



# COMMON MENTAL DISORDERS AND MISUSED SUBSTANCES

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Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month (Recovery Month)** (<https://recoverymonth.gov>). This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially which discourages others from seeking help.

The 2019 **Recovery Month** theme, “*Join the Voices for Recovery: Together We Are Stronger*,” emphasizes the need to share resources and build networks across the country to support the many paths to recovery. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution. The **Recovery Month** observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and overall wellness.

During the 30th anniversary of **Recovery Month**, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives. Over the years, recovery-oriented organizations have also played an essential role in states, cities, towns, and neighborhoods to

help countless people start and sustain their recovery.

## Mental and Substance Use Disorder Prevalence in the United States

Millions of people in the U.S. live with a mental or substance use disorder, or both.

- According to the National Survey on Drug Use and Health ([NSDUH](#)), in 2017, an estimated 30.5 million Americans aged 12 or older currently used illicit drugs, and had used an illicit drug in the past month. Additionally, about 1 in 4 people aged 12 or older (or 24.5 percent of this population) currently binge drank alcohol, and an estimated 16.7 million people aged 12 or older had engaged in past-month heavy alcohol use.
  - » In 2017, there were 19.7 million people, or 7.2 percent, aged 12 or older who had a substance use disorder in the past year.

**46.6 million**

adults aged 18 or older had **any mental illness** in the past year.

- In 2017, [NSDUH](#) also reported that 46.6 million adults aged 18 or older (18.9 percent) had any mental illness in the past year.<sup>1,2,a</sup>
  - » Among adults aged 18 or older, 11.2 million adults (4.5 percent) had a

serious mental illness (SMI) in the past year in 2017.<sup>3,b</sup>

- In 2017, an estimated 8.5 million U.S. adults 18 or older reported having co-occurring disorders. This means that within the previous year, they experienced both any mental illness and a substance use disorder.<sup>4</sup>
  - » About 6.9 percent of individuals aged 18 to 25 (2.4 million) had co-occurring mental illness and a substance use disorder.<sup>5</sup>
- According to the 2018 Centers for Disease Control and Prevention’s (CDC) Vital Signs: Suicide Rising Across the U.S. report, suicide is a leading cause of death in the U.S. From 1999 through 2016, suicide rates increased in nearly every state, with half the states increasing by more than 30 percent. In 2016, nearly 45,000 Americans died by suicide. The report also found that:
  - » Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor.

- » Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress.
- » More than half—54 percent—of people who died by suicide did not have a known mental health condition.



**Suicide is a leading cause of death** in the U.S. From 1999 through 2016, suicide rates increased in nearly every state, **with half the states increasing** by more **than 30 percent.**

Read on to learn about common mental disorders and misused substances; signs, symptoms, and adverse health effects; additional information on prevalence; and the average age of first-time use of a substance.

**To learn more about the most common mental and substance use disorders and how SAMHSA works to reduce their impact on America’s communities, please visit:**

<https://www.samhsa.gov/find-help/disorders>

<sup>a</sup> A person with any mental illness (AMI) is defined as an individual having any mental, behavioral, or emotional disorder in the past year that met Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) criteria (excluding developmental and substance use disorders) See: American Psychiatric Association. (1994). Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) (4th ed.). Washington, DC.

<sup>b</sup> A person with serious mental illness (SMI) is defined as an individual having any mental, behavioral, or emotional disorder that substantially interfered with or limited one or more major life activities. AMI and SMI are not mutually exclusive categories; adults with SMI are included in estimates of adults with AMI.

