Adam Hishmeh

Professor Gina Frangello

English 161

6 November 2017

Research Paper on Adderall

"In 2015, the most commonly misused subtype of prescription stimulants in the past year among people aged 12 or older was amphetamine products, which include Adderall or amphetamine-dextroamphetamine combinations" (SAMHSA). Adderall abuse, the crazy trend in college leaves many left in devastation, addiction, and rehab. "No, it's not that serious," many may say. Although many don't see the effects of the drug instantly on the student, it is present. Adderall is a stimulant that consists of a mixture of four amphetamine salts and is commonly used in the treatment of attention deficit hyperactivity (ADHD) and narcolepsy. It is used to increase focus and energy, prevents exhaustion, which in theory leads to better performance. The use of unprescribed Adderall among college students isn't worth the repercussions such as the high risk of addiction, the negative effects on mental and emotional well-being, the negative physical effects (such as those on cardiovascular health) and the negative physical effects of the other drugs Adderall leads to, and the ethical issues it generates by creating disadvantages for students without access to it.

While it is notable that all individuals are susceptible to the addictive features of this drug, it is noteworthy that most of the individuals that are widely affected are young individuals in colleges. It is necessary to take note that while the drug may be used for recreational purposes, the users would usually graduate from the recreational functions to misuse. The incredible health effects on the users make it necessary to analyze the drug and make recommendations in the various ways that the society can apply to make sure that the users do not slide down the dangerous addiction lane.

**What makes Adderall abuse such a significant issue?**

Adderall is one of the most widely abused amphetamine products in the country. Research from SAMHSA, indicates that over 4.8 million individuals under the age of 12 abused the substance in 2015. The figures, in this case, are much higher than the number of people who have been recorded to be abusing substances such as cocaine (Amelia 12). When a substantial amount of a country's youthful population is abusing drugs, some problems will arise. For instance, in this case, the education performance of the children would be affected significantly by the addiction. Since the future of a country lies in the hands of the youthful generation, the country stands in danger of stagnating in its social, economic and political development. The country is investing hugely in the teenagers, and these addiction issues stand to wash away the gains that have been made by the country in empowering the youths over the last decades.

**Is Adderall as effective for academic success as one may think according to statistics?**

Recent studies have laid bare some of the devastating effects of the use of non-prescribed Adderall among students. The study indicates that there is a general trend of poor academic performance among students who are on non-prescribed Adderall than those who are on prescribed Adderall and those who do not use the drug. The results of this study are one of the reasons why the substance must be discouraged among the students. There is glaring evidence which suggests that individuals who are on non-prescribed Adderall are likely to experience lower grades than those that are not using the substance or those that are in prescriptions (Arthur et al 121). Like most addictive substances, Adderall has significant effects on the mental aspects and psychological state of the students. In such cases, it is inevitable that the substance would have tremendous effects on the academic achievement of the students.

However, some unscientific statements are being peddled by malicious characters who attempt to say that the utilization of the substance does not affect the academic performance on the academic performance of the students. However, that is far from the truth since scientific studies have demonstrated that the abuse of Adderall has tremendous effects on the academic performance of the users (Hanson, Carl & Burton 37). As much as it is unscientific and unproven, some teenagers have used such sentiments to support their consumption of the drug. In the long run, the individuals have suffered massive losses that have in many ways affected the academic progress of the students.

From the preceding, a fundamental question arises. Should a student waste his mind and body for potential future gains? An examination of this issue must be done with full cognizance of the effects of the substance on various aspects of the life of a student. After examining the facts, it would then be easy whether the students ought to use the drug or not. The following is an analysis of some of the mental and health effects that are associated with continued use of Adderall;

**Adderall causes dependence -addiction**

One of the most outstanding features of Adderall is that it leads to dependence or addiction. When the drug is used for a long time outside of the expert prescription, the individuals will develop dependence (Chem & Crum 91). In this respect, there will be a consistent urge by the persons to use the substance in many instances. In the long run, such consumption habits will lead to addiction which may have tremendous mental, physical and medical complications. For students, it has been realized that such persons would lose interest in academic work, skip class and may ultimately drop out of school.

