



## Adderall

In today's fast paced, high pressured world, youth are looking for ways to thrive, manage and cope with all the demands and pressures they feel from today's society.

Between school club meetings, athletics, work and keeping up on social media, who has time to study? Students across the country have found a risky solution.

There is a concerning upward trend of youth seeking a boost in their academic and/or athletic performance through the use of Adderall. While the abuse of many drugs has gone down among youth, the abuse of prescription stimulants, such as Adderall, continues to rise.

Adderall, an oral medication, is a combination of amphetamine and dextroamphetamine that is used most often to treat symptoms of attention-deficit hyperactivity disorder (ADHD). This particular drug is classified as a central nervous system [stimulant](#), which means it speeds up and enhances certain bodily processes.

Adderall is a schedule II controlled drug. Substances in this schedule have a high potential for abuse which may lead to severe psychological or physical dependence.

Some might wonder why high striving youth would choose to abuse stimulants such as Adderall. There is a growing belief among teens as well as young adults that Adderall and other prescription stimulants boost their study and classroom performance.

While Adderall does promote wakefulness, which allows youth to stay awake and study for longer periods of time, studies have found that Adderall and other prescription stimulants do not enhance learning or thinking ability when taken by people who do not actually have ADHD.

The research also has shown that students who abuse Adderall or other prescription stimulants actually have lower GPAs in high school and college than those who don't.

So, why is this trend so alarming? Besides the high potential for addiction, these youth may experience some of the following physiological and psychological effects of Adderall:

- Wakefulness (unable to sleep and rest)
- Suppressed Appetite (rapid loss of weight)
- Increased blood pressure and heart rate
- Narrowed blood vessels
- Dangerously high body temperature
- Irregular heartbeat
- Shortness of Breath
- Seizures
- Heart failure
- Stroke
- Sudden Death
- Anger and Aggression
- Obnoxious Outbursts
- Hallucinations
- Depression
- Suicidal Ideation/Attempts

If you would like more information about drug abuse and addiction, please visit our website [www.scipnebraska.com](http://www.scipnebraska.com)



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