisoning among persons aged
84 between 15-30 years in Kericho County, Kenya and establishing measures to curb
85 the predicament.

86 **1.3 Hypothesis.**

87 **Ha: Ease of access of organophosphate poisons influence intentional self-poisoning**
88 **among persons age 15-30 years.**

89 **H0: Ease of access of organophosphate poisons do not influence intentional self-**
90 **poisoning among persons age 15-30 years.**

91 **2.0 LITERATURE REVIEW**

92 **2.1 The influence of ease availability of organophosphate poisons.**

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96 The key element of suicide prevention strategies is restriction.[15]. In Sri Lanka,
97 studies have shown that easy accessibility of pesticides in farming households is the
98 main reason why it is the most common premise that people use for self-harm.[16].
99 In agricultural nations such as Asia mostly use organophosphates for pesticides
100 control resulting in easy availability of these chemicals to the community. These
101 poisons have been a challenge in emergency department in Nepal. Nepal is one of
102 the developing countries, therefore, agriculture is commonly practice and availability
103 of pesticide poisons across the country posing a challenge issue as in developed
104 countries like United States. Globally, it is estimated that about three million
105 incidences of attempted self-poisoning reported yearly resulting a mortality rate of
106 6% - 30% in developing countries.[17]. Agricultural practices are commonly
107 witnessed in San Quintin Valleys and Mexicali Valleys which are marketable in
108 return demand for pesticides as a requirement for pest controlled goes hand in hand
109 with agricultural activities therefore, availability of toxic chemicals which increase
110 risk to farmers.[18]. Attempted suicide following ingestion of organophosphate
111 poisons among women in agrarian population unlike in United States ,where the
112 same self-attempted suicide are either as a result of intentional or accidental dermal

113 exposure or ingestion by farm workers.OP pesticides are easily available following
114 community members doing their farming their vicinities.[19].High gender bias
115 (female) suicide attempt) reported incidences in Nepal are as result of cultural and
116 social roles bestowed on them by the community showing inequity in the gender
117 roles. Leading to domestic abuse early marriages ending in suicide attempted by
118 women in the country. [17]. Scheduling should lower ease of availability of poisons
119 where assessing the impact in mitigation measures in across section study survey. .
120 India, being an agricultural country, uses organophosphate pesticides in controlling
121 pests among crops. This makes the farmers access the OP compounds readily and
122 thus these are the agents of choice for self-poisoning. [20].

123

124 **2.2 Safe custody of poisons (storage)**

125 There have been various recommendations that have been made to sensitize the
126 community against self-poisoning. The World Health Organization (WHO) and their
127 counterparts; The International Association for Suicide Prevention (IASP), have
128 jointly advocated for the adoption of lockers so that the pesticides can be stored well
129 to prevent high rate of suicide due to misuse of harmful pesticides. This advocacy is
130 termed as “safer storage”. [21],[22]. Poor storage of pesticide procedures can be
131 extra crucial way of risk exposure to man and livestock in research area due to
132 storage of full, half-full or empty containers of poisons in their households.[23].Laxity
133 of standardized IPM(Integrated Pest Management) format of approach which
134 employ both modern and traditional measures dealing with the environmental ways
135 of IPM in a multidisciplinary study approach. Implementation of IPM entirely
136 depend on several factors for instance ,educational level, social and economic
137 status ,restrictions, thinking capacity ,governing policies,accessability of IPM
138 instruments .consumer demand and retailing price.[24].

139 IPM is a portion of modern agricultural model to ensure food security globally
140 influenced by many issues which affect the quality and quantity of farm produce. All
141 stakeholders in the crop production and experts including consumers have an
142 important role to play in IPM as far as food productivity is concern. The IPM model
143 accommodates all stakeholders in this process. The guidelines for the IPM model
144 will ensure the producer enjoy profits, consumer to get the farm produce on pocket
145 friendly price and the world to ensure food security for her bulging population.[25].

