

STUDY DRUG

Degree in Drug Abuse

Because Adderall increases focus and alertness, prescription stimulant misuse remains widespread on high school and college campuses. Full-time college students aged 18 to 22 are twice as likely to misuse stimulants compared to non-students. Over 40% of people using prescription stimulants do so without a prescription—and over 60% obtain them from friends or family rather than drug dealers.

“BUT IT HELPS ME FOCUS, SO I MUST HAVE ADHD.”

Not necessarily. Stimulants increase alertness in everyone, but for those without ADHD, they overstimulate normal brain pathways and carry severe health risks. If you suspect you have ADHD, get evaluated by a licensed medical professional instead of self-medicating.

Long-Term Risks of Amphetamine Misuse:

- Cardiovascular strain, high blood pressure, and chest pain
- Chronic anxiety, paranoia, and severe mood shifts
- Persistent insomnia and sleep disruption
- Severe headaches, dizziness, and vision changes
- Poor circulation or numbness in hands and feet
- Psychological dependence and substance use disorder



TEST YOURSELF

What do you know about amphetamines?

1. Drinking alcohol while taking Adderall is safe if you are of legal age.
a. True b. False
2. Amphetamines are central nervous system depressants.
a. True b. False
3. Which of the following is a potential side effect of stimulant misuse?
a. Headache b. Nausea
c. Dry Mouth d. Weight Gain
4. Most students who misuse stimulants get them from a friend or peer.
a. True b. False
5. Full-time students are twice as likely to recreationally misuse Adderall than young adults who aren't full-time students.
a. True b. False

AMPHETAMINES



Answers: 1.B, 2.B, 3.D, 4.A, 5.B



Printed on 30% Post-Consumer Recycled Paper

STAY SAFE SERIES

© 2026 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084
985-359-7848 • www.primoprevention.com • PAM-SSDA-53

A TROUBLING TREND

WHAT ARE AMPHETAMINES?

Amphetamines are central nervous system stimulants commonly prescribed to treat Attention-Deficit/Hyperactivity Disorder (ADHD) and narcolepsy. Common brand names include Adderall, Vyvanse, and Dexedrine. These medications increase neurotransmitter activity in the brain—specifically dopamine and norepinephrine. While beneficial when taken as directed by a doctor, recreational misuse poses severe health risks.

HOW DO THEY WORK?

As previously mentioned, amphetamines stimulate certain neurotransmitters in the brain. Norepinephrine is a chemical that increases arousal and alertness, promotes vigilance, improves memory, and focuses attention. Similarly, dopamine plays important roles in motivation and arousal, as well as motor control.

For a person with ADHD (Attention Deficit Hyperactivity Disorder), brain scans show a lot less activity in those two neurotransmitter areas, so amphetamines work to stimulate them—which actually results in that person being able to feel calmer and focused. For a person who doesn't need amphetamines, taking them stimulates pathways that are already working, causing them to feel overstimulated and hyper-aroused.

Amphetamines are like electrical switches that “turn on” the brain. For a person with ADHD or narcolepsy, it's as if you're just turning on the light. For a person who doesn't need amphetamines, it's as if you're putting too much electricity into an outlet until it catches fire or the fuse burns out.



ADDERALL MISUSE

Anyone using Adderall without a doctor's prescription is already abusing the drug.

Even if you are prescribed it,

it's still possible for you to abuse it if you do any of the following:

- Taking a higher dose than what your doctor prescribed
- Taking the medication in a method other than prescribed (like snorting or crushing pills)
- Taking the medication more frequently or to stay awake and study
- Using someone else's medication

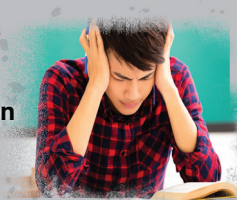
Side Effects of Amphetamine Use (When either abused or even taken correctly):

- Headache, dry mouth, and nausea
- Reduced appetite, diarrhea, or constipation
- Fast or irregular heartbeat, chest pain, and changes in blood pressure
- Anxiety, paranoia, insomnia, and mood shifts
- Dizziness, difficulty speaking, or changes in vision
- Weakness, numbness, or poor circulation in arms or legs
- Changes in sex drive

ADDERALL AND ALCOHOL Not a Good Mixture

Mixing Adderall with alcohol is extremely dangerous and significantly increases the risk of overdose.

Adderall masks normal warning signs of intoxication, like slurred speech or poor balance, tricking you into feeling sober. As a result, you can easily consume lethal amounts of alcohol,



KATHERINE'S STORY

Up All Night and Sleep All Day

During her first week of college, Katherine noticed her roommate, Nicole, had a prescription for Adderall for ADHD. Katherine didn't think much of it until finals week. Overwhelmed by exams, papers, and late-night work shifts, Katherine panicked about getting everything done. Desperate to stay awake and boost her grades, she took one of Nicole's pills without asking, believing it would give her an edge.

Instead of helping her study, the stimulant sent her mind into overdrive. Her heart raced, and unable to focus on her notes, Katherine spent the night pacing, reorganizing her closet, and deep-cleaning the dorm. When the chemical high wore off, her body crashed 24 hours later. Exhausted and unable to wake up, she slept straight through her alarm and missed her first final exam.

Beyond the immediate blow to her GPA, Katherine had to face her professor and repair the trust she broke with Nicole. The experience was a harsh reality check: prescription stimulants are powerful medical drugs, not harmless study aids. She learned the hard way that misusing someone else's prescription carries severe consequences that can easily ruin the exact goals you were trying to achieve.