## COMMON MENTAL DISORDERS

Mental Disorder	Signs and Symptoms <sup>6</sup>	Estimate Description	Surveillance System <sup>7,8,9,10,11,12,13</sup>	Estimate <sup>14</sup>
<b>Anxiety Disorders</b>				
<b>Generalized Anxiety Disorder</b>	Excessive anxiety and worry about a variety of events or activities (e.g., work or school performance) that occurs more days than not, for at least 6 months. People with generalized anxiety disorder find it difficult to control their worry, which may cause impairment in social, occupational, or other areas of functioning.	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)  Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	2.2% of youth  5.7% of adults
<b>Obsessive Compulsive Disorder (OCD)</b>	Uncontrollable, reoccurring thoughts (obsessions), and behaviors (compulsions) that he or she feels the urge to repeat over and over.	Lifetime Prevalence in the United States Among Adults	NCS-R	2.3% of adults
<b>Panic Disorder</b>	Unexpected and repeated episodes of intense fear accompanied by physical symptoms that may include chest pain, heart palpitations, shortness of breath, dizziness, or abdominal distress. These episodes occur “out of the blue,” not in conjunction with a known fear or stressor.	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)  Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	2.3% of youth  4.7% of adults
<b>Post-Traumatic Stress Disorder (PTSD)</b>	Can develop after exposure to a potentially traumatic event that is beyond a typical stressor. Events that may lead to PTSD include, but are not limited to, violent personal assaults, natural or human-caused disasters, accidents, combat, and other forms of violence. Exposure to events like these is common. About one half of all U.S. adults will experience at least one traumatic event in their lives, but most do not develop PTSD. People who experience PTSD may have persistent, frightening thoughts and memories of the event(s), experience sleep problems, feel detached or numb, or may be easily startled. In severe forms, PTSD can significantly impair a person’s ability to function at work, at home, and socially.	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)  Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	5.0% of youth  6.8% of adults

Mental Disorder	Signs and Symptoms <sup>6</sup>	Estimate Description	Surveillance System <sup>7,8,9,10,11,12,13</sup>	Estimate <sup>14</sup>
<b>Anxiety Disorders</b>				
<b>Social Phobia</b>	Persistent fear of one or more social or performance situations in which the person is exposed to unfamiliar people or to possible scrutiny by others. The individual fears that he or she will act in a way (or show anxiety symptoms) that will be embarrassing and humiliating.	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old) Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	9.1% of youth  12.1% of adults
<b>Specific Phobia</b>	Intense, irrational fear of something that poses little or no actual danger. Although adults with phobias may realize that these fears are irrational, even thinking about facing the feared object or situation brings on severe anxiety symptoms.	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old) Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	19.3% of youth  12.5% of adults
<b>Mood Disorders</b>				
<b>Bipolar Disorder</b>	Dramatic shifts in mood, energy, and activity levels that affect a person's ability to carry out day-to-day tasks. These shifts in mood and energy levels are more severe than the normal ups and downs that are experienced by everyone.	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old) Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	2.9% of youth  4.4% of adults
<b>Any Mood Disorder</b> (Major Depressive Disorder, Dysthymic Disorder)	A category of mental illnesses in which the underlying problem primarily affects a person's persistent emotional state (their mood).	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old) Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	14.3% of youth  21.4% of adults

Mental Disorder	Signs and Symptoms <sup>6</sup>	Estimate Description	Surveillance System <sup>7,8,9,10,11,12,13</sup>	Estimate <sup>14</sup>
<b>Other Mental Disorders</b>				
<b>Attention-Deficit/Hyperactivity Disorder (ADD/ADHD)</b>	Difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity)	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)  Lifetime Prevalence in the United States Among Adults	NCS-A  NCS-R	8.7% of youth  4.4% of adults
<b>Schizophrenia</b>	Hallucinations, delusions, and thought disorder (unusual ways of thinking), as well as reduced expression of emotions, reduced motivation to accomplish goals, difficulty in social relationships, motor impairment, and cognitive impairment	Prevalence in the U.S. among adults	NCS-R & others	Between 0.25% and 0.64% of U.S. adults
<b>Personality Disorders</b>	An enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture	12-month Prevalence in the United States Among Adults	NCS-R	9.1% of adults (Personality disorder)