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148 **2.3 Influence of sales of poisons**

149 Regulatory bodies have a responsibility to ensure there that poisons are safe to the
150 environment and its habitats. Some countries who have acted on substituting the
151 hazardous pesticides with less toxic ones are less costly and sustainable where
152 many lives are saved and several agricultural significance like safe farming
153 practices, low food poisoning, conservation of environment hence climate change
154 adhered to.[26]. All poisons bans stand the most relevant way to prevent self-
155 poisoned or unintentional exposure to toxic pesticides therefore neutralizing the
156 equation to less toxic substitute.Wonderfully,USA is still reluctant in banning or
157 getting away with hazardous pesticides despite being advised by leading agricultural
158 bodies may be due to lack of legislation in the Country.[27].Hazardous poisons are
159 still in use in India despite being threaten to human lives. On the other hand ,some

160 poisons were banned resulting in positive outcomes as the cases of both self-
161 poisoned and suicide in general has drop significantly with minimum effect of farm
162 produce.[28]. Regulations were implemented in the year 1986 where there was
163 significant drop on fatalities from 2648 cases in 1986 to 221 cases in 2019(92%
164 reduction).Lowered utilization of toxic poisons with less concentrated formulations
165 correspond with reduce the number of mortalities reported.[29]. People who choose
166 to use other poisons due to the absence of HHPs have high probability to survive
167 suicidal attempts in what is known as transient suicidal crisis. This is an instance
168 where restriction of some poisons can reduce the rate of suicide. [30].

169

170 **3.0 MATERIAL AND METHODS .**

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172 **3.1 Location of the study**

173 This research was conducted in Kericho County. Kericho County is one of the 47
174 counties in Kenya. This county borders Bomet County to the south, Kisumu County
175 to the west, Nandi and Uasin Gishu to the North and Nakuru County to the east.
176 This County is about 256 kilometers from Nairobi. Kericho County is known for its
177 large- and small-scale tea-farming and most of its residents rear livestock as well. It
178 covers an area of 2479 square kilometers and is divided into six sub-counties. As
179 per the 2019 census, the population of this County was 901,777. The study was
180 conducted in Kericho County Referral Hospital and three other selected sub-county
181 hospitals within Kericho County, namely, Sigowet , Londiani Sub-County Hospital
182 and Kapkatet. The study sites were selected depending on the traffic of patients
183 seeking medical attention in these hospitals, which provide curatives, preventives,
184 promotives and rehabilitative health services, and also based on geographical
185 distribution.

186 **3.2 Research Design**

187 The study employed a prospective cross-sectional survey. It was a study of all
188 cases of intentional organophosphate self- poisoning and relied majorly on the
189 diagnosis made by clinicians at emergency departments. It was based on
190 presenting symptoms and history from the respondents of ages between 15-30
191 years.

192 This was justified by previous studies which showed that this age group was majorly
193 involved in self-poisoning and also encounters teenage and youth life changes with
194 accompanying challenges. This design provided insight into factors that influence
195 youth and teenagers in Kericho County, leading to organophosphate self-poisoning.
196 The design was appropriate for the study since the researcher was able to collect
197 information without manipulation of variables. Ease of access to poisons dwells on
198 the availability, storage of poisons at homes, the market-cost, and regulations in
199 place on sales. The researcher used researcher administered questionnaires which
200 were both quantitative and qualitative in nature. The quantitative section of the
201 questionnaire enabled the researcher to link the influencing factors to intentional
202 organophosphate self-poisoning.

203 **3.3 Target population**

204 All clients who reported in Emergency Departments at study sites with a history of
205 poisoning within the study period.

206 **3.4 Sample population**

207 All respondents brought to hospital presenting to emergency department with a
208 history of intentional organophosphate self- poisoning were recruited for the study
209 depending on their eligibility. The aim was to sample 100 participants during the
210 study period.

211 **3.5 Sampling Procedure and Techniques**

212 The recruitment procedure was purposive sampling for all those respondents who
213 sought medical help in during the period of study preceded by intentional self-
214 organophosphate poisoning. The sampling study sites were the hospitals in the 6
215 constituencies in this county where the researcher placed these hospitals in terms of
216 health facilities to the Northern, Western, Southern and Eastern part of the county.
217 They were then listed in the order of the highest to lowest number of patients who
218 had attended each facility per month (general monthly workload). Sampling of all
219 number ones was done, informed by larger number of patients seen in hospital
220 monthly workload from each of the four parts of the County where 4 facilities were
221 selected by systematic random sampling. These were: to the north, comprising
222 Ainamoi constituency and represented by Kericho County Referral Hospital; to the
223 south comprising Bureti constituency and represented by Kapkatet Sub- County
224 Hospital; the west comprising Belgut and Sigowet-Soin constituencies and
225 represented by Sigowet Sub- County Hospital; and the east comprising Kipkelion
226 East and Kipkelion West and represented by Londiani Sub-County Hospital. Based
227 on the data reviewed from the registers MOH 735 from the previous years' i.e. 2017
228 (292), 2018 (220) and 2019 (525).

