

Drugs and Society

Sixth Edition

Glen Hanson • Peter Venturelli





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JONES AND BARTLETT PUBLISHERS

Sudbury, Massachusetts

BOSTON TORONTO LONDON SINGAPORE

World Headquarters

Jones and Bartlett Publishers
40 Tall Pine Drive
Sudbury, MA 01776
978-443-5000
info@jbpub.com
www.jbpub.com

Jones and Bartlett Publishers Canada
2406 Nikanna Rd.
Mississauga, Ontario
CANADA L5C 2W6

Jones and Bartlett Publishers International
Barb House, Barb Mews
London W6 7PA
UK

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Library of Congress Cataloging-in-Publication Data

Hanson, Glen, (Glen R.)

Drugs and society / Glen Hanson, Peter J. Venturelli. — 6th ed.
p. cm.

Includes bibliographical references and index.

ISBN 0-7637-1391-0

1. Drugs. 2. Drugs—Toxicology. 3. Drug abuse.

I. Venturelli, Peter J.

RM301.W58 2000

615'.1—dc21

00-027369

Chief Executive Officer: Clayton Jones
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Cover Design: Mark Rodrigues
Design and Composition: Thompson Steele, Inc.
Printing and Binding: Courier
Cover printing: Courier

Photo Credits

(PNI refers to Publishers Depot)

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Preface

Drugs and Society is intended to convey to students the impact of drug use and/or abuse on the lives of ordinary people. The authors have combined their expertise in the fields of drug abuse, pharmacology and sociology with their extensive experiences in research, teaching, and drug-policy implementation to improve this sixth edition over the previous five versions of this book. To make the sixth edition of *Drugs and Society* an exceptional text on drug-related problems, this book is written at a more personal level and directly addresses college students by incorporating personal experiences and attitudes throughout the chapters. This significant improvement makes *Drugs and Society* truly unique. The approach was implemented in response to suggestions from readers and instructors to further stimulate students' comprehension and assimilation of this information.

Drugs and Society was written to assist university students from a wide range of disciplines to gain a realistic perspective of drug-related problems in our society. Students in nursing, physical education and other health sciences, psychology, social work, and sociology will find that our text provides useful current information and perspectives to help them understand:

1. why and how drug abuse occurs;
2. the results of drug abuse;
3. how to prevent drug abuse;
4. how drugs can be used effectively for therapeutic purposes.

To achieve this goal, we have presented the most current and authoritative views on drug abuse in an objective and easily understood manner. To help students appreciate the multifaceted nature of drug-related problems, this edition exposes readers to drug abuse issues from pharmacological, psychological and sociological perspectives. Besides including the most current information

concerning drug abuse topics, each chapter also includes helpful learning aids for students. These include:

- ▲ **Fighting the Drug War** Vignettes intended to help the readers assess governmental efforts to deal with drug-related problems.
- ▲ **Finding a Balance** These short essays by Brian Luke Seaward present creative ways of dealing with personal problems that help students see that there are effective alternatives to drugs.
- ▲ **Case in Point** Examples of relevant clinical issues that arise from the use of each major group of drugs discussed.
- ▲ **Exercises for the Web** Questions based on information available in identified web sites. These exercises guide students' access to constantly updated web material on drug use and abuse, and encourage students to research organizations or groups which have relevance to the topics of the associated chapter.
- ▲ **Here and Now** Current events that illustrate the personal and social consequences of drug abuse issues.
- ▲ **Highlighted definitions** Definitions of new terminology. These are conveniently located adjacent to their discussion in the text throughout the chapters.
- ▲ **Learning objectives** Goals for learning identified at the beginning of each chapter to help students identify the principal concepts being taught.
- ▲ **Summary statements** Concise summaries found at the end of each chapter which correlate with the learning objectives mentioned above.
- ▲ **Chapter questions** Provocative questions at the end of each chapter. These encourage

students to discuss, ponder, and critically analyze their own feelings and biases about the information presented in the book.

