

NINTH EDITION

Glen R. Hanson

Peter J. Venturelli

Annette E. Fleckenstein

Student Study Guide
to accompany

Drugs and Society

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9, 10, 11, 15

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Eating Disorders

Study Guide to accompany

DRUGS AND SOCIETY Ninth Edition

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Introduction

The impact of drug use and/or abuse on the lives of ordinary people is a topic that is important and complex enough to study for an entire semester. For some students this course is required to fulfill degree requirements for graduation; others choose this as an elective. Most students are surprised at the volume of information covered in a course on drugs and society, and sometimes do not appreciate the multiple dimensions and body of knowledge until after the first quiz or exam.

Each of us brings unique backgrounds, experiences, values, and beliefs to discussions of drug issues. These factors influence your decision-making in a variety of ways.

In this course, you will gain a real perspective of drug-related problems in our society. No matter your discipline, in this course, you will find useful current information and perspectives to help you understand:

- Social and psychological reasons why drug use and abuse occur
- The results of drug use and abuse
- How to prevent drug use and abuse
- How drugs can be used effectively for therapeutic purposes

The knowledge gained in this course can both protect and enhance your life.

This study guide is designed to help you organize and reinforce your learning about the issues covered in *Drugs and Society*. The following features can be found in each of the chapters:

- **Chapter Outlines** Give you an idea of the topics covered in each chapter.
- **Self-Tests** Test your knowledge of the reading and give you a chance to revisit concepts. Each chapter contains all or some of the following: Key Terms, Fill-in-the-Blank, Identify, Matching, True/False, and Discussion Questions.
- **Lecture Slides** Help you to have organized notes, which is essential at exam time and when doing assignments.

Lecture Slides

The lecture slide component is located at the end of each chapter and contains the full set of PowerPoint slides that accompany your textbook, as well as space next to each slide for you to jot down the terms and concepts that you feel are most important to each lecture. This guide will save you from having to write down everything that is on the slides. Do the assigned reading, listen in lecture, follow the key points your instructor makes, and write down meaningful notes. This is the perfect place to write down questions that you want to ask your professor later or reminders to yourself to go back and study a certain concept again to make sure you really got it.

For more information on the most effective note-taking methods that will save you both time and effort when reviewing for exams, see the Note-Taking Tips section directly following this Introduction.

Once the lecture slides component of this Study Guide has helped to organize and simplify your notes on each chapter, the self-tests will assess how well you have mastered the material. Your ability to easily locate the important concepts of a recent lecture and test yourself on the most important points and terminology will prove to be essential at exam time.

This Study Guide is a valuable resource. You've found a wonderful study partner!

Note-Taking Tips

1. It is easier to take notes if you are not hearing the information for the first time. Read the chapter or the material that is about to be discussed before class. This will help you to anticipate what will be said in class, and have an idea of what to write down. It will also help to read over your notes from the last class. This way you can avoid having to spend the first few minutes of class trying to remember where you left off last time.
2. Don't waste your time trying to write down everything that your professor says. Instead, listen closely and only write down the important points. Review these important points after class to help remind you of related points that were made during the lecture.
3. If the class discussion takes a spontaneous turn, pay attention and participate in the discussion. Only take notes on the conclusions that are relevant to the lecture.
4. Emphasize main points in your notes. You may want to use a highlighter, special notation (asterisks, exclamation points), format (circle, underline), or placement on the page (indented, bulleted). You will find that when you try to recall these points, you will be able to actually picture them on the page.
5. Be sure to copy down word-for-word specific formulas, laws, and theories.
6. Hearing something repeated, stressed, or summed up can be a signal that it is an important concept to understand.
7. Organize handouts, study guides, and exams in your notebook along with your lecture notes. It may be helpful to use a three-ring binder, so that you can insert pages wherever you need to.
8. When taking notes, you might find it helpful to leave a wide margin on all four sides of the page. Doing this allows you to note names, dates, definitions, etc. for easy access and studying later. It may also be helpful to make notes of questions you want to ask your professor about or research later, ideas or relationships that you want to explore more on your own, or concepts that you don't fully understand.
9. It is best to maintain a separate notebook for each class. Labeling and dating your notes can be helpful when you need to look up information from previous lectures.
10. Make your notes legible, and take notes directly in your notebook. Chances are you won't recopy them no matter how noble your intentions. Spend the time you would have spent recopying the notes studying them instead, drawing conclusions and making connections that you didn't have time for in class.
11. Look over your notes after class while the lecture is still fresh in your mind. Fix illegible items and clarify anything you don't understand. Do this again right before the next class.