## COMMON MISUSED SUBSTANCES

Substance: Examples of Other Names for Substances <sup>15</sup>	Negative Immediate Intoxication Effects; Negative Health Effects <sup>16</sup>	Estimate Description	Estimate <sup>17,18</sup>
<b>Alcohol, Inhalants, and Tobacco</b>			
<b>Alcohol:</b> <b>Booze, beer, wine, liquor</b>	<p><b>Immediate Effects:</b> Dizziness, talkativeness, slurred speech, disturbed sleep, nausea, vomiting, impaired judgment and coordination, increased aggression, risky behavior including drunk driving, inappropriate sexual behavior, and impaired judgment</p> <p><b>Health Effects:</b> Irregular heartbeat, stroke, high blood pressure; cirrhosis and fibrosis of the liver; mouth, throat, liver, and breast cancer; and for pregnancy, fetal alcohol spectrum disorders</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth (Aged 12 to 17)</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>51.7% of people aged 12 and older</p> <p>140.6 million people aged 12 and older</p> <p>9.9% of youth</p> <p>2.5 million youth</p> <p>17.6 years</p>
<b>Inhalants (Gases, Nitrites, and Aerosols): Ether, chloroform, nitrous oxide, isobutyl, isoamyl, poppers, snappers, whippets, laughing gas</b>	<p><b>Immediate Effects:</b> Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking; Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache</p> <p><b>Health Effects:</b> Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing; Nitrites: increased risk of pneumonia; In pregnancy: low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition.</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth (Aged 12 to 17)</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>0.2% of people aged 12 and older</p> <p>556,000 people aged 12 and older</p> <p>0.6% of youth</p> <p>153,000 youth</p> <p>18.9 years</p>

Substance: Examples of Other Names for Substances <sup>15</sup>	Negative Immediate Intoxication Effects; Negative Health Effects <sup>16</sup>	Estimate Description	Estimate <sup>17,18</sup>
<b>Alcohol, Inhalants, and Tobacco</b>			
<b>Tobacco Products: Cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew), e-cigarettes</b>	<p><b>Immediate Effects:</b> Increased blood pressure, breathing, and heart rate</p> <p><b>Health Effects:</b> Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia; In pregnancy: miscarriage, low birth weight, stillbirth, learning and behavior problems</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth (Aged 12 to 17)</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>22.4% of people aged 12 and older</p> <p>61.1 million people aged 12 and older</p> <p>4.9% of youth</p> <p>1.2 million youth</p> <p>18.8 cigarettes and 19.8 smokeless tobacco</p>
<b>Illicit Drugs</b>			
<b>Cocaine: Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot</b>	<p><b>Immediate Effects:</b> Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma</p> <p><b>Health Effects:</b> Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss; lung damage from smoking; Additionally, risk of HIV, hepatitis, and other infectious diseases from shared needles; In pregnancy: premature delivery, low birth weight, deficits in self-regulation and attention in school-aged children prenatally exposed</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth Aged 12 to 17</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>0.8% of people aged 12 and older</p> <p>2.2 million people aged 12 and older</p> <p>0.1% of youth</p> <p>26,000 youth</p> <p>21.8 years</p>