229 **3.6 Construction of research Instruments**

230 The instrument was pre-tested before actual study. The qualitative section of the
231 questionnaires enabled the researcher to collect data in the actual context so that
232 findings and conclusions about the study were made based on the situation on the
233 ground. The study covered all those cases occasioned by self-poisoning during the
234 study period where respondents were interviewed when they had recovered in the
235 study sites and eligible for study.

236 **3.7 sampling size**

237 The aim was to purposely sampled 100 participants(The study employed Fischer
238 formula to estimate the sample size (Mugenda & Mugenda, 1999). during the study
239 period from December 2021 to March 2022) Interviewed administered
240 questionnaires were used to cater the data from respondents

241 The study employed Fischer formula to estimate the sample size (Mugenda &
242 Mugenda, 1999).

$$n = \frac{Z^2 Pq}{d^2}$$

243 In this formula, n represented the desired sample size when the study population is
 244 over 10 000 and Z is the standard normal deviate normally set at 1.96 and
 245 corresponds to 95% confidence interval (CI). On the other hand, p was the
 246 proportion of target population estimated to have the desired characteristic and was
 247 0.07% (q=1-p=1-0.07=0.93), while d is the degree of accuracy usually set as 0.05.
 248 The prevalence of intentional organophosphate poisoning in Rift Valley-Regional
 249 was 0.07 %. Hence the desired sample size (n) was determined as follows;

$$n = \frac{Z^2 P q}{d^2}$$

$$n = \frac{1.96^2 \times 0.07 \times (1 - 0.07)}{0.05} = 100$$

250

251 **3.8 Data analysis and presentation.**

252 The collected data were sorted and coded. Microsoft Excel was used. Statistical
 253 Package for Social Sciences (SPSS) version 21.0 was used to carry out data
 254 analysis of factors influencing ease of access to poisons of the persons aged 15-30
 255 years. Correlation and regression analysis were carried out to establish relationship
 256 between variables. Chi-square also was used to measure association of variables.
 257 The analyzed data were presented in tables, charts and the corresponding thematic
 258 areas. Statistical significance was set at p<0.05 The ethical clearance was sought
 259 from Hospital ethical committee, National commission for science, technology and
 260 innovation (NACOSTI) and Mount Kenya University ethical review committee before
 261 data was collected. The results indicated that ease of access on is strongly related
 262 with self-poisoning.

263 **4.0 RESULTS**

264 **4.1 Descriptive Statistics on Ease of Access to Organophosphate poison** 265 **(n=100)**

266 **Table 1: Descriptive Statistics on Ease of Access to Organophosphate poison**
 267 **(n=100)**

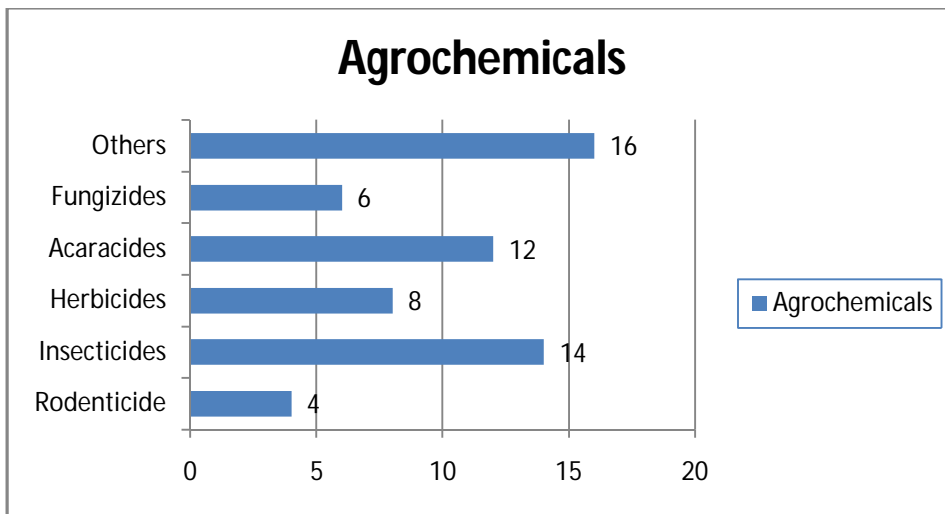
Description=Xi (independent variable)	Yes		No	
	N	%	n	%
Do you engage in farming activities in your family	72	72	28	28
Does your family use agrochemicals	60	60	40	40
Do the sellers of pesticides ask for any prescription from veterinary officers before sale?	2	2	98	98
Is there any family member prohibited from accessing the pesticide storage room or area?	57	57	43	43
Have you ever been trained on safe use of pesticides, herbicides or Integrated Pest-Management (IPM)?	29	29	71	71

