Chapter 7 Notes

Altered States of Consciousness

7.3 Drugs and Consciousness
A. Psychoactive Drugs: Interact with the Central Nervous System to alter mood, perception, behavior, and consciousness.

- Ranges from caffeine to marijuana, alcohol, amphetamines, LSD, Cocaine
I. Psychoactive Drugs (con’t)

B. **Depressants:** Induce sleep, relaxation, impaired judgment/coordination, anxiety relief

- Types include Barbiturates, Quaaludes, Valium/Librium, Alcohol
I. Psychoactive Drugs (con’t)

C. Opiates: Induce sedation, pain relief, apathy, impaired intellect/coordination, nausea

• Types include narcotics such as opium, heroin, morphine, codeine, Demerol
I. Psychoactive Drugs (con’t)

D. Stimulants: Induce alertness, elevated mood, wakefulness, appetite loss, high heart rate

• Types include amphetamines, Dexedrine, Ritalin, Cocaine, Caffeine, Nicotine
E. Psychedelics: Induce distorted thoughts and perceptions, hallucinations, anxiety, mood swings, and violent behavior

- Types include LSD, Mescaline, PCP, Psilocybin, Marijuana, Hashish
I. Psychoactive Drugs (con’t)

F. Antidepressants: Induce relief of depression, mood elevation, stimulation

• Types include Lithium, Dibenzapines, MAO inhibitors
I. Psychoactive Drugs (con’t)

G. Inhalants: Cause Euphoria, Shortness of Breath, Nausea, Headache, Dizziness, fainting

• Types include: Hydrocarbons, nitrous oxide, chlorohydrocarbons
I. Psychoactive Drugs (con’t)

- **All Psychoactive Drugs** have Long-Term negative effects:
  
  Ex: addiction, withdrawal, paranoia, brain damage, DEATH!

- The Short Term effects of psychoactive drugs last from 1-12 hours depending on the drug used

- **Alcohol**: Most used/abused mind altering substance in U.S.

![Trends in Drug Use](image-url)

High school seniors reporting drug use:

- Alcohol
- Marijuana/hashish
- Cocaine

Year:

1975 '77 '79 '81 '83 '85 '87 '89 '91 '93 '95 '97 '99 '01
I. Psychoactive Drugs (con’t)

- **Tolerance**
  - diminishing effect with regular use

- **Withdrawal**
  - discomfort and distress that follow discontinued use
## I. Psychoactive Drugs (con’t)

<table>
<thead>
<tr>
<th>Drug</th>
<th>Tolerance Potential</th>
<th>Addiction Potential</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Leads to higher dosage)</td>
<td>Psychological</td>
<td>Physical</td>
</tr>
<tr>
<td>Depressants</td>
<td>Yes</td>
<td>High</td>
</tr>
<tr>
<td>Opiates</td>
<td>Yes</td>
<td>High</td>
</tr>
<tr>
<td>Stimulants</td>
<td>Yes</td>
<td>High</td>
</tr>
<tr>
<td>Psychedelics</td>
<td>Yes</td>
<td>Low</td>
</tr>
<tr>
<td>Antidepressants</td>
<td>No</td>
<td>Low</td>
</tr>
<tr>
<td>Inhalants</td>
<td>“Unknown”</td>
<td>Moderate</td>
</tr>
</tbody>
</table>
I. Psychoactive Drugs (con’t)

<table>
<thead>
<tr>
<th>Drug</th>
<th>Type</th>
<th>Pleasurable Effects</th>
<th>Adverse Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Depressant</td>
<td>Initial high followed by relaxation and disinhibition</td>
<td>Depression, memory loss, organ damage, impaired reactions</td>
</tr>
<tr>
<td>Heroin</td>
<td>Depressant</td>
<td>Rush of euphoria, relief from pain</td>
<td>Depressed physiology, agonizing withdrawal</td>
</tr>
<tr>
<td>Caffeine</td>
<td>Stimulant</td>
<td>Increased alertness and wakefulness</td>
<td>Anxiety, restlessness, and insomnia in high doses; uncomfortable withdrawal</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>Stimulant</td>
<td>Euphoria, alertness, energy</td>
<td>Irritability, insomnia, hypertension, seizures</td>
</tr>
<tr>
<td>“speed,” “ice”)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
<td>Stimulant</td>
<td>Rush of euphoria, confidence, energy</td>
<td>Cardiovascular stress, suspiciousness, depressive crash</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Stimulant</td>
<td>Arousal and relaxation, sense of well-being</td>
<td>Heart disease, cancer (from tars)</td>
</tr>
<tr>
<td>Ecstasy (MDMA)</td>
<td>Stimulant; mild</td>
<td>Emotional elevation, disinhibition</td>
<td>Dehydration and overheating, depressed mood and cognitive functioning</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Mild hallucinogen</td>
<td>Enhanced sensation, relief of pain, distortion of time,</td>
<td>Disrupted memory, lung damage from smoke</td>
</tr>
<tr>
<td></td>
<td></td>
<td>relaxation</td>
<td></td>
</tr>
</tbody>
</table>
II. Drug Abuse and Treatment

A. **Drug abusers** are people who regularly use illegal or legal drugs too much.

B. Drug abuse may cause injury or death due to accident or injury.

C. Drug abuse can turn into addiction resulting in loss of self-control.
II. Drug Abuse and Treatment

D. Treatment involves 3 steps:

1. Abusers must admit they have a problem.
2. They must enter a treatment program.
3. They must resist the temptation to go back for more drugs.

E. Support groups may be useful in assisting abusers to overcome their temptations. (Examples: Alcoholics Anonymous)