

WHAT YOU SHOULD KNOW ABOUT PRESCRIPTION DRUG MISUSE AMONG COLLEGE STUDENTS



PREVALENCE

- Approximately 10% of college students reported using one or more types of prescription drugs (i.e., stimulants, sedatives, opioids) nonmedically within the last three months.
- College students have a higher likelihood of misusing prescription stimulants when compared to their noncollege peers.
- Some students begin using prescription stimulants, often referred to as “study drugs,” in the belief it will benefit their academic performance, but the nonmedical use of prescription stimulants has not been proven to improve academic performance.

Sources: Monitoring the Future national survey results on drug use, 1975-2020: Volume 2; American College Health Association-National College Health Assessment (Spring 2021)

CONSEQUENCES

Depending on which prescription drug is misused, negative outcomes include:

- ✓ Drowsiness, slowed breathing
- ✓ Inability to concentrate
- ✓ Psychosis, hallucinations, paranoia
- ✓ Slow or rapid heartbeat
- ✓ Nausea and vomiting
- ✓ Addiction

THINGS YOU CAN DO TO PREVENT PRESCRIPTION DRUG MISUSE

- Work with physicians and law enforcement personnel to inform students about the physical, academic, and legal costs and consequences of prescription drug misuse.
 - Get educated:
 - Parents** – be able to talk knowledgably about prescription drugs with your children.
 - Faculty members and staff** – be able to recognize the signs and symptoms of prescription drug misuse, and know the on- and off-campus resources to refer someone for help.
 - Students** – learn the facts and talk to your parents or another trusted adult (e.g., professor, coach, friend) about concerns you have about prescription drugs.
 - Don't share your prescription drugs – they were prescribed to you, not someone else.
 - Dispose of unused or expired medications properly. For more information, go to <https://go.usa.gov/xewJh>.
 - Get involved - join your campus's or local community's coalition to prevent drug misuse.
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RESOURCES

- DEA Website
www.campusdrugprevention.gov
- DEA Drug Fact Sheets
<https://www.campusdrugprevention.gov/content/drug-fact-sheets>