268

269 Regarding ease of access to organophosphate poison, the respondents were asked
 270 questions to which they were supposed answer 'yes' or 'no'. First, were asked if
 271 they were engaged in farming activities in their family; 72% said yes while 28% no.
 272 The study also wanted to find out if the family used agrochemicals; 60% said yes
 273 while 40% said no. The researcher tried to find out if there was any family member
 274 prohibited from accessing the pesticide storage room or area; 57% said yes while
 275 43% said no. concerning training on safe use of pesticides, herbicides or Integrated
 276 Pest-Management (IPM), 29% of the respondents said they had been trained while
 277 71% said they not been trained on Integrated Pest-Management.

278 **4.2 Researcher wanted to know if family uses agrochemicals on regular basis**
 279 **(n=60)**

280 The researcher sought to know the agrochemical that the respondents
 281 used on a regular basis and the respondents were as follows; other agro chemical
 282 was leading with 16%, acaricides 12%, Herbicides8 (8%), followed by Insecticide
 283 14%. It was then followed by fungicides at 6%. Rodenticides were the least used
 284 chemicals represented by 4(4%)..

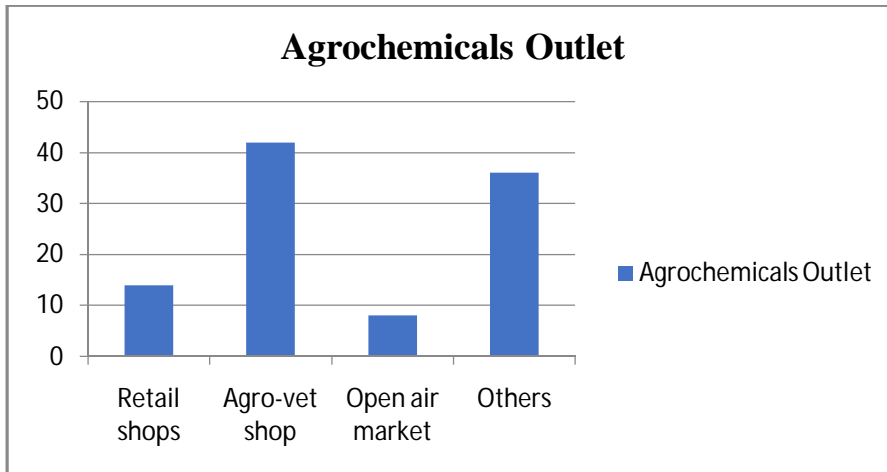


285

286 **Figure 1: Agrochemical used**

287 **4.3 Researcher sought to know where family buy the pesticide for use in the**
 288 **farm? (n=100)**

289 The respondents were asked to establish where they get their agrochemicals and
 290 the following were the responses; Out the total respondents, 42% said they got
 291 them from agrovets, 36% from other sources, 14% from retail shops. Only 8% of the
 292 respondents said they obtained them from open-air markets.



293

294 **Figure 2: Agrochemical outlet**

295 **4.4 On average study sought to established how much money in Kenya**
 296 **shillings a family spent on pesticides in a season (year).**

297 From the information on table 2 below, it is evident that most of the respondents
 298 (32) 32% spend between Ksh 5000-10,000 on pesticides in a season in a year. This
 299 was followed by those respondents who spent over Ksh 10,000 represented by 24
 300 (24%). Those who spent between Ksh 1,000-5,000 were 27 (27%). Only 17 (17%)
 301 of the respondent s spent less than Ksh. 1,000.