With addiction also come the implications of cost. Instructively, there is no place where the substance is supplied for free. The users will have to find financial resources to commit to meet their desires. Most importantly, to a group of people that do not a consistent flow of money but rely on their parents, it at times becomes difficult to acquire these services. Instead, they will save the little resources that they have been given by their parents to acquire the drugs. Besides, there are some that get into antisocial behaviors to meet the desires of their bodies. In some cases, the users fail to get the money to buy the drugs. In such cases, the effects will be devastating. The body would be in need but the supply would be limited, and that may necessitate the body to react in some ways which may be damaging to the individuals.

**Adderall causes depression and other psychological effects**

Over the year, it has been discovered that Adderall is one of the major causes of depression in the country. Primarily, the drug causes sleep deprivation and lack of appetite. When these symptoms start appearing, the users will resort to other substances such as alcohol and marijuana. In a study conducted to determine the effects of the drug on the psychological state of the users, it was discovered that Adderall has effects akin to substances such as cocaine and alcohol. However, among the young users, the ramifications may be much more devastating than among mature users. Worryingly, the use of Adderall causes massive complications to students who use the substance. However, because its abuse leads to the abuse of other drugs, the ultimate results may be highly undesirable.

**Counterarguments**

In the light of the arguments presented above, Adderall is so dangerous that it should not be consumed by persons, especially if there is no prescription. Firstly, it is important to note that all harmful substances should be avoided at all costs. If Adderall is that bad, why is it prescribed for recreational purposes? How come are patients utilizing this drug improve their lives? If the substance is as bad as alleged, it is notable that it should not be used even by the patients. Besides, if the effect is in its addictive nature, it is assumed that it is not harmful in the event it has not led to addiction. The assumption here is that as long as it does not lead to addiction, it should not be discouraged. In that respect, when the medical officers are denouncing its use, it must be clear that it is dangerous only when it is addictive. Most importantly, it is notable that Adderall is only harmful when it is misused. However, most students believe that they are using it for the right purposes. Research indicates that more than 81% of the students who use Adderall believe that they are using it for the right purposes, regardless of whether they have been prescribed or not (Moore 26).

There is a substantial population of students who have been using Adderall but have not had any negative effects on their academic work. Research indicates that there are some students who use the substance but have not recorded any meaningful decline or deterioration in their academic work. That does not, however, rule out the fact that there are significant cases where Adderall has been said to have contributed to the poor performance of students. That leads to significant questions over the validity of some of the studies that have been conducted by researchers in the field.

In the face of these inconsistencies in the findings, it is necessary to come up with a middle ground position which would reflect the reality of the situation. It is evident that the studies suggest that the consumption has massive effects on the psychological aspects of the lives of the students. At the same time, there is evidence that there is a group of students who use the drug but appear not to be adversely affected. That calls for additional research on the issue to obtain the most accurate information.

References

Amelia M. Arria. Robert L. DuPont. “*Nonmedical Prescription Stimulant Use among College Students: Why We Need To Do Something and What We Need To Do”* 2010.

: Arthur Hughes, Matthew R. Williams, Rachel N. Lipari, and Jonaki Bose; RTI International: Elizabeth A. P. Copello and Larry A. Kroutil. *National Survey on Drug Use and Health*. 2015

Chem LY. Crum RM. *“Drug Alcohol Depend*.” 2014.

<https://www.ncbi.nlm.nih.gov/pubmed/24957742>

Hanson, Carl. Burton, Scott. More. *“Tweaking and Tweeting: Exploring Twitter for Nonmedical Use of a Psychostimulant Drug (Adderall) Among College Students”* 2013. Online Journal.

Moore, Elaine : “*the Amphetamine Debate: the Use of Adderall, Ritalin and Related Drugs for Behavior Modification, Neuroenhancement and Anti-Aging Purposes.”* McFarland and Publishers Incorporated. 2010. Print