Trends of Psychostimulant Misuse  
TCA Conference 2014

Nature and Scope of Concern
- Psychostimulants are amphetamines (Adderall, Ritalin, Concerta)
- Stimulants: Resemble adrenalin in structure (increase dopamine and norepinephrine in the brain)
- Prescribed to treat attention-deficit hyperactivity disorder (ADHD)
- For those with ADHD: Assist in concentration and focusing
- Schedule II controlled substance
- 1970 Controlled Substances Act
- Accepted medical use and abuse potential
- Misuse: taking more than prescribed; taking without a prescription

Prevalence and Trends of Psychostimulant Misuse
- Among college students:
  - 4.1% misuse in past year (McCabe, Knight, Teter, & Wechsler, 2005)
  - 8.1% misuse rate in lifetime (Teter, McCabe, Cranford, Boyd, & Gurthrie, 2005)
  - 45.8% misused within one year of being offered stimulant medications (Garnier-Dykstra, Calderia, Vincent, O’Grady, & Arria, 2012)
- Geographical Considerations
  - 5.4% misuse in past year at Midwestern university (Teter et al., 2005)
  - 11.2% misuse in past year at Western university (Shillington, Reed, Lange, Clapp, & Henry, 2006)
  - 11.7% misuse in past year at Southwestern university (Prosek et al., under review)
- Demographic Considerations
  - More common among males (Bogle & Smith, 2009; Garnier-Dykstra et al., 2012)
  - More common among White students (McCabe et al., 2005)
  - Misuse correlated with identifying as gay (Prosek et al., in press)
  - Mixed results among non-dominant groups
    - Misuse negatively correlated among Black and Hispanic/Latino(a) students (Prosek et al., in press)
    - Misuse increased rates among Hispanic/Latino(a) students (Teter et al., 2005)

Motivation for Psychostimulant Misuse
- Academic in nature (study enhancement, concentration, increase alertness) (DeSantis, Webb, & Noar, 2008; Teter et al., 2005)
- Weight loss (psychostimulants are appetite suppressants) (Faraone, Biederman, Morely, & Spencer, 2008; Jeffers, Benotsch, & Koester, 2013)

Concurrent Use with Other Substances
- More likely to abuse alcohol and marijuana (Garnier-Dykstra et al., 2012)
- 46.4% of those who used psychostimulants without a prescription used simultaneously with alcohol (Egan, Reoubussin, Blocker, Wolfson, & Sutfin, 2013)

Prosek et al., 2014
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Emotional and Psychological Impact (Giordano et al., in press)  
- God’s love and virtue related to non or appropriate use; appearance and approval related to misuse (with and without a prescription)  
- Similar to profile of contingencies of self-worth among undergraduates pertaining to alcohol and drug use  
- Academic competence and competition did not explain differences between groups  
- Appearance contingency of self-worth: unique association with psychostimulants as it suppresses appetite  

Therapeutic Approaches  
- Transtheoretical Model  
  - Precontemplation: No intent to change; does not believe a problem exists  
  - Contemplation: Thinking about making change in next 6 months; ambivalent; no decision made  
  - Preparation: Planning to change in next month; may make small steps toward change  
  - Action: Behavioral change is made  
  - Maintenance: Begins 6 months after behavior change; continues indefinitely  
- Motivational Interviewing (Miller & Rollnick, 2013)  

Suggested Reading  

Prosek et al., 2014