



Perceived Prevalence and Attitudes of Non-prescription Use of Adderall Among UCSD Undergraduate Students, 2019

Olena Tiulkina, Theresa Brimson

Department of Family Medicine and Public Health
University of California San Diego, La Jolla, 92093

Health Problem

- Adderall is a medication used to treat attention deficit hyperactivity disorder (ADHD)
- Prevalence of non-prescription use (NPU) varies between 5.3% to 35% for college students¹
- The most common motive for misuse is academic pressure¹
- 37% of prescription Adderall is shared or sold to another student¹
- Non-medical use can lead to serious cardiovascular side effects, tachycardia, stroke, and psychosis²

Objective

To assess perceived prevalence and attitudes of NPU of Adderall among UCSD undergraduate students with an emphasis on Greek affiliated students

Method and Participants

- 63 UCSD undergraduate students (17 Greek affiliated) participated in anonymous survey
- Recruited by mass email and Facebook
- Data collected from April 22 - May 6, 2019
- Data analyzed through SPSS (Wilcoxon)

Survey Demographics:

- 95% of participants know what Adderall is
- 92% know what it is commonly prescribed to treat
- 65% of participants are Public Health majors

Results

Figure 1: Greek affiliated students have 2.3 times higher perceived prevalence of NPU of Adderall than non-Greek students

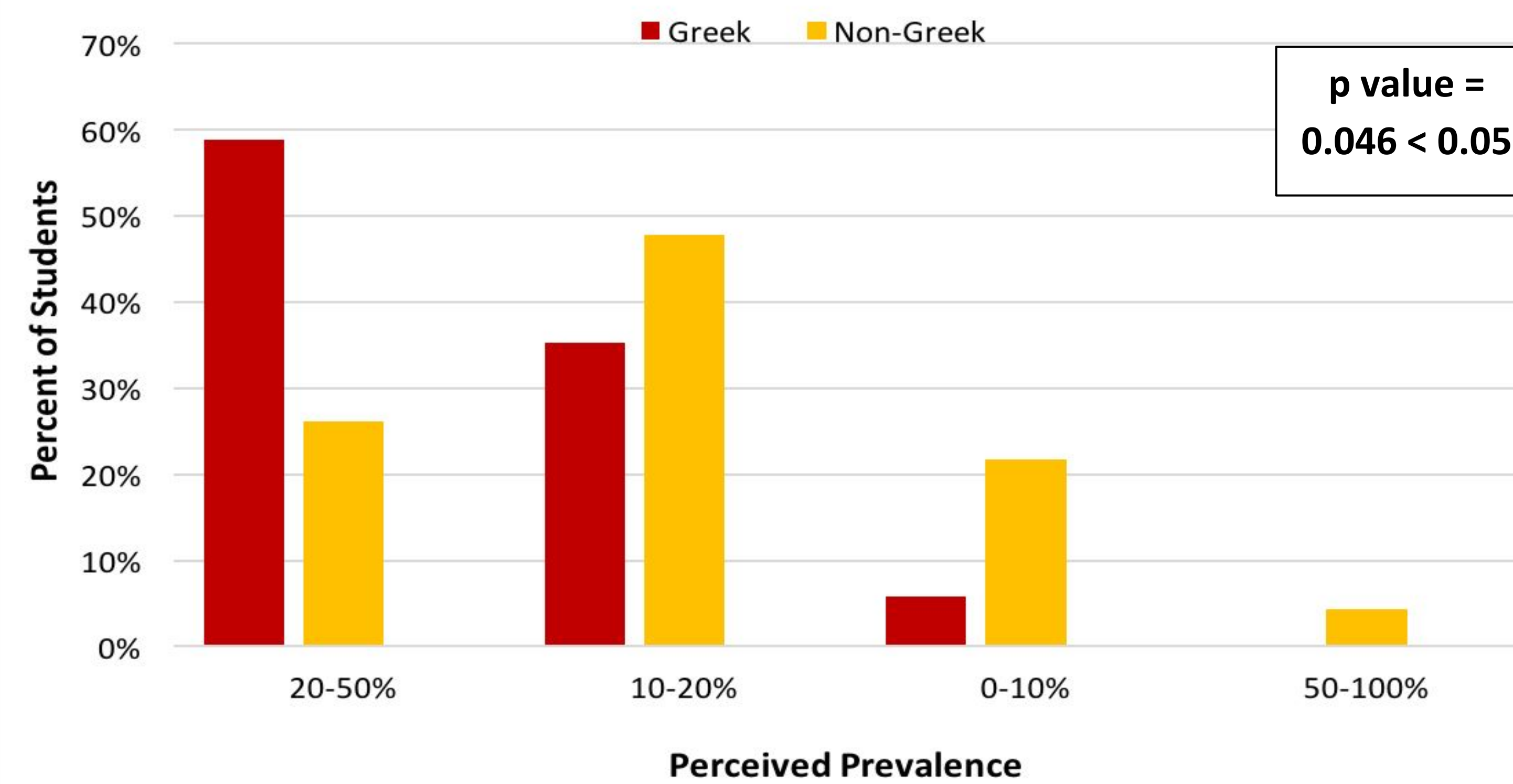


Figure 2: 30% of Greek affiliated students do not believe that NPU of Adderall is academically beneficial

