

- b. According to the National Institute of Mental Health, 9.5% of the adult population—that is nearly 1.8 million American adults suffer from clinical depression.

*Now that we understand the basic properties and medical uses of the drug Adderall, let's assess the increasing level of abuse of the drug by college students.*

▶ Transition

- II. Unfortunately, Adderall has become popular among college students, who use it as a study aid and for recreational purposes.

Listener relevance link: As college students, we need to be aware of what students believe about Adderall and why they are abusing it.

▶ Listener relevance link

- A. College students who don't suffer ADHD, narcolepsy, or depression will take it with no prescription because they believe that it will improve their focus and concentration, allowing them to perform better on academic tasks (Teter, McCabe, Crandford, Boyd, & Gunthrie, 2005).

- 1. Adderall abuse among college students occurs especially at stressful times of the semester when students get little sleep.

- a. DeSantis, Webb, and Noar (2008) found that 72 percent of the students they surveyed reported using the drug to stay awake so that they could study longer when they had many assignments due.
- b. Katherine Stump, a Georgetown University student, reported in the school newspaper: "During finals week here at Georgetown, campus turns into an Adderall drug den. Everyone from a capella singers to newspaper writers become addicts, while anyone with a prescription and an understanding of the free market becomes an instant pusherman" (Jaffe, 2006, January 1).
- c. Collegians report using the drug frequently during stressful times of the semester. One student said, "I use it every time I have a major paper due" (Daley, 2004, April 20).

- B. Students also use Adderall for purposes other than academic ones.

- 1. A survey of undergraduate and graduate students revealed that students engage in Adderall abuse for partying at a frequency just slightly less than taking the drug for academic purposes (Prudhomme White, Becker-Blease, & Grace-Bishop, 2006).
- 2. DeSantis, Webb, and Noar (2007) report that students take the drug for its energizing effects. Other students report taking the drug to make them more social and outgoing at parties.
- 3. Some college students, especially women, report using the drug for its use as an appetite suppressant for dieting purposes (Daley, 2004, April 20).

*Now that we understand that Adderall abuse is prevalent on university campuses among students, it is important to understand the detrimental effects that can accompany the illegal use of Adderall.*

▶ Transition

- III. Whether students acknowledge the dangers or not, there are great risks involved in illegally using Adderall.

Listener relevance link: As we have now discussed the pervasiveness of Adderall abuse, statistically, it is likely that several of you have used this substance without a prescription to either enhance your academic performance

▶ Listener relevance link