

The Mental Health Effects of Adderall Usage in Undergraduate Students at UCSD

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METHODS

- A short survey was created via Google Forms, and disseminated throughout a small population of undergraduate UCSD students.
- Survey questions were designed to assess frequency of Adderall (& other psychostimulant) consumption. Subsequent survey questions assessed depressive symptoms of our participants following usage.
- After completion of data collection, SPSS was used for analysis and to identify a potential association between consumption of Adderall and depression.
- A 1 tailed t-test was used for analysis.

BACKGROUND

- Recent studies have shown that a significant portion of college students use Adderall to enhance their cognition and focus.¹
- According to the National Institute on Drug Abuse, 14.7% of college men and 8.8% of college women reported misusing Adderall.¹
- Adderall misuse is more prevalent among college students, compared to non-college peers.²

RESULTS

- 54% (12/22) of participants reported using Adderall within the last year.
 - 33% (4/12) of these participants reported using Adderall in excess of 25 occasions within the last year.
- The average depressive score for those that reported using Adderall within the last year was 8.0, compared to those that reported not using it within the last year, 3.1.
- The depressive levels of Adderall users (M = 8, SD = 1.8, n = 12) was hypothesized to be higher than the depressive levels of non-users (M = 3.1, SD = 2.6, n = 10). This difference was significant, $t(20) = 1.72$, $p = 0.0$ (1 tail).
- Based on our data, depressive levels of Adderall users are greater than depressive levels of non-users in UCSD's undergraduate population.

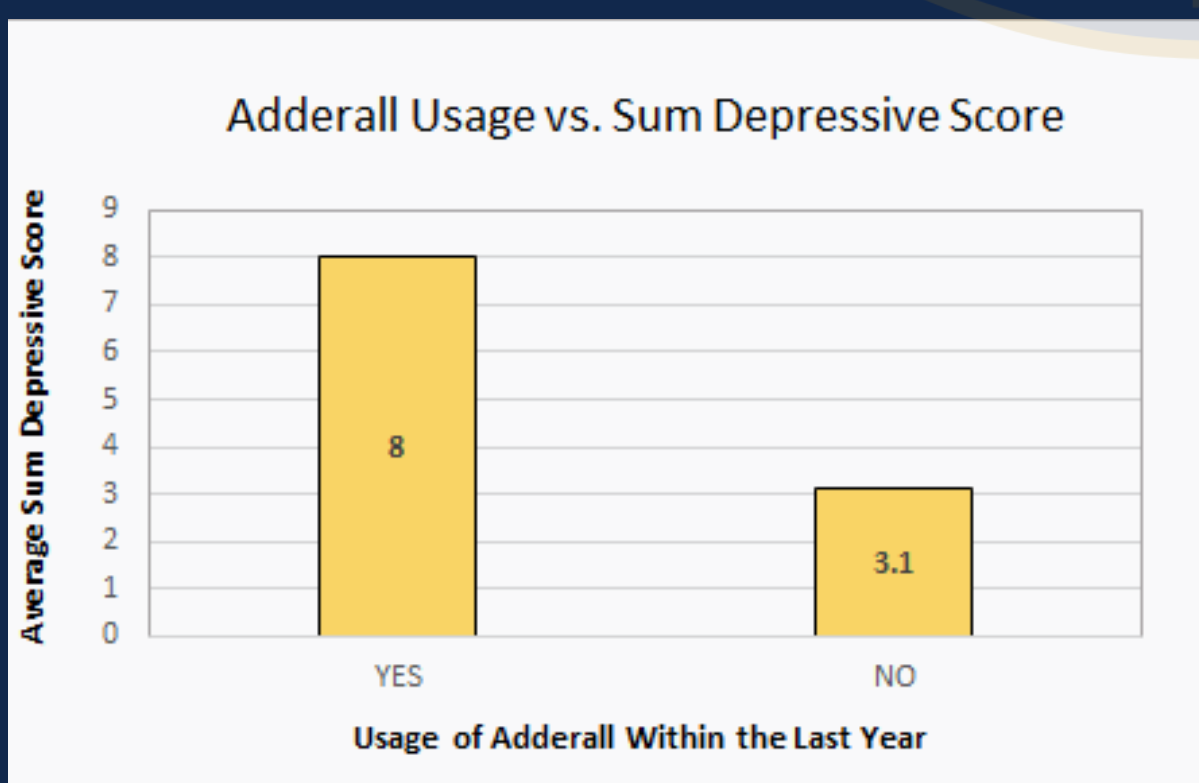


Table 1. Participant Characteristics (n=22)

Demographic Categories	Percentage and Frequency
Academic Year	
Freshman	0.0% (0/22)
Sophomore	0.0% (0/22)
Junior	13.6% (3/22)
Senior	86.4% (19/22)
Gender	
Male	40.9% (9/22)
Female	59.1% (13/22)
Age	
17-21	27.3% (6/22)
22-26	63.6% (14/22)
27-31	9.1% (2/22)
32-36+	0.0% (0/22)

OBJECTIVE

- To examine the mental health effects of Adderall usage in undergraduate students at UCSD
- *Is there a significant difference in depression between those that use Adderall vs. those that do not?*



IMPLICATIONS

- Beyond depression and anxiety-related symptoms, are there other potentially harmful effects of repeat Adderall usage among college students?
- What can college campuses do to support students academically, and alleviate the drive to use psychostimulants?
- We believe our work sets the stage for future research, with the goal of answering questions like these.

REFERENCES

1. National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.
2. Weyandt LL, White TL, Gudmundsdottir BG, Nitenson AZ, Rathkey ES, De Leon KA, Bjorn SA. Neurocognitive, Autonomic, and Mood Effects of Adderall: A Pilot Study of Healthy College Students. *Pharmacy*. 2018; 6(3):58. <https://doi.org/10.3390/pharmacy6030058>