



Introduction

- Adderall misuse is more prevalent in students between the ages of 18-25 and in colleges with more competitive admission standards.¹
- 28.8% of college students reported to have misused Adderall to improve concentration.²
- 62% of students reported that motives for misusing stimulants were to concentrate better.³
- Adderall has been associated with patients suffering from myocardial infarction, coronary spasms, arrhythmias, and cardiomyopathy.⁴

Objective

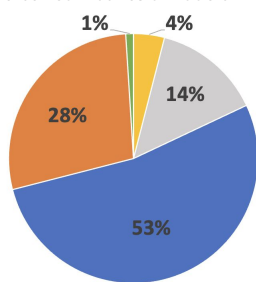
To examine the relationship between academic pressure and the perception of Adderall misuse among students at UC San Diego.

Methodology

- Observational cross-sectional study
- Data was collected in April to May 2023 through Qualtrics surveys
- Sample size: 103 students
- Inclusion criteria: all undergraduate students enrolled at UCSD.
- Exclusion Criteria: Any undergraduate not enrolled in UCSD or graduate students.
- Descriptive statistics and Fisher's exact chi-square analyses were used.

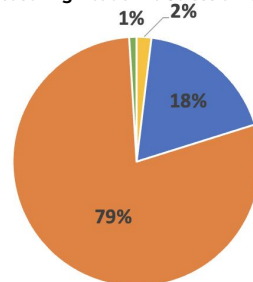
Results

Figure 1. Perceived Motives of Adderall Misuse



■ Strongly Disagree ■ Disagree ■ Neither Agree or Disagree ■ Agree ■ Strongly Agree

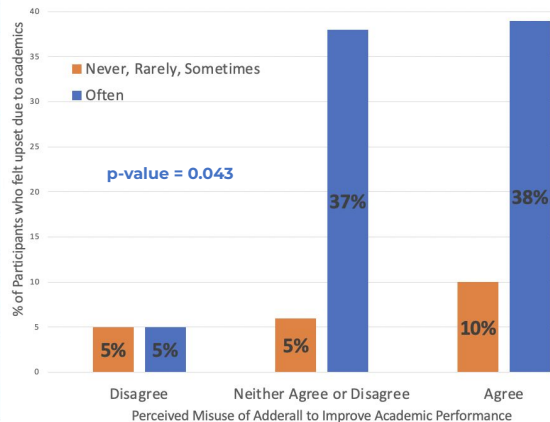
Figure 2. Measuring Academic Stress amongst Students



■ Rarely ■ Sometimes ■ Often ■ Prefer not to answer

| Table 1. Student Demographics (N=103) | |
|---------------------------------------|-------------------|
| Grade Level | % of Participants |
| First Year | 12.39% |
| Second Year | 21.24% |
| Third Year | 12.39% |
| Fourth Year | 46.90% |
| 5th year or more | 7.08% |
| Major | |
| Arts | 1.77% |
| Business | 3.54% |
| Engineering | 9.73% |
| Literature | 0.88% |
| Math | 0.88% |
| Science | 18.58% |
| Social Science | 13.27% |
| Public Health | 38.05% |
| Other | 13.27% |

Figure 3. Negative Response from Academic Pressure and Perceived Use of Adderall to Improve Studying



Conclusion

- Our findings reveal that there was a positive association between academic stress levels and perceived adderall use.
 - Underscores the significance of addressing academic stress within undergraduate students and alternative strategies of managing stress in order to prevent potential harmful substance abuse.
- Participants believe Adderall may enhance academic performance and use Adderall to deal with academic pressures.

Policy Implications

Mental health resources in stress management and academic support programs can be enhanced to promote healthier coping mechanisms to reduce Adderall misuse.

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References

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