

Drugs, Society, and Human Behavior



Ninth Edition

Oakley Ray and Charles Ksir

Drugs, Society, and Human Behavior

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Preface

Today's media-oriented college students are aware of critical issues relating to substance abuse. Nearly every day we hear about new pharmaceuticals, club drugs, HIV and AIDS, and the effects of tobacco and alcohol, and most of us have had some personal experience with these issues through family, friends, or coworkers. This course is one of the most exciting you will take because it will help you relate the latest information on drugs to their effect on society and human behavior. You will then be able to examine your attitudes toward drugs and have the ability to modify your behavior to improve your health.

Much has changed in the nearly 30 years since *Drugs, Society, and Human Behavior* was first published. The 1970s were a period of widespread experimentation with marijuana and hallucinogens, while the 1980s brought increased concern about illegal drugs and conservatism, along with decreased use of alcohol and all illicit drugs. Not only did drug-using behavior change, but so did attitudes and knowledge. And, of course, each decade the particular drugs of immediate social concern have changed: LSD gave way to angel dust, then to heroin, then to cocaine and crack. In the 1990s we saw increased use of LSD and marijuana, but not to the levels of the 1970s. Methamphetamine use—associated with the so-called speed freaks of the late 1960s—also increased, but the drug was more often smoked than injected.

Update trends through 2000

The new millenium has brought with it a focus on the "club drugs," especially ecstasy and GHB. While we cannot predict the next drug on which we will focus our attention, we can confidently predict that there will be a next one. As these changes have occurred, our old standbys, alcohol and tobacco, have remained with us and have continued to be serious social problems. Although regulations have changed, new scientific information has become available, new approaches to prevention and treatment are being tried, and these substances continue to be the most widely used drugs in our society.

This text approaches drugs and drug use from a variety of perspectives—behavioral,

pharmacological, historical, social, legal, and clinical—which will help you apply the content to your own needs.

SPECIAL FEATURES

Updated Content

Throughout each chapter we have included the very latest information and statistics, and the Drugs in the Media feature has allowed us to comment on breaking news right up to press time. In addition, we have introduced many timely topics and issues that are sure to pique your interest and stimulate class discussion.

HealthQuest Activities

Each chapter contains a new activities box to complement the *HealthQuest* 3.0 CD-ROM that accompanies the text. These activities and *HealthQuest*'s exciting graphics and interactive approach will help you assess your knowledge of drugs and lifestyle in many different areas.

Web Watch Activities

Today we can find reliable health and drug information at our fingertips when we search the web. New Web Watch activities at the end of each chapter direct you to important websites related to the material. The activities, including many assessments and quizzes, will help you think critically about valuable health information.

Taking Sides

These boxes discuss a particular drug-related issue or problem and ask you to take a side in the debate. This thought-provoking material will help you apply what you learned in the chapter. Each box also refers you to a special McGraw-Hill website, www.dushkin.com/takingsides, for current news and valuable links, in case you wish to pursue the topic in more depth.

Online Learning Center Resources

Online Learning Center Resources boxes, found on the opening page of each chapter, direct you toward the useful resources available

on the Online Learning Center that accompanies this text. These resources include chapter key terms and definitions, learning objectives, question-and-answer sites, and chapter quizzes. The Online Learning Center Resources boxes also list some of the web links that you will find on the OLC.

Drugs in the Media

Your world revolves around media of all types—TV, films, radio, print media, and the web. To meet you on familiar ground, we've included Drugs in the Media boxes (see inside front cover for a list of boxes), which take an informative and critical look at these media sources of drug information. This feature appears on the first page of each chapter.

Exploring Your Spirituality

Spirituality has become an important focus in health courses. The new Exploring Your Spirituality boxes highlight the spiritual dimension of dealing with substance use, abuse, and addiction. This new feature includes topics such as spiritual resources as alternatives to drugs, a rewarding social life without alcohol and other drugs, and the search for humane drug policies.

Targeting Prevention

The new Targeting Prevention boxes offer perspective and provoke thought regarding what drug-related behaviors we, as a society, want to reduce or prevent. These boxes will help you better evaluate prevention strategies and messages.

Drugs in Depth

The Drugs in Depth boxes examine specific, often controversial drug-related issues and are a perfect starting point for class or group discussions.

Try It!

These self-assessments help you put health concepts into practice. Each Try It! asks you to answer questions and analyze your own habits and behavior.

Attractive Design and Updated Illustration Package

The inviting new look, bold colors, and exciting graphics in *Drugs, Society, and Human Behavior* will draw you in at every turn of the page. Sharp and appealing photographs, attractive drawings,

and informative tables support and clarify the chapter material.