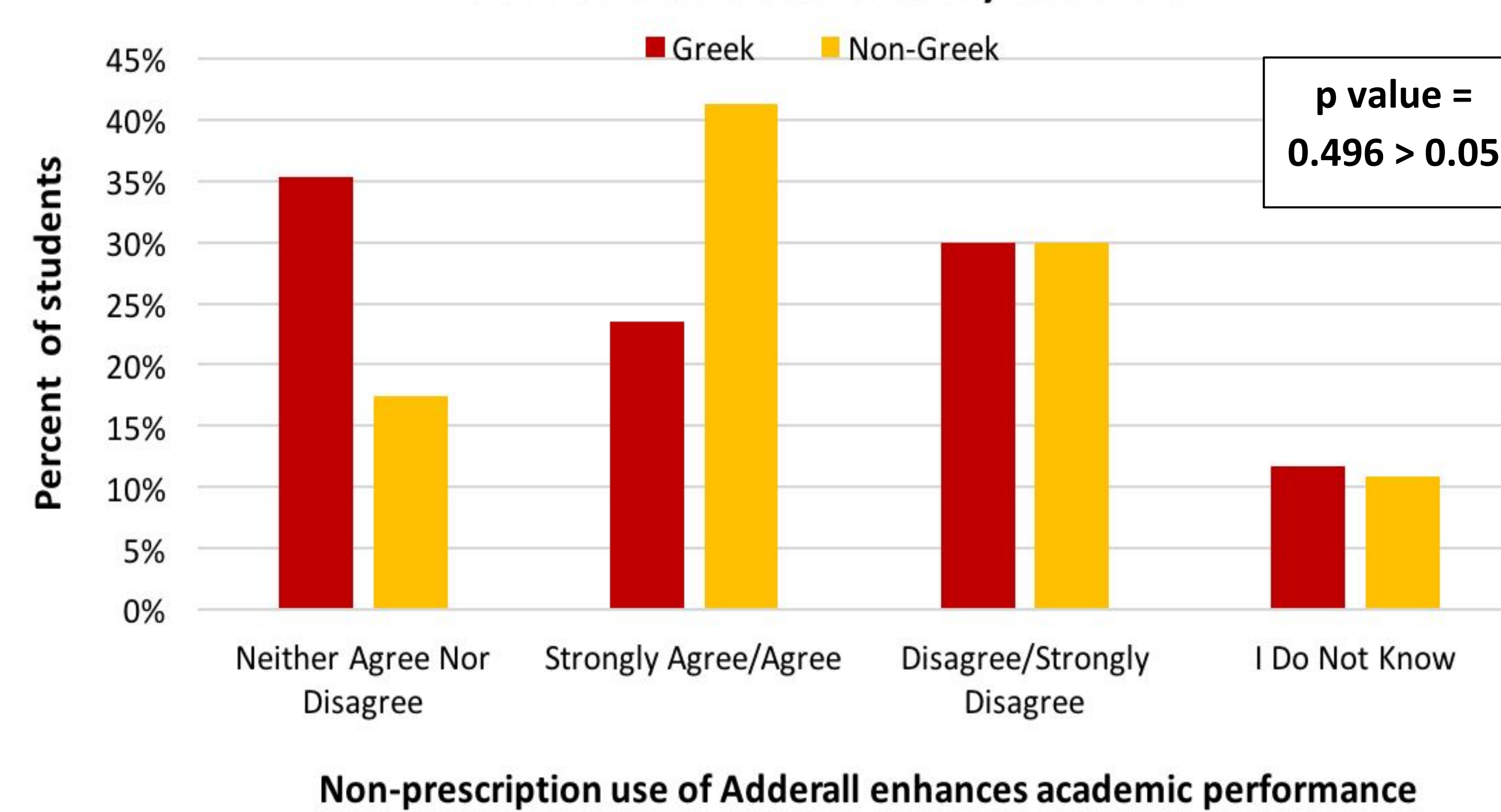
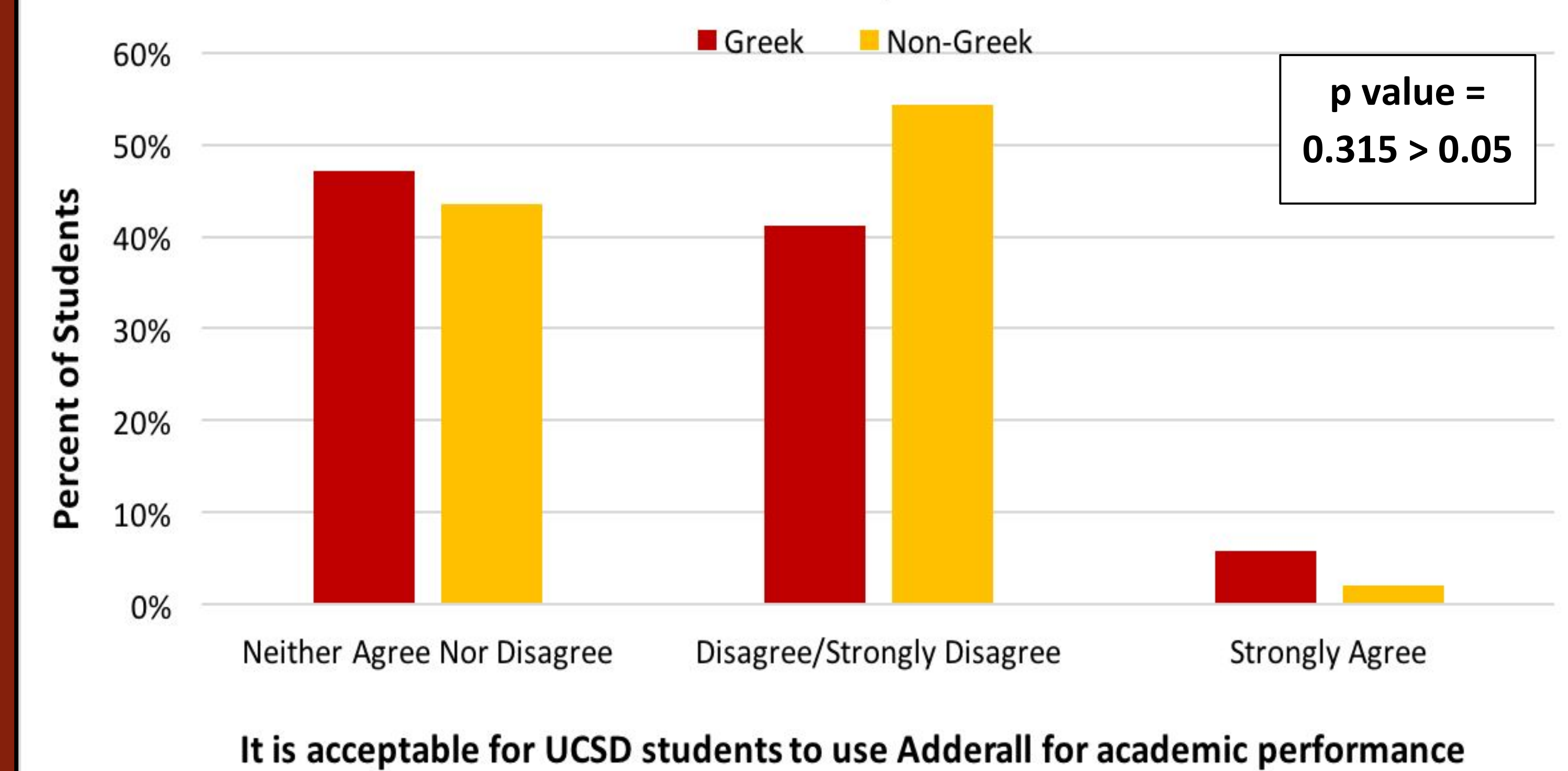


