ADHD PRESCRIPTION STIMULANT MEDICATION WON’T MAKE YOU SMARTER

Some students who don’t have ADHD are misusing ADHD prescription stimulants to try and boost their study performance. Yet in a large national survey of U.S. college students, those who earned a “B” or lower were almost twice as likely to report non-medical use of ADHD prescription stimulants than those who earned a “B+” or higher. It goes to show there are no short-cuts in college. Plus, using ADHD prescription stimulant medication to help cram for exams is counterproductive in the long run. You’ve made it this far through school without it. You’ve got this.

PRESCRIPTION STIMULANTS CAN BE ADDICTIVE

If stimulants are abused chronically, they can be addictive and associated with withdrawal symptoms. Fatigue, depression, and disturbed sleep patterns can result when a person stops taking them.4

MISUSE PUTS YOUR HEALTH AT RISK

Like all prescription medications, ADHD stimulants come with potential side effects and should only be used under medical supervision. In addition to abuse, risks of stimulant medications include dependence, cardiovascular and psychiatric side effects among others and may interact with your prescription and over the counter medicines. Talk to your doctor. Overdosing or mixing with over-the-counter medicines or alcohol can be potentially fatal. And relying on ADHD prescription stimulant medications to “manage” the stress of college can result in a pattern of misuse.2,3

EVERYONE IS NOT DOING IT.

ADHD prescription stimulant misuse isn’t the norm. In 2017, less than one in ten college students reported using a prescription stimulant for nonmedical use in the past year.7