Substance: Examples of Other Names for Substances <sup>15</sup>	Negative Immediate Intoxication Effects; Negative Health Effects <sup>16</sup>	Estimate Description	Estimate <sup>17,18</sup>
<b>Illicit Drugs</b>			
<b>Ecstasy (a type of hallucinogen): Adam, Clarity, Eve, Lover’s Speed, Peace, Uppers</b>	<p><b>Immediate Effects:</b> Lowered inhibition; enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death</p> <p><b>Health Effects:</b> Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness; less interest in sex</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth Aged 12 to 17</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>0.2% of people aged 12 and older</p> <p>587,000 people aged 12 and older</p> <p>0.2% of youth</p> <p>41,000 youth</p> <p>21.5 years</p>
<b>Hallucinogens: Acid, boomers, doses, hits, LSD, microdot, peyote, shrooms, sugar cubes, tabs, trips, PCP</b>	<p><b>Immediate Effects:</b> (With LSD) Rapid emotional swings; distortion of a person’s ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness; loss of appetite; tremors; enlarged pupils</p> <p>(With PCP) Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one’s environment, anxiety</p> <p><b>Low doses:</b> slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement; High doses: nausea; vomiting; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; seizures, coma, and death</p> <p><b>Health Effects:</b> Frightening flashbacks (called Hallucinogen Persisting Perception Disorder); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth Aged 12 to 17</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>0.5% (includes Ecstasy, LSD, and PCP data) of people aged 12 and older</p> <p>1.4 million (includes Ecstasy, LSD, and PCP data) people aged 12 and older</p> <p>0.6% (includes Ecstasy, LSD, and PCP data) of youth</p> <p>143,000 (includes Ecstasy, LSD, and PCP data) youth</p> <p>20.2 years (includes Ecstasy, LSD, and PCP data)</p>

Substance: Examples of Other Names for Substances <sup>15</sup>	Negative Immediate Intoxication Effects; Negative Health Effects <sup>16</sup>	Estimate Description	Estimate <sup>17,18</sup>
<b>Illicit Drugs</b>			
<p><b>Heroin: Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse</b></p> <p><b>With OTC cold medicine and antihistamine: Cheese</b></p>	<p><b>Immediate Effects:</b> Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate</p> <p><b>Health Effects:</b> Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia; Additionally, risk of HIV, hepatitis, and other infectious diseases from shared needles; In pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth (Aged 12 to 17)</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>0.2% of people aged 12 and older</p> <p>494,000 people aged 12 and older</p> <p>Less than 0.1% of youth</p> <p>2,000 youth</p> <p>23.2 years</p>
<p><b>Marijuana/Hashish: Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Trees, Weed; Hashish: Boom, Gangster, Hash, Hemp</b></p>	<p><b>Immediate Effects:</b> Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety</p> <p><b>Health Effects:</b> Mental health problems, chronic cough, frequent respiratory infections; Additionally, in youth: possible loss of IQ points when repeated use begins in adolescence; In pregnancy: babies born with problems with attention, memory, and problem solving</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth Aged 12 to 17</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>9.6% of people aged 12 and older</p> <p>26.0 million people aged 12 and older</p> <p>6.5% of youth</p> <p>1.6 million youth</p> <p>19.7 years</p>

Substance: Examples of Other Names for Substances <sup>15</sup>	Negative Immediate Intoxication Effects; Negative Health Effects <sup>16</sup>	Estimate Description	Estimate <sup>17,18</sup>
<b>Illicit Drugs</b>			
<b>Methamphetamine: Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed</b>	<p><b>Immediate Effects:</b> Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat</p> <p><b>Health Effects:</b> Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems (“meth mouth”), intense itching leading to skin sores from scratching; Additionally, risk of HIV, hepatitis, and other infectious diseases from shared needles; In pregnancy: premature delivery; separation of the placenta from the uterus; low birth weight; lethargy; heart and brain problems</p>	<p><b>Past-month Use:</b> Percentage Among People Aged 12 and Older</p> <p><b>Past-month Use:</b> Number of People Aged 12 and Older</p> <p><b>Past-month Use:</b> Percentage Among Youth Aged 12 to 17</p> <p><b>Past-month Use:</b> Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>0.3% of people aged 12 and older</p> <p>774,000 people aged 12 and older</p> <p>0.1% of youth</p> <p>16,000 youth</p> <p>23.3 years</p>

