PREVALENCE

- More than 9% of college students reported using one or more types of prescription drugs (including antidepressants, painkillers, sedatives, and stimulants) that were not prescribed to them within the last 12 months.
- College students have a higher likelihood of misusing prescription stimulants, such as Adderall and Ritalin, when compared to their non-college peers.
- Some students begin using prescription stimulants, often referred to as “study drugs,” in the belief it will benefit their academic performance, but the non-medical use of prescription stimulants has not been proven to improve academic performance.

Sources: Monitoring the Future national survey results on drug use, 1975-2017: Volume 2; American College Health Association-National College Health Assessment (Fall 2018)

Consequences

- Depending on which prescription drug is misused, negative outcomes include:
  - Drowsiness, slowed breathing
  - Inability to concentrate
  - Psychosis, hallucinations, paranoia
  - Increased risk for cardiac effects
  - Loss of coordination
  - 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 risks 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 go.usa.gov/xmTnr.
- Get involved - join your campus’s or local community’s drug abuse prevention coalition.

RESOURCES

- DEA Website: campusdrugprevention.gov
- DEA Publication: Drug Fact Sheets campusdrugprevention.gov/content/drug-fact-sheets