Contents

Introduction	v
Note-Taking Tips.....	vi
CHAPTER 1 Introduction to Drugs and Society	1
CHAPTER 2 Explaining Drug Use and Abuse.....	17
CHAPTER 3 Drug Use, Regulation, and the Law	33
CHAPTER 4 Homeostatic Systems and Drugs	49
CHAPTER 5 How and Why Drugs Work	63
CHAPTER 6 CNS Depressants: Sedative-Hypnotics	77
CHAPTER 7 Alcohol: Pharmacological Effects.....	87
CHAPTER 8 Alcohol: A Behavioral Perspective	101
CHAPTER 9 Narcotics (Opioids).....	117
CHAPTER 10 Stimulants.....	131
CHAPTER 11 Tobacco.....	145
CHAPTER 12 Hallucinogens (Psychedelics).....	157
CHAPTER 13 Marijuana.....	169
CHAPTER 14 Inhalants.....	179
CHAPTER 15 Over-the-Counter, Prescription, and Herbal Drugs.....	189
CHAPTER 16 Drug Use Within Major Subcultures	203
CHAPTER 17 Drug Abuse Prevention	221
CHAPTER 18 Treating Drug Dependence	231

CHAPTER 1

Introduction to Drugs and Society

© Chapter Outline

The chapter outline provides you with an organizational guide to the topics and ideas presented in this chapter of the text.

Introduction

Drug Use

Dimensions of Drug Use

Most Commonly Abused Drugs

An Overview of Drugs in Society

How Widespread Is Drug Abuse?

Extent and Frequency of Drug Use in Society

Current Patterns of Licit and Illicit Drug Use

Types of Drug Users

Influence of the Mass Media on Drug Use

Drug Use and Drug Dependence

When Does Drug Use Lead to Abuse

Drug Dependence

The Costs of Drug Use to Society

Drugs, Crime, and Violence

Drugs in the Workplace: A Costly Affliction

Venturing to a Higher Form of Consciousness:

The Holistic Self-Awareness Approach to Drug Use

© Key Terms

Define the following terms:

1. Drug *any substances that modify mind or body functioning*
2. Addiction *psychological attachment to a drug*
3. Gateway drug *alcohol, tobacco & marijuana - may lead to using other drugs*
4. OTC drugs *drugs sold w/out a prescription*
5. Ethanol *pharmaceutical term for addiction*
6. EAPs _____
7. Equal-opportunity affliction *drug use cuts across all members of society*

© Fill-in-the-Blank

1. _____ are drugs that result from altered chemical structures of current illicit drugs.
2. The unintentional or inappropriate use of prescribed or over-the-counter (OTC) types of drugs is known as _____.
3. _____ refers to the need to continue taking a drug to avoid withdrawal symptoms.
4. _____ are drug compounds that affect the central nervous system and alter consciousness and/or perceptions.
5. Coffee, tea, alcohol, tobacco, and over-the-counter drugs are all examples of _____ drugs. Marijuana, cocaine, and LSD are all _____ drugs.
6. _____ are new drugs that are developed by people intending to circumvent the illegality of a drug by modifying a drug into a new compound. An example of this kind of drug is _____.
7. The _____ is the principal federal agency for enforcing U.S. drug laws.
8. Drug testing may be administered in three ways:
 1. _____
 2. _____
 3. _____

© Identify

1. Identify the three categories of drug users and explain characteristics of each.
 - a. _____
 - b. _____
 - c. _____
2. Identify and describe the five phases of addiction.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

3. Identify the four principal factors that affect drug use and explain each one.

- a. _____
- b. _____
- c. _____
- d. _____

4. Identify four symptoms of withdrawal.

- a. _____
- b. _____
- c. _____
- d. _____

5. Identify and define Erich Goode's four types of drug use.

- a. _____
- b. _____
- c. _____
- d. _____

6. Identify five reasons why people take drugs.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

© Discussion Questions

1. Describe the holistic self-awareness approach to drug use. Discuss your thoughts on this approach and its effectiveness in drug abuse treatment. _____

2. What is drug misuse? Provide multiple examples of how one might misuse a drug. _____

3. How does the mass media affect drug use? _____

4. Identify the components of the drug use process.

5. Identify and explain the factors that influence drug use.

6. Identify the factors that influence drug use.

7. Identify the factors that influence drug use.

8. Identify the factors that influence drug use.

9. Identify the factors that influence drug use.

10. Identify the factors that influence drug use.

Notes

- Drug is substance that alters brain chemistry
- Alcohol most used & abused drugs
- College students use most drugs
- Designer drugs are made in laboratory
 - PCP, Xstasy
 - MDMA main ingredient
 - speed, viagra, cocaine, heroine
- Ecstasy mixed w/ Crystal Meth (new form coming from Canada)
- Avg. Family has 50 diff. meds in home.
- Cocaine on the rise, heroine, crystal meth

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Drugs and Society

Introduction to Drugs and Society

Chapter 1

Key Concerns of Chapter 1

- What constitutes a drug?
- What are the most commonly abused drugs?
- What are designer drugs?
- How widespread is drug use?
- What is the extent and frequency of drug use in our society?
- What are the current statistics and trends in drug use?

Key Concerns of Chapter 1 (continued)

- What types of drug users exist?
- How does the media influence drug use?
- What attracts people to drug use?
- When does drug use lead to drug dependence?
- At what point does drug addiction set in?
- What are the costs of drug addiction to society?
- What can be gained by learning about the complexity of drug use and abuse?

Notes

- Good experiences make you want to do it again.
- Peers & Culture

Drug Use

- Drug users are found in all occupations and professions, at all income and social class levels, and in all age groups.
- No one is immune to drug use, which often leads to drug dependence. Thus, drug use is an *equal-opportunity affliction*.

Four Principal Factors That Affect Drug Use

- **Pharmacological Factors:** How does a particular drug affect the body?
- **Cultural Factors:** How do society's views, determined by custom and tradition, affect our initial approach to drug use?
- **Social Factors:** What are the specific reasons why a drug is taken (peer group members, family upbringing, membership in subcultures, etc)?
- **Contextual Factors:** How do physical surroundings—rock concert, nightclub, or private home affect drug use?

The Dimensions of Drug Abuse

Q: What is a drug?

A: A drug is any substance that modifies (either by enhancing, inhibiting, or distorting) mind and/or body functioning.

Q: What is a psychoactive drug?

A: Drug compounds (substances) that affect the central nervous system and/or alter consciousness and/or perceptions.

Psychoactive Drugs

- Psychoactive drugs are classified as either:
 - Licit (Legal)
 - Examples may include coffee, tea, alcohol, tobacco, and over-the-counter drugs.
 - Illicit (Illegal)
 - Examples may include marijuana, cocaine, LSD, etc.

Most Commonly Abused Types of Drugs

- Alcohol (ethanol)
- Tobacco (all forms of tobacco)
- Stimulants
 - Amphetamines, Cocaine, "Crack," Caffeine, Nicotine
- Hallucinogens
 - LSD, Mescaline, Peyote
- Depressants
 - Barbiturates, Benzodiazepines, Methaqualone, Alcohol

Most Commonly Abused Types of Drugs (continued)

- Cannabis
 - Marijuana and Hashish
- Anabolic Steroids
 - A synthetic form of the male hormone testosterone
- Inhalants/Organic Solvents
 - Inhalants such as gasoline, model glue, paint thinner, as well as certain foods, herbs, and vitamins
- Narcotics
 - Opium, Morphine, Codeine, and Heroin

Notes

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

- **Structural analogs** are drugs that result from altered chemical structures of current illicit drugs.
 - Involves modifying the basic molecular skeleton of a compound to form a new molecular species.
- **Designer drugs** /synthetic drugs or synthetic opioids
 - New categories of hybrid drugs, e.g., Ecstasy
 - These relatively recent types of drugs are created as structural analogs of substances already classified under the Controlled Substances Act.

- Gateway drugs are types of drugs that are believed to lead to using other more powerfully mind-altering and addictive drugs, such as hallucinogens, cocaine, “crack,” and heroin.
 - Alcohol, tobacco, and marijuana are the most commonly used gateway drugs.

- Drug misuse is the unintentional or inappropriate use of prescribed or over-the-counter (OTC) types of drugs.

- Taking more drugs than prescribed
- Using OTC or psychoactive drugs in excess without medical supervision
- Mixing drugs with alcohol or other types of drugs
- Using old medicines to self-treat new symptoms of an illness
- Discontinuing prescribed drugs at will and/or against physician's orders
- Administering prescribed drugs to a family member without medical consultation and supervision

- **Drug abuse** is the willful misuse of either licit or illicit drugs for the purpose of recreation, perceived necessity, or convenience.
 - Drug abuse refers to a more intense misuse of drugs—often to the point of addiction
 - Also known as *chemical* or *substance* abuse

- Legal instrumental use—taking prescribed drugs or OTC drugs to relieve or treat mental or physical symptoms
- Legal recreational use—using licit drugs like tobacco, alcohol, and caffeine to achieve a certain mental state
- Illegal instrumental use—taking nonprescribed drugs to achieve a task or goal
- Illegal recreational use—taking illicit drugs for fun or pleasure

Notes

Notes

Drug Use: Statistics and Trends

- **Social drugs**
 - \$104 billion for alcohol
 - \$51.9 billion for cigarettes
 - \$2 billion for cigars; chewing, pipe, roll-your-own tobacco, and snuff
 - \$5.7 billion for coffee, teas, and cocoa
- **Prescription drugs**
 - \$430 billion worldwide and \$176 billion in the U.S.

Drug Use: Statistics and Trends
(continued)

- **OTC drugs**
 - \$23.5 billion
- **Nonmedical use of prescription drugs**
 - In 2001, 16% of Americans 12 or older (36 million) had misused prescription drugs at least once in their lifetime
- **Miscellaneous drugs** (such as aerosols, nutmeg, morning glory seeds, etc.)
 - Amount unknown

Drug Quiz (according to the research studies reported in your textbook)

- Q: How many Americans, age 12 and up, have used alcohol in the past month?
A: 119 million
- Q: How many Americans in the past month have smoked tobacco?
A: 60 million
- Q: How many Americans use or have used marijuana in their lifetime?
A: 97 million (41%)
- Q: How many drugs can be found in the average household?
A: 50 drugs (40% prescriptions, 60% OTC)

National Household Survey on Drug Abuse, 2003

- 198 million Americans used alcohol during their lifetime
 - 163 million Americans used cigarettes
 - 110 million Americans used any illicit drug(s)
- Most commonly used illicit drugs (lifetime use):**
- 41% used marijuana (6.2% used in last month)
 - 15% used hallucinogens
 - 20% used a psychotherapeutic drug(s) for nonmedical reason(s) (2.7% used in last month)
 - 15% used cocaine

Drug Use: Other Major Findings

Age Patterns: 18–25 age category report the most illicit drug use

Racial and Ethnic Differences (highest rates of use, past month):

- American Indian/Alaska Native 12.1%
- Two or more races 12%
- Black 8.7%
- White 8.3%
- Hispanic or Latino 8%

Drug Use: Other Major Findings (continued)

Gender

- Boys have a greater increase in the percentage of illicit drug use than girls.
- Men are more likely to report current drug use than women

Pregnant Women

- Pregnant women are less likely to use drugs than similar age women who are not pregnant.

Notes

Boys use more