

or your social outings. Thus, it is important that we all recognize the adverse effects that result from taking Adderall without a prescription.

A. Adderall abuse can cause negative health effects for individuals not diagnosed with ADHD (Daley, 2004, April 20).

1. Adderall is reported to cause a heightened risk for heart problems when used inappropriately. Problems include sudden heart attack or stroke, sudden death in individuals with heart conditions, and increased blood pressure and heart rate (FDA, 2010).
2. Adderall abuse also can result in a myriad of mental problems, including manifestation of bipolar disorder, an increase of aggressive thoughts, and a heightened risk for psychosis similar to schizophrenia (FDA, 2010).

B. Adderall is highly addictive.

1. Adderall is an amphetamine, and while amphetamines were once used to treat a variety of ailments including obesity in the 1950s and 1960s, the drugs began to be much more closely regulated once their addictive nature was realized (Daley, 2004, April 20).
2. Adderall has similar properties to cocaine, and, as a result, abuse of the drug can lead to substance dependence (FDA, 2010).

C. Though clear risks are associated with the illegal use of Adderall, unlike other drugs, collegians do not view the inappropriate use of Adderall as harmful or illegal.

1. College students typically view stimulant abuse as morally acceptable and physically harmless. In a 2010 study, DeSantis and Hane found that students were quick to justify their stimulant abuse by claiming its use was fine in moderation.
2. The *Kentucky Kernel*, the student newspaper at the University of Kentucky, published an editorial of a student who flippantly described the use of Adderall among college students. He states, "If you want to abuse ice cream, amphetamines or alcohol, then there are going to be serious problems; however, let's not pretend a person using Adderall twice a semester to help them study is in any way likely to die a horrible death or suffer terrible side effects" (Riley, 2010, May 3).
3. In a study assessing the attitudes of college students toward the inappropriate use of stimulants, the authors found that "the majority of students who reported misuse or abuse were not concerned about the misuse and abuse of prescription stimulants, and a number of students thought that they should be more readily available (Prudhomme White, Becker-Blease, & Grace-Bishop, 2006, p. 265).

Conclusion

- I. Restatement of thesis: Adderall is a prescription stimulant that is increasingly being abused by college students primarily as a study aid.
- II. Main point review: We have examined today what the drug Adderall is, its growing popularity among college students especially as a study aid, and the risks associated with using the drug illegally.
- III. Clincher: The next time you or a friend considers taking Adderall as a study aid, think again. The potential harm that the drug could cause to your body is not worth even a perfect grade point average.

▶ Restatement

▶ Main point review

▶ Clincher