

# Adderall Abuse Among College Students

Parents know the dangers of alcohol and illicit drug use among college students. However, they may not know about another common danger. Many college students are abusing a prescription drug known as Adderall.

Adderall is considered a safe and effective treatment for kids and adults diagnosed with ADHD. It is a controlled substance. Doctors who prescribe it closely monitor its use.

Students call Adderall the “smart drug”. Many consider it their “study-buddy”. They use it to help them focus. It enables them to study all night, without sleep.

Kids may turn to drugs to give them an edge. College is competitive. Many high school honors students struggle to be at the top of their college class. Internships and jobs demand the best.

Adderall is an amphetamine. It is highly addictive. Your student may use it one night to study and cram for a test. Liking the effects, she may use it again. Before long, she may find herself dependent and unable to stop.

It is easy to buy Adderall on most college campuses. The

CDC estimates that 1 in 5 kids have abused this drug. Studies show that 1 in 10 students in grades 7 – 12 have used Adderall without a prescription. They use it to perform better in school.

A child’s brain is not fully mature until his mid 20s. College teens and young adults have little or no supervision. Even as college students, they can make poor decisions.

Help your college student stay safe.

- Discuss Adderall and its dangers.
- Keep in touch with her. Call often.
- Listen to what he tells you.
- Be aware of a change in mood. Visit often.
- Provide love and support.
- Find help if she is struggling.



**Adderall can have unexpected side effects such as:**

- Headaches
- Loss of appetite
- Weight loss
- Inability to sleep
- Mood swings
- Panic attacks
- Aggression, and
- Depression.

**Other serious side effects include:**

- Cardiovascular problems,
- High blood pressure,
- Hallucinations,
- Psychosis,
- Mania, and
- Suicide.

*Brought to you by Parent Help Line at HSHS St. John’s Children’s Hospital to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.  
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

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