New or Expanded Topics

Following is a sampling of topics in each chapter that are new or have been significantly expanded:

Chapter 1

Drug and alcohol use patterns and statistics
Risk factors and protective factors for substance abuse

Chapter 2

Drug toxicity
Drug use among those arrested for nondrug crimes

Chapter 3

Substance-abuse treatment admissions for various drugs
Success of treatment for adolescents

Chapter 4

The Institute of Medicine's new prevention model
Successful family-oriented prevention programs

Chapter 5

Regulation of legal pharmaceuticals
Regulation of tobacco and alcohol
Drug-related imprisonment
New regulations on club drugs

Chapter 6

Effects of behavior on brain chemistry
Sexual dysfunction among drug addicts

Chapter 7

Drug interactions

Chapter 8

How ADHD affects drug treatment

Chapter 9

Trends in use of club drugs

Chapter 10

New drugs to treat mental disorders

Chapter 11

Trends in beer, wine, and liquor sales
New findings about alcohol and health

Chapter 12

Alcohol use reported state-by-state
Alcohol-related crashes in the United States

Chapter 13

Trends in tobacco use
Settlements against tobacco companies
Cigarettes in the movies

Chapter 14

New findings about caffeine and health

Chapter 15

The latest herbal products and dietary supplements

Chapter 16

Trends in treatment of narcotic addiction

Chapter 17

Explanation of "entheogens"
Ibogaine as a treatment for addiction

Chapter 18

New findings about medical uses of marijuana
Drug use, drug-related problems, and treatment admissions
Trends in alcohol use
Shoring up of DUI laws
Latest drug-control expenditures and policies

Chapter 19

Use of performance-enhancing substances among athletes

Pedagogical Aids**Definition Boxes**

Key terms are set in boldface type and are defined in corresponding boxes. Other important terms in the text are set in italics for emphasis. Both approaches facilitate your vocabulary comprehension.

Chapter Summaries

Each chapter concludes with a bulleted summary of key concepts and their significance or application. You can then return to any topic in the chapter for clarification or study.

Review Questions

A set of questions appears at the end of each chapter to aid you in review and analysis of chapter content.

Appendices

The appendices include handy references on brand and generic names of prescription drugs; drug organizations and resources; and drug categories, uses, and effects.

Owner's Manual

Are you looking for drug information in the media? working to change your attitude and health for the better? trying to improve your grade? The great features in *Drugs, Society, and Human Behavior* will help you do all this and more! Let's take a look.

Online Learning Center

Want to get a better grade? This box reminds you about the study aids and other resources avail-

able at our free Online Learning Center and describes some of the useful web links you'll find there.

Drugs in the Media

How can you tell whether to trust drug information in the media? These boxes take a critical look at coverage of drug issues on the web, on television, in film, and in print.

HealthQuest Activities

You received a free *HealthQuest* 3.0 CD-ROM with your new copy of *Drugs, Society, and Human Behavior*. This feature provides activities to help you explore *HealthQuest* and assess your behavior in relation to drugs and alcohol.

Exploring Your Spirituality

A healthy body and a healthy mind go hand-in-hand. This feature helps you consider the spiritual dimension of health in your own attitudes toward alcohol and other drug use.

Web Watch Activities

Get healthier and smarter by surfing the web! These fun activities guide you to interactive self-assessments on the web. Do you know drug slang? Do you need advice on a drug-related problem? Has your "social drinking" gone too far? Log on and find out.

Try It!

Taking these self-assessments will help you analyze your behavior and habits and apply health concepts to your personal life.

Taking Sides

Is there a medical need for marijuana? Are alternatives to drugs *really* alternatives? Is methadone maintenance an effective treatment or an admission of failure? Read these articles and decide where you stand on controversial issues.

Targeting Prevention

These boxes will provoke thinking about what drug-related behaviors it's important to reduce or prevent. They'll help you evaluate prevention strategies and messages.

Drugs in Depth

Want to take a closer look? These articles examine specific drug-related issues and are a great starting point for discussion.

ANCILLARIES

Course Integrator Guide

This comprehensive manual is a traditional instructor's manual combined with a useful guide to incorporating McGraw-Hill supplements into

the course. It incorporates all these useful features and more:

- Chapter outlines and special supplements outlines with teaching suggestions, key terms, and relevant Presentation Manager illustrations noted at relevant points
- Current resources lists, including annotated readings, websites, journals, and films

Test Bank

This printed manual includes a test bank of multiple choice, true/false, matching, and critical thinking questions. It has been rewritten to enhance clarity, and it now includes more applications questions.