Figure 3: Less than 10% of students thought it is acceptable to use Adderall for academic performance



Limitations

- Survey did not specify clearly whether Adderall is medical or non-prescription in question regarding acceptability (Figure 3)
 - Majority answered "Neither Agree Nor Disagree"
- Small sample size so data is not generalizable
- Limited time frame to collect data

Policy Implications

- Expand upon existing drug and alcohol campus resources by integrating NPU education into orientation requirements for all students
- Health Promotion Services (HPS) to offer a workshop on NPU to Greek organizations by invitation

References

1. DeSantis, A. D., Webb, E. M., & Noar, S. M. (2008). Illicit use of prescription ADHD medications on a college campus: a multimethodological approach. *Journal of American College Health: J of ACH*, 57(3), 315-324. <https://doi.org/10.3200/JACH.57.3.315-324>
2. DrugFacts: Prescription Stimulants | National Institute on Drug Abuse (NIDA). <https://www.drugabuse.gov/publications/drugfacts/prescription-stimulants>. Accessed May 15, 2019.

Conclusion

- The majority of undergraduate students in our sample do not believe that NPU of Adderall is acceptable or academically beneficial but believe 10-20% of UCSD students use it
- Greek affiliated students perceive prevalence to be higher at 20-50% in comparison to non-Greek (A proxy for social norms within Greek affiliations)