

Psychology - Mr. Duez - Unit 2: Consciousness - The Effects of Drugs

STIMULANT	IMMEDIATE EFFECTS	USE WITH PREGNANCY	CONTINUED HEAVY / REGULAR USE	WAYS OF TAKING
<b><u>Tobacco</u></b>	<b>Lasts ¼ - 2 hr</b> Increased heart & pulse rate	Harmful	Heart & lung disease, cancer, high blood pressure, bronchitis & breathing difficulties	Smoking
<b><u>Caffeine</u></b>	<b>Lasts 2 - 4 hr</b> Increased alertness. Large doses can delay sleep.	Doctors advise less than 4 cups tea/coffee per day.	Restlessness, upset stomach. Can be harmful for people with heart problems.	Oral
<b><u>Amphetamine</u> Speed</b>	<b>Lasts 4 - 8 hr</b> Highly stimulating. Excitement, increased activity & decreased appetite. Larger doses delay sleep.	Harmful	Inability to sleep, restlessness, headaches, aggression. Can cause severe mental or emotional disturbances.	Snorting Injecting Anally Oral
<b><u>Cocaine Crack</u></b>	<b>Lasts up to 4 hr</b> Feeling of self confidence & power, increased energy & decreased appetite.	Harmful	Loss of concentration & motivation. Dizziness, aggression & mental disturbances. Can cause psychiatric complications. Snorting can lead to tearing of the nasal wall.	Snorting Injecting Oral Anally
<b><u>MDMA</u> Ecstasy</b>	<b>Can last to 6 hr</b> Increased blood pressure, confidence & a feeling of closeness with others. Sensation of floating, anxiety, nausea & paranoia can occur.	Harmful	Sensation of floating & other disturbed perceptions. Can cause convulsions, irrational behaviour, insomnia, depression.	Oral Injecting Anally
DEPRESSANT	IMMEDIATE EFFECTS	USE WITH PREGNANCY	CONTINUED HEAVY / REGULAR USE	WAYS OF TAKING
<b><u>Alcohol</u></b>	Slurred speech, loss of inhibitions, relaxation, feelings of happiness & wellbeing or depression. Large doses can cause unconsciousness or hangover.	Harmful	Can result in brain & other nervous systems damage, heart, pancreas, stomach & liver damage & sometimes death. Withdrawal can produce sweating, tremor, convulsions & delirium.	Oral
<b><u>Minor tranquillisers</u> Valium, Rohypnol, Serepax</b>	<b>Lasts 12 - 24 hr</b> Relief of anxiety & tension, drowsiness (possible sleep), lack of muscle coordination, blurred vision. In some cases excitability.	Harmful. Use only under medical supervision.	Depression, lack of muscle and speech coordination. Withdrawal symptoms such as anxiety, insomnia, tremor & convulsions can also occur while on a stable dose.	Oral Injecting Anally

DEPRESSANT	IMMEDIATE EFFECTS	USE WITH PREGNANCY	CONTINUED HEAVY / REGULAR USE	WAYS OF TAKING
<b><u>Opioids</u></b> Heroin, Morphine, Codeine, Pethidine, Methadone, Opium Palfium Temgesic Physeptone	<b>Lasts 4 - 24 hr</b> Relief of pain & anxiety, feelings of well being, decreased awareness of outside world. Vomiting, drowsiness & sleep in some. High doses can cause unconsciousness & death.	Harmful. Use prescribed preparations only under medical supervision.	High risk of overdose; HIV and hepatitis if sharing needles. Withdrawal symptoms are anxiety, sweating, cramps, runny nose, vomiting, insomnia, pain.	Oral Injecting Smoking Snorting
<b><u>Cannabis</u></b> Marijuana	<b>Can last up to 5 hr</b> Relaxation, laughter, increased appetite, slowing down of time, loss of concentration, decreased coordination & bloodshot eyes. Can be hallucinogenic	Long-term effects are still to be assessed.	Respiratory complications. Can decrease concentration & memory. Psychiatric problems possible if schizophrenic condition already exists.	Oral Smoking
<b><u>Inhalants &amp; Solvents</u></b> Petrol, Glue, Aerosol cans, Butane Gas	<b>Lasts 1 min - 3 hr</b> <b>Alcohol sniffing up to 6 hr</b> Feelings of happiness, excitement, relaxation & drowsiness. Half have illusions. Headaches & irritation common. Large amounts can cause illness & unconsciousness. Butane & aerosols may cause sudden death.	Harmful	Liver, kidney & brain damage can result. Suffocation caused by plastic bags, choking on vomit.	Inhalation
HALLUCINOGEN	IMMEDIATE EFFECTS	USE WITH PREGNANCY	CONTINUED HEAVY / REGULAR USE	WAYS OF TAKING
<b><u>Hallucinogens</u></b> LSD Magic mushrooms DMT Psydelic	<b>Lasts 6 - 12 hours.</b> Hallucinations ie seeing, hearing, feeling or thinking things that don't exist. Anxious feelings, panic, & nausea can occur.	Harmful	Can increase the risk of severe mental disturbances. Can cause 'flashbacks' (where the drug experience can recur at anytime.)	Oral

Note: Mixing drugs can sharply increase the effects of either substance, e.g., driving ability can be markedly impaired by mixing alcohol with minor tranquillisers. The Effects of Drugs chart was produced by CEIDA (Centre for Education and Information on Drugs and Alcohol) and made available to DrugNet with their permission. © CEIDA 1985, revised 1995.