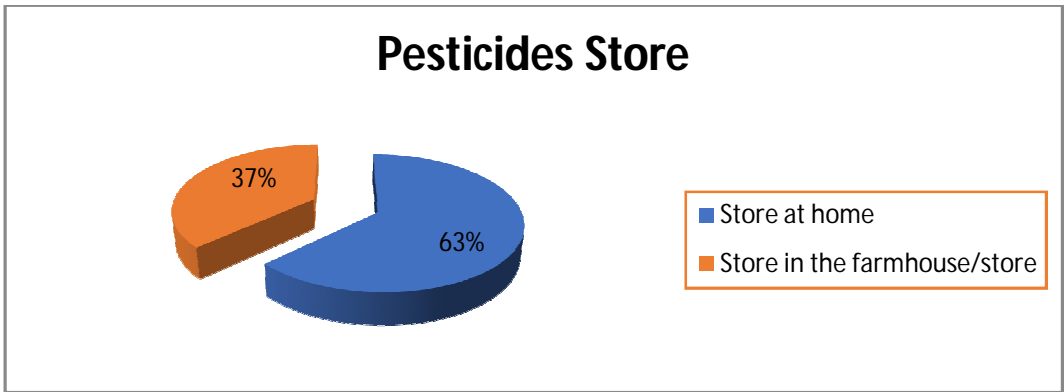
302 **Table 2: Expenditure on pesticides**

Amount	Frequency	Percentage
Less than 1,000	17	17
KShs. 1,000 – 5,000	27	27
Kshs. 5,000 – 10,000	32	32
Over KShs. 10,000	24	24
Total	100	100

303

304 **4.5. Study sought to know Where does family store pesticides.**

305 The researcher sought to know where the family stored pesticides and the following
 306 were the responses: 63 (63%) said they stored them in farmhouse/store whereas
 307 37(37%) said they store them at home.



308

309 **Figure 3: Pesticides store**

310 **4.6.Researcher was interested in establishin whether there were any family**
 311 **member who was not allowed in the pesticide storage room or area. (n=56)**
 312 The researcher sought to know family members who were not allowed in pesticide
 313 stores and the response were as follows: 38% said children followed by sick family
 314 members represented by 12%. Others were represented by 4% and lastly mothers
 315 represented by 2%.

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317

318 **Figure 4: Family member not allowed**

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322 **4.7 Measure of Association**

323 **Table 3. Chi Square measure of association**

Variable	Chi-Square Value	Df	P-Value
Easy Access to organophosphate	39.856	1	0.001

324

325 The study found that there was a statistical relationship between the parameters
326 since the chi square value were 0.001 which was less than the standard p value
327 which is 0.05 at 95% confidence interval.

328 **4.8 Non-Parametric Association**

329 Bivariate analysis was determined and the results obtained were represented on
330 table below that shows that self-poisoning was association to respondents having
331 easy access to organophosphate, family challenges, personal specific events and
332 psycho-social factors. A strong positive correlation was found between self-
333 poisoning and easy access to organophosphate (p<0.05, r=0.631). The model was
334 also significant with a Hosmer and Lemeshow test of p>0.05.

335

336 **Table 4. Non-Parametric Correlation**

			Self-Poisoning	Easy Access to organophosphate
Spearman's rho	Self-Poisoning	Correlation Coefficient	1.000	
		Sig. (2-tailed)	.	
		N	100	
	Easy Access organophosphate	Correlation Coefficient	.631**	1.000
		Sig. (2-tailed)	.001	.
		N	100	100

337

338 ****.** Correlation is significant at the 0.01 level (2-tailed).

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340

341

342 **5.0. DISCUSSIONS.**

343 The findings are consistent with those made by Licata et al.,(2019) who
344 discovered that pesticides were frequently used as a means of self-harm in farming
345 households due to their easy access and availability in the home environment due
346 to farming activities . In-case of the concluded study, Kericho County is an
347 agricultural region similar to Nepal community described by *Licata's(2019)* and
348 other similar studies ,*Bird's (2019)* and *Serrano's(2019)* explained the influenced of
349 availability of these pesticides have impact on ease of access of the poisons. These
350 findings agreed with a study conducted by *Benedict et al.(2019)* which stated that
351 domestic poisons are easily available for any household member to use them for
352 deliberate self-poisoning.

353 This study's findings indicated that there was laxity in storage of this poisons,
354 which therefore it gave leeway to the community members to use them for
355 unintended purposes, like self-poisoning. *Ndayambaje,'s(2019)* study found similar
356 outcomes as this study's results. *Rezaei,(2019)* and *Dara (2019)* studies explained
357 the use of IPM model which significantly reduced unnecessary handling of poisons
358 by those at risk of suicide ideation.

359 So far there was not study found to have been done assessing on the cost of
360 these poisons commonly used for self –harm in our country and beyond. In this
361 study, it was not captured clearly on the quantity in terms of milliliters per seasons
362 since consumers buy them according to size of the farms.

363 On the other hand, various interventions such as using less hazardous pesticide
364 instead of more hazardous pesticides have major advantages and benefits. The
365 benefits include reduction of rates.

366 The outcome of this study revealed that the sale of organophosphate poisons
367 was on a- willing-buyer-willing-seller basis *Donley(2019)* and *WHO,2019* studies
368 concurred with this study where restriction on sales of these pesticides are not in
369 place therefore, these poisons are likely to land in the wrong hands for to be used
370 for self-poisoning by those at risks.. *Eddleston et al.(2022)* found out that banning
371 and restriction of sale on toxic pesticides resulted in marked reduction in reported
372 cases of suicide using poisons.

373 **6. CONCLUSION**

374 Since the study indicated that most of the respondents were farmers and use
375 agrochemical therefore, use of agrochemicals in their farms is beyond any doubt in
376 order to yield quality farm product.

377 The study concluded that ease of access of organophosphate poisons predisposed
378 the high-risk group to find easiest way of committing suicide when they encountered
379 challenges in their daily lives, therefore, laxity on sales, storage and distribution of
380 pesticides give those at risk a leeway to commit suicide using these chemicals when
381 life become unbearable, helplessness and lose hope leading to suicidal ideations.

382 These poisons were found by the study to be easily available in shops, agro vets
383 and open air market which showed that no restrictions on sales are in place.
384 The study recommends that policies should be enacted at County and National
385 assemblies on regulations/ restrictions on sales, storage of lethal pesticides as well
386 as consideration of alternative less toxic pesticides to phase out the lethal ones.

387 Recommend training of farmers on integrated pest management should be
388 implemented by agricultural extension officers. Also, psychological counselors
389 should be employed and deployed to the community level to handle high risk groups
390 at early stage. This will eventually reduce these cases of self-poisoning in our
391 Counties and Country at large.

392 **7. LIMITATIONS**

393 Despite successful completion of the study we encountered the following
394 challenges;

- 395 1. Unwillingness of some respondents to share some vital information: Resolved by
396 reassuring and reminding them on our confidentiality and anonymity in this matter.
- 397 2. Some respondents were not promising us to meet them at certain places other
398 than hospital set up ,therefore sharing contact were not that ease due to unknown
399 reasons: Resolve that by allowing them to feel at ease and feel free to be
400 accompanied by close or confidant persons.

401

402 **SUGGESTED RESEARCH IN FUTURE.**

- 403 1. Assessment of the impact of psychological counseling during follow up among
404 suicide poisoning survivors.

405

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407

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417

418 **COMPETING INTERESTS**

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420 Authors have no conflicting interest

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AUTHORS' CONTRIBUTIONS

This work was carried out in collaboration among all authors. Authors LKS. ,RM. and WMT.Author LKS. came up with concept paper and they designated the study. LKS collected data. Authors RM and WMT. conducted analysis. Author LKS. drafted the manuscript. Authors RM.and WMT. revised the manuscript. All authors read and approved the manuscript.

CONSENT AND ETHICAL APPROVAL.

The researcher obtained research authorization letter from Mount Kenya University Ethical Review Committee. A research permit was sought from the National Commission for Science, Technology and Innovation (NACOSTI) before conducting the study. Authorizations were sought from the County government, the County Commissioner, the County Director of Education, the management of: Kericho County Referral Hospital, Kapkatet Sub-county hospital, Sigowet Sub-county hospital and Londiani Sub-county Hospital. In addition, the researcher explained the importance of the research to the respondents to obtain free consent and no one was coerced to take part in the study. The participation was voluntary. The researcher assured the respondents that information obtained from them would be treated with utmost confidentiality and their privacy was guaranteed as anonymity would be assured by the use of numbers/codes to identify respondents. Additionally, the researcher assured respondents that no one would suffer any form of harm in the event of information utilization since the information was particularly for academic purposes and respondents had the freedom to withdraw with no consequences.

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554 **DEFINITIONS, ACRONYMS, ABBREVIATIONS**

555 TPCC-Tanta Poisons Control Centre

556 MPCC-Menoufia Poisons Control Centre

557 LMIC-Low and Middle Income earners

558 IPM- Intergrated Pest Management

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