Computerized Test Bank

Test questions from the printed test bank are available on our computerized testing and grading program, MicroTest III, for Windows or Macintosh.

HealthQuest 3.0. CD

By Bob Gold and Nancy Meyer

Packaged free with new copies of *Drugs, Society, and Human Behavior*, this interactive CD may be used with any personal health text and includes coverage of alcohol and other drugs. This edition of *Drugs, Society, and Human Behavior* includes *HealthQuest* Activities boxes to integrate multimedia into the course.

Health and Human Performance Discipline Page www.mhhe.com/hhp

McGraw-Hill's Health and Human Performance Discipline Page provides a wide variety of information for instructors and students, including monthly articles about current issues, monthly articles that celebrate our diversity, downloadable text supplements, a "how to" guide to McGraw-Hill technology, study tips, and more. The page lists professional organizations, convention schedules, career possibilities, and information for instructors on how to become a McGraw-Hill author. Additional features of the discipline page include the following:

- This Just In—This feature presents the latest hot topics, the best web resources, and more—all updated monthly!
- Faculty Support—Instructors can access downloadable course supplements such as

lecture outlines and PowerPoint presentations, and create their own course website with PageOut!

- Student Success Center—Find online study guides and other resources to improve your academic performance. Explore scholarship opportunities and learn how to launch your career!
- Author Arena—Interested in writing a textbook or a supplement for the college market? Read the McGraw-Hill proposal guidelines, find links to the Editorial and Marketing teams, and meet and talk with our current authors!

McGraw-Hill Online Learning Center

The Online Learning Center provides instructors with downloads of helpful ancillaries. For students, the OLC offers self-scoring quizzes, review material for exam preparation, and access to web links and updated material.

PowerWeb

PowerWeb is a password-protected website developed by McGraw-Hill/Dushkin. It offers current articles from *Annual Editions*—peer-reviewed articles from some of the most important magazines, journals, and newspapers published today. Self-scoring quizzes allow students to gauge their understanding of the material in each article. Dozens of additional web links are organized by topic. Each online text includes a glossary of standard terms with a self-testing feature. PowerWeb also offers surveys, interactive illustrations, current news updates, study tips, interview tips, and a résumé builder. Students and faculty receive \$25 worth of free research time on NorthernLight.com, which provides access to more than 6,300 journals.

Visual Resource Library to Accompany *Drugs, Society, and Human Behavior*

The Visual Resource Library is a bank of images for use in the classroom and in the accompanying PowerPoint presentation. It's easy to import useful illustrations right into the pre-packaged PowerPoint lecture, which you can customize to fit your needs.

WebCT

WebCT, a product of Universal Learning Technology, makes it even easier for instructors to take their course online. McGraw-Hill content is delivered through one of the most popular and easy-to-use platforms available. With the adoption of *Focus on Health*, McGraw-Hill will pre-pay the WebCT student site license, and the school may use our Online Learning Center free of charge. In addition, McGraw-Hill offers our *Instructor Advantage* program to all McGraw-Hill/WebCT customers. This program provides unlimited technical support by phone and e-mail directly from WebCT. (Other WebCT customers have access to e-mail support from WebCT and are charged for phone support.) Each technical support representative has been specially trained to work with McGraw-Hill customers.

Overhead Transparency Acetates

Seventy-two full-color key illustrations and graphics from the text are available as transparency acetates. These useful tools facilitate learning and classroom discussion. They were chosen specifically to help explain complex concepts. This ancillary is provided free to all instructors who wish to use acetates.

McGraw-Hill PageOut: The Course Website Development Center

PageOut is a program that enables instructors to easily develop websites for their courses. The site includes the following:

- A course home page
- An instructor home page
- A syllabus (the syllabus is interactive and customizable, allows quizzing and the addition of instructor notes, and can be linked to the Online Learning Center)
- Web links
- Online discussion areas (multiple discussion areas per class)
- Online grade book
- An area to list links to students' web pages
- Sixteen design templates to choose from

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Keeping up with all the changes in this field is a formidable task, one in which we are aided immensely by our continuing to teach courses based on the text and receiving feedback and new information from our students, from students at other institutions, and from other faculty members who use the text. We appreciate (and need!) all that input. Although we also welcome regular mail, in keeping with the information age we invite comments, questions, and criticisms to be sent by electronic mail to cksir@uwo.edu.

Oakley Ray
Charles Ksir

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