Substance: Examples of Other Names for Substances <sup>15</sup>	Negative Immediate Intoxication Effects; Negative Health Effects <sup>16</sup>	Estimate Description	Estimate <sup>17,18</sup>
<b>Illicit Drugs</b>			
<p><b>Prescription Pain Relievers:</b> Vike (Vicodin®), oxy, O.C. (Oxycontin®), demmies, percs, octagons, sizzurp, captain cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank</p> <p><b>With gluteth- imide:</b> Doors &amp; Fours, Loads, Pancakes and Syrup, Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT, Vike, Watson-387, D, Dillies, Footballs, Juice, Smack, Demmies, Pain Killer, Amidone, Fizzies</p> <p><b>With MDMA:</b> Chocolate Chip Cookies, M, Miss Emma, Monkey, White Stuff, O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs, Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs</p>	<p><b>Immediate Effects:</b> Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death</p> <p><b>Health Effects:</b> Increased risk of overdose or addiction if misused; Additionally, risk of HIV, hepatitis, and other infectious diseases from shared needles; In pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome; In older adults: higher risk of accidental misuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain</p>	<p>Past-month misuse: Percentage Among People Aged 12 and Older</p> <p>Past-month misuse: Number of People Aged 12 and Older</p> <p>Past-month misuse: Percentage Among Youth Aged 12 to 17</p> <p>Past-month misuse: Number of People Aged 12 to 17</p> <p>Average Age of First Misuse Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>1.2% of people aged 12 and older</p> <p>3.2 million people aged 12 and older</p> <p>0.9% of youth</p> <p>214,000 youth</p> <p>27.3 years</p>

Substance: Examples of Other Names for Substances <sup>15</sup>	Negative Immediate Intoxication Effects; Negative Health Effects <sup>16</sup>	Estimate Description	Estimate <sup>17,18</sup>
<b>Illicit Drugs</b>			
<p><b>Central Nervous System Depressants (includes sedatives and tranquilizers):</b>  <b>Barbiturates (pentobarbital/ Nembutal®): Barbs, Phennies, Red Birds, Reds, Tooies, Yellow Jackets, Yellows</b></p> <p><b>Benzodiazepines (alprazolam/Xanax®, chlorodiazepoxide/ Librium®, diazepam/ Valium®, lorazepam/ Ativan®, triazolam/ Halicon®): Candy, Downers, Sleeping Pills, Tranks</b></p> <p><b>Sleep medications (Lunesta®, zaleplon/ Sonata®, zolpidem/ Ambien®): Forget-me Pill, Mexican Valium, R2, Roche, Roofies, Roofinol, Rope, Rophies</b></p>	<p><b>Immediate Effects:</b>  Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing</p> <p><b>Health Effects:</b> Sleep medications are sometimes used as date rape drugs; Risk of HIV, hepatitis, and other infectious diseases from shared needles</p>	<p>Past-month Misuse: Percentage Among People Aged 12 and Older</p> <p>Past-month Misuse: Number of People Aged 12 and Older</p> <p>Past-month Misuse: Percentage Among Youth Aged 12 to 17</p> <p>Past-month Misuse: Number of People Aged 12 to 17</p> <p>Average Age of First Misuse Among People Who Initiated Use in the Past Year, People Age 12-49</p>	<p>0.1% of people aged 12 and older for sedatives</p> <p>0.6% of people aged 12 and older for tranquilizers</p> <p>352,000 people aged 12 and older for sedatives. 1.7 million people aged 12 and older for tranquilizers</p> <p>0.1% of youth for sedatives</p> <p>0.5% of youth for tranquilizers</p> <p>19,000 youth for sedatives</p> <p>128,000 youth for tranquilizers</p> <p>27.3 years for sedatives</p> <p>25.2 years for tranquilizers</p>
<p><b>Stimulants: Amphetamine (Adderall®): Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers</b></p> <p><b>Methylphenidate (Ritalin®, Concerta®): JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R</b></p>	<p><b>Immediate Effects:</b> Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages</p> <p><b>Health Effects:</b> Heart problems, psychosis, anger, paranoia; Additionally, risk of HIV, hepatitis, and other infectious diseases from shared needles</p>	<p>Past-month Misuse: Percentage Among People Aged 12 and Older</p> <p>Past-month Misuse: Number of People Aged 12 and Older</p> <p>Past-month Misuse: Percentage Among Youth Aged 12 to 17</p> <p>Past-month Misuse: Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Who Initiated Misuse in the Past Year, People Age 12-49</p>	<p>0.7% of people aged 12 and older</p> <p>1.8 million people aged 12 and older</p> <p>0.5% of youth</p> <p>123,000 youth</p> <p>23.6 years</p>

**The following is not an exhaustive list of all available resources. Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

<sup>1</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 2. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 2 October 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>2</sup> American Psychiatric Association. (1994). *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) (4th ed.). Washington, DC.

<sup>3</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 2. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 2 October 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>4</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 2. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 2 October 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>5</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 41. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 2 October 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>6</sup> The National Institute of Mental Health. "Statistics." Web. 30 October 2018. Retrieved from <https://www.nimh.nih.gov/health/statistics/index.shtml>

<sup>7</sup> The National Institute of Mental Health. "Statistics." Web. 30 October 2018. Retrieved from <https://www.nimh.nih.gov/health/statistics/index.shtml>

<sup>8</sup> Harvard Medical School, 2007. "National Comorbidity Survey (NCS)." Web. 30 October 2018. Retrieved from <https://www.hcp.med.harvard.edu/ncs/index.php>

<sup>9</sup> Merikangas KR, He JP, Burstein M, Swanson SA, Avenevoli S, Cui L, Benjet C, Georgiades K, Swendsen J. "Lifetime prevalence of mental disorders in U.S. adolescents: results from the National Comorbidity Survey Replication--Adolescent Supplement (NCS-A)." *J Am Acad Child Adolesc Psychiatry*. 2010 Oct;49(10):980-9. PMID: 20855043

<sup>10</sup> Visser, SN, Danielson, ML, Bitsko, RH, Holbrook, JR, Kogan, MD, Ghandour, RM, Perou, R, and Blumberg, SJ. Trends in the parent-report of health care provider-diagnosed and medicated attention-deficit/hyperactivity disorder: United States, 2003-2011. *J Am Acad Child Adolesc Psychiatry*. 2014 Jan;53(1):34-46.e2. doi: 10.1016/j.jaac.2013.09.001. Web. 30 October 2018. Retrieved from [https://www.ncbi.nlm.nih.gov/pubmed?term=\(Visser%5BAuthor%5D\)%20AND%20parent-report%5BTitle%5D](https://www.ncbi.nlm.nih.gov/pubmed?term=(Visser%5BAuthor%5D)%20AND%20parent-report%5BTitle%5D)

<sup>11</sup> Kessler RC, Birnbaum H, Demler O, Falloon IR, Gagnon E, Guyer M, Howes MJ, Kendler KS, Shi L, Walters E, Wu EQ. "The prevalence and correlates of nonaffective psychosis in the National Comorbidity Survey Replication (NCS-R)." *Biol Psychiatry*. 2005 Oct 15;58(8):668-76. PMID: 16023620

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<sup>14</sup> The National Institute of Mental Health. "Statistics." Web. 30 October 2018. Retrieved from <https://www.nimh.nih.gov/health/statistics/index.shtml>

<sup>15</sup> National Institute on Drug Abuse. *NIDA: Commonly Abused Drug Charts*. U.S. Department of Health and Human Services & National Institutes of Health. Web. 15 October 2018. Retrieved from <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

<sup>16</sup> National Institute on Drug Abuse. *NIDA: Commonly Abused Drug Charts*. U.S. Department of Health and Human Services & National Institutes of Health. Web. 15 October 2018. Retrieved from <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

<sup>17</sup> Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health* (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Web. 15 October 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>18</sup> Center for Behavioral Health Statistics and Quality. (2018). *Results from the 2017 National Survey on Drug Use and Health: Detailed Tables* Substance Abuse and Mental Health Services Administration, Rockville, MD. Web. 15 October 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHDetailedTabs2017/NSDUHