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The Implications of Adderall on College Students

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Abstract

- What is the relationship between adderall use and the nutrition and mood of college students at Binghamton university?
- College students with no diagnosis of ADHD report misuse of prescription stimulants due to academic stressors
- Adderall is a stimulant misused as weight loss and study drug
- We examined the impact adderall has on the nutrition and mood of college students
- We conducted an anonymous survey on college students
- We compared the implications of Adderall abuse on mental health and nutrition on users vs non-users of Adderall
- We found a positive correlation between Adderall intake and malnutrition
- The results suggest that the illicit use of Adderall impacts mood and the quality of food consumed.
- We explored strategies in helping to reduce the abuse of Adderall on campus

Introduction

- Adderall is normally prescribed to people with ADHD. Adderall is a stimulant in which enhances one's focus and energy for a brief amount of time
- Adderall is an amphetamine
- Side effects of this drug include: shakiness, high blood pressure, hyperthermia, appetite loss, among others.
- College students often use adderall illegally for motivation in areas of study

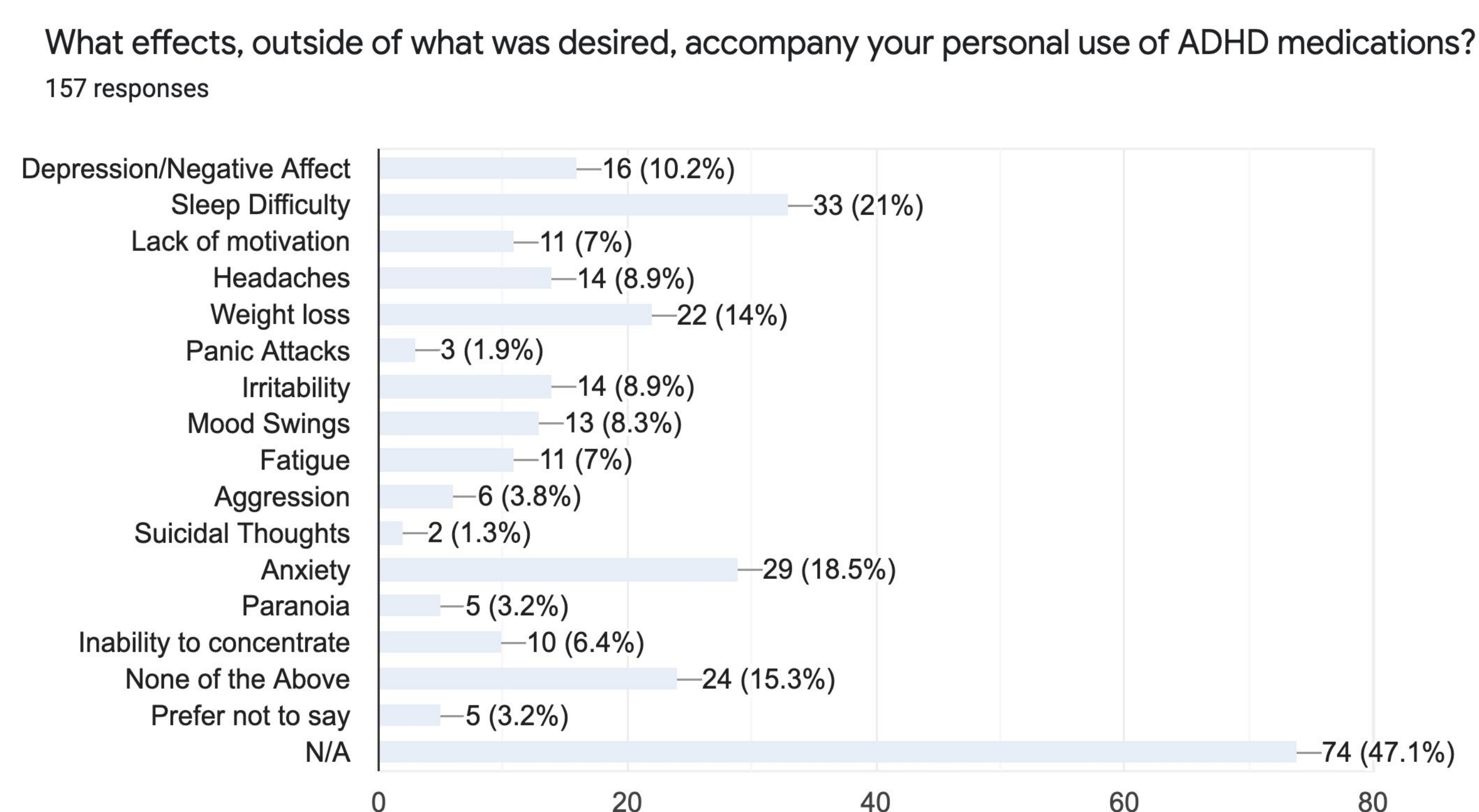
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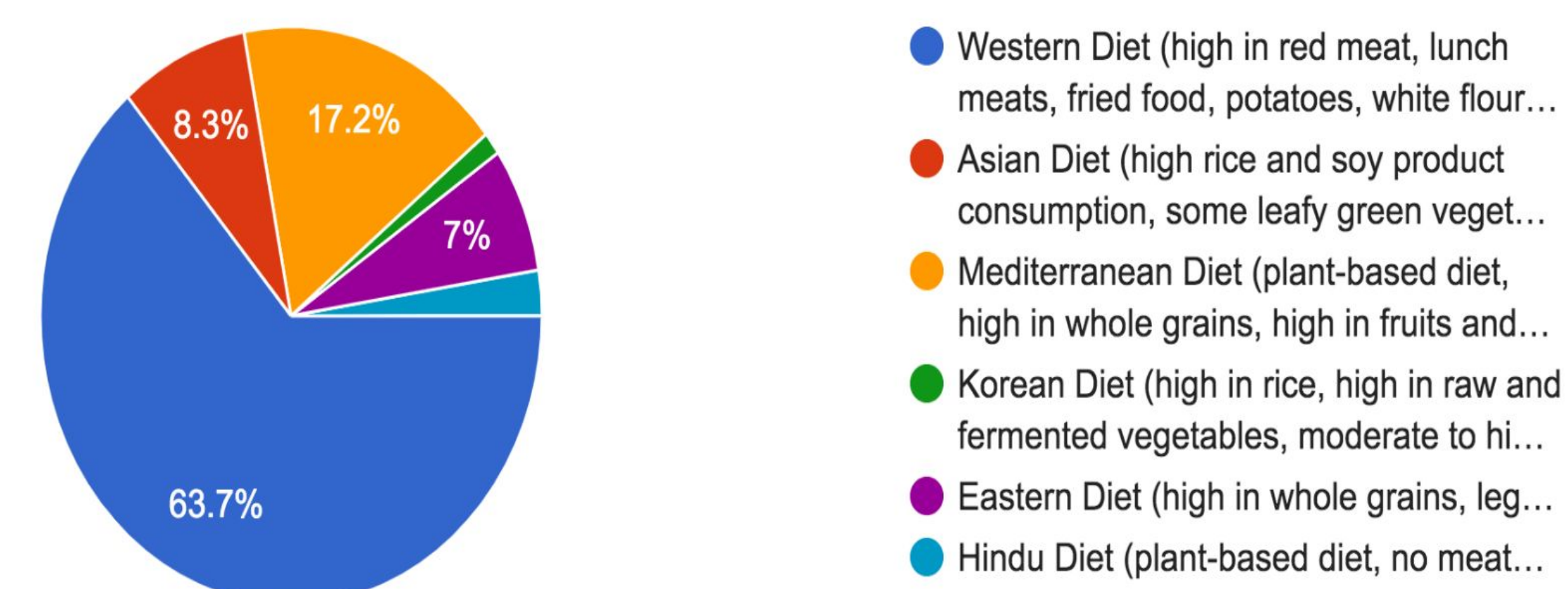
Methods and Demographics

Demographics: Male and female, 94.9% 18-29 years old,
Number of participants: 157
Deliverance: Text message, GroupMe, and word of mouth
Statistical Analysis:

Results



5. What is your dietary pattern?
157 responses



Discussion

- Many abusers report being motivated by weight loss due to the appetite suppression side effect of adderall, which ultimately can lead to eating disorders such as anorexia nervosa and binge eating disorder
- Adderall can be linked with nutrient deficiencies and high consumption of other stimulants such as coffee and energy drinks
- Adderall has been shown to increase psychological symptoms of anxiety such as panic and worry, and physical symptoms of anxiety such as heart rate, blood pressure, perspiration, and body temperature
- It affects brain function and impacts emotions and behavior
- It can be linked to depression in the long term
- Has been shown to have side effects such as insomnia, constipation, mood swings and seizures

Conclusion

- Adderall abuse among college students can lead to poor short/long term mental health effects such as anxiety, paranoia, and mood swings.
- Taking unsubscribed adderall may also lead to a loss in appetite and addiction.
- Some ways to reduce adderall abuse on campuses can be counseling, education, and exercise.

References

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