- ▲ **Concise and well-organized tables and figures** Updated features found throughout the book present the latest information to students in an easily understood format.
- ▲ **New color photographs and drawings** These additions graphically illustrate important concepts and facilitate comprehension as well as retention of information.

Because of these new and updated features, we believe that this edition of *Drugs and Society* is much more “user friendly” than the previous editions and will encourage student learning and motivation.

The new topical coverage in the sixth edition of *Drugs and Society* includes:

- ▲ Extensive, updated material and references with many citations from studies published between 1994 and 2000.
- ▲ A new chapter on inhalants.
- ▲ Updated information on ecstasy and tobacco legislation.

The material in the text encompasses biomedical, sociological and social-psychological views.

Beginning with Chapter 1, *Drugs and Society* introduces an overview: the current dimensions of drug use (statistics and trends) and the most commonly abused drugs at the turn of the century. Chapter 2 comprehensively explains drug use and abuse from a theoretical standpoint. The latest biological, psychological, social-psychological and sociological perspectives are explained. Chapter 3 discusses how the law deals with drug use and/or abuse of both licit (alcohol, OTC and prescription) and illicit (marijuana, hallucinogens and cocaine) drugs. Chapter 4 focuses on addictive behavior and treating drug dependence. Chapter 5 instructs students about the factors that determine how drugs affect the body. This chapter details the physiological and psychological variables that determine how and why people respond to drugs used for therapeutic and recreational purposes. Because the addicting properties of most, if not

all, substances of abuse are due to the effects of drugs on the reward centers of the brain, chapter 6 helps the student understand the basic biochemical operations of the nervous and endocrine systems and explains how psychoactive drugs and anabolic steroids alter such functions.

Chapters 7 through 15 deal with specific drug groups that are commonly abused in this country. Those drugs which depress brain activity are discussed in Chapters 7 (sedative/hypnotic agents), 8 and 9 (alcohol), and 10 (opioid narcotics). The drugs which stimulate brain activity are covered in chapters 11 (amphetamines, cocaine, and caffeine) and 12 (tobacco and nicotine). The last main category of substances of abuse is the hallucinogens. Such drugs alter the senses and create dreamlike and/or distorted experiences. These substances are discussed in chapters 13 (hallucinogens such as LSD, mescaline, and PCP) and 14 (marijuana). The new chapter 15 discusses inhalants, substances that are growing in popularity with youth. Although most drugs that are abused cause more than one effect (for example, cocaine can be a stimulant and a hallucinogen), the classification we have chosen for this text is frequently used by experts and pharmacologists in the drug abuse field and is based on the drug effect that is most likely to predominate following abuse. All of the chapters in this section are similarly organized. They discuss the historical origins and evolution of the agents so students can better understand society's attitudes toward, and regulation of, these drugs. Previous and current clinical uses of these drugs are discussed to help students appreciate distinctions between therapeutic use and abuse. Next, the patterns of abuse of these substances and special features which contribute to their abuse potential are discussed. Finally, nonmedicinal and medicinal therapies for drug-related dependence, withdrawal, and abstinence are presented.

Chapter 16 explores the topic of drugs and therapy. As with illicit drugs of abuse, nonprescription and prescription drugs can be misused if not understood. This chapter helps the student to appreciate the uses and benefits of proper drug use as well as appreciate that legal drugs can also be problematic.

Chapter 17 explores drug use in five major subcultures: sport/athletic, women, adolescent,

college student, HIV-positive and entertainment. Included in this chapter is a discussion of a new media drug subculture that has just recently arisen.

Chapter 18 of *Drugs and Society* acquaints students with the treatment, rehabilitation, and prevention of the major drugs of abuse. This final chapter describes the principal sociological, psychological and pharmacological strategies used to treat and prevent substance abuse and details their advantages and disadvantages. The discussion in this chapter helps students to better understand why drug abuse occurs, how society currently deals with this problem on an individual and group basis, and the likelihood of rehabilitation of persons dependent on these substances.

The Appendix of the sixth edition includes an explanation of federal agencies with drug abuse missions, and elucidates details of important legislative actions which regulate drug availability and proper use. In addition, a detailed description of schedules for drugs of abuse and the penalties for their illicit manufacturing, selling, or administration is presented.

Instructor's Aids

The ancillary package for the sixth edition includes the most contemporary technology. For instructors who adopt the sixth edition, an Instructor's Toolkit CD-ROM is available. Designed for classroom use, this CD contains lecture outlines in PowerPoint format, a computerized testbank, instructor's manual, and an image bank. Other instructor resources such as web exercises and lecture outlines can be found on *Drugs and Society Online* (www.jbpub.com/dsonline). Student flashcard reviews are also available. *Cyberclass* is a customizable, web-based teaching and learning environment with a syllabus maker, test generator, student review, lecture enhancement and course management tools, and messaging. For additional information call your Jones and Bartlett Publisher's Representative.

Acknowledgments

The many improvements that have made this the best edition yet of the *Drugs and Society* series could not have occurred without the hard work and dedication of numerous people.

Peter L. Myers, Ph.D. rewrote several chapters for the fifth edition. He extensively revised the chapters on Alcohol and Social Behavior and on Marijuana, and added many new pages of updated text. He wrote a new Addiction and Treatment chapter for the fifth edition and collaborated on the Prevention chapter. Dr. Myers is Professor and Director of the Addiction Counselor Training Program at Essex County College in Newark, NJ and President of the International Coalition of Addiction Studies Educators.

Brian Luke Seaward, Ph.D., of the Center for Human Caring at the University of Colorado, wrote the Finding a Balance boxes. This important feature of the book benefits from his long experience and deep study of coping strategies and holistic approaches to stress management.

Amy Austin and Rebecca Marks shepherded the project through its final production stages and made it all come together into a book.

We are indebted to the many reviewers who evaluated the manuscript at different stages of development. Much of the manuscript was reviewed and greatly improved by comments from:

Scott Alpert
University of Maryland

Karamarie Fecho
University of North Carolina – Chapel Hill

Myrna Hewitt
University of Massachusetts - Amherst

Keith King
University of Cincinnati

Robin Lewis
Allan Hancock College

Susan Cross Lipnickey
Miami University

Michael Maina
Valdosta University

Jennifer McLean
Corning Community College
James Pahz
Central Michigan University

Ray Tricker
Oregon State University

The authors would like to express, once again, their gratitude for the comments and suggestions of users and reviewers of previous editions of *Drugs and Society*.

At Valparaiso University, Professor Venturelli is grateful to students Jaron Theye, Kirsten Smith, George Corsianos, and Shane Blackstone for their tireless assistance. Also gratefully acknowledged are the countless other students and working people who were interviewed regarding their views and/or use of drugs. Finally, noteworthy ap-

preciation also goes to Ellen B. Meyer and Alice M. Koby, reference librarians at Valparaiso University's Moellering Library, especially when references were incomplete and deadlines loomed.

At our respective institutions, the authors would like to thank a multitude of people too numerous to list individually but who have given us invaluable assistance.

Dr. Hanson is particularly indebted to his wife, Margaret, for her loving encouragement. Without her patience and support this endeavor would not have been possible.



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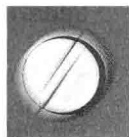
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Drugs and Society



CHAPTER

1



Introduction Drugs and Society



On completing this chapter
you will be able to:





Did You Know?

- The popular use of legal drugs, particularly alcohol and tobacco, has caused far more deaths, sickness, violent crimes, economic loss, and other social problems than the use of illegal drugs.
- Designer drugs are created for profit and are used as a method for circumventing the laws that make certain substances illegal.
- Attempts to regulate drug use were made as long ago as 2240 B.C.
- Drug use is an “equal-opportunity affliction,” meaning that both legal and illegal drugs are consumed in all income, social class, and age groups.
- Approximately 1.5 billion prescriptions for psychoactive drugs are written each year.
- More varieties of drugs are available today. Approximately 80% of all drugs that are currently marketed were either unknown or unavailable 20 years ago.
- The majority of young drug abusers come from homes in which drugs are used extensively.
- In 1998, an estimated 13.6 million Americans were current illicit drug users—that is, they had used an illicit drug in the month prior to their interview. This figure represents 6.2% of the population 12 years old and older.
- The alcohol industry alone spends more than \$1 billion annually on advertising.
- Addiction involves five phases that are often independent of one another.
- The majority of illicit drug users are employed. 73% of drug users in the United States are employed either full- or part-time; this number represents more than 8 million workers.

Learning Objectives

- Explain how drug use is affected by pharmacological, cultural, social, and contextual factors.
- Recognize the key terms for initially understanding drug use.
- Explain when drugs were first used and under what circumstances.
- Indicate how widespread drug use is and who the potential drug abusers are.
- List four different reasons why drugs are used.
- Rank in descending order, from highest to lowest, the most commonly used licit and illicit drugs.
- Name three types of drug users, and explain how they differ.
- Describe how the mass media promotes drug use.
- Explain when drug use leads to drug abuse.
- List and explain the phases of drug addiction.
- Define employee assistance programs (EAPs) and explain their role in resolving productivity problems.
- Describe the holistic health approach.

Each year the world undergoes a transformation—a form of technological evolution. Technology is driving social change more than ever before. The way people function and interact is constantly in a state of flux. Life is changing so rapidly that a constant pressure is exerted to keep up, stay current, and keep pace with rapid change. To handle this pressure, many people turn to using or abusing drugs. Despite all of our knowledge about the dangers of drug use and abuse, and despite the laws prohibiting such consumption, numerous people use both legal and illegal types of drugs.

Abuse and addiction to any type of drug can happen to anyone. The use of drugs before the onset of potential addiction is easily as seductive and nondiscriminating as its users. Many reasons explain this attraction, as drugs alter body chemistry by interfering with its proper functioning and by altering the reception and transmission of reality. Many would argue that our “reality” would become perilous and unpredictable if people were legally free to dabble in many drugs. Many do not realize, however, that if abused, even legal drugs can alter our perception of reality and become addictive.

In this introductory chapter, we answer some key questions related to drug use:

1. What constitutes a drug?
2. What are the most commonly abused drugs?
3. What are designer drugs?
4. How widespread is drug abuse?
5. What is the extent and frequency of drug use in our society?
6. What are the current statistics on and trends in drug use?
7. What types of drug users exist?
8. How do the mass media influence drug use?
9. What attracts people to drug use?
10. When does drug use lead to drug dependence?
11. When does drug addiction occur?
12. What are the costs of drug addiction to society?
13. What can be gained by learning about the complexity of drug use and abuse?

The Dimensions of Drug Use

To determine the perception of drug use in our country, we asked several interviewees, “What do you think of drug use in our society?” The following are two responses:

I think it is a big problem, especially when there are so many people doing drugs. Just think how many people are on drugs right now, this very minute, throughout the United States. How many drug users are in the workplace, driving trucks, making investment transactions, and even performing surgery? It's downright horrifying when you think about it. How many kids are not learning much, if anything, in classrooms across the nation because they are flying high while the teacher is talking?

From Venturelli's research files, 28-year-old female newspaper reporter in a Midwestern city, October 8, 1996

[Another respondent answering the same question]

Every effort by the government to stop illegal drug use has failed miserably. Even legal drug use, like alcohol and cigarettes, continues despite what the governmental public health media say. People should be left alone about their drug use unless such drug use is potentially harmful to others. I know that if I ever quit using both legal and illegal drugs it will be my own decision, not because the law can punish me. Yes, drug use is a problem for the addicted, but all throughout our history, drug use has been there. So why worry about it now?

From Venturelli's research files, 24-year-old male graduate student, October 3, 1996

These two interviews reflect contrasting attitudes with regard to drug use. The greatest differences of opinion often result from prior socialization experiences, such as family upbringing, peer group relationships, exposure to drug use or drug users, age, and so on.

In its entirety, this book views pharmacological, cultural, social, and contextual issues as the four principal factors responsible for determining how a drug user experiences drug use. These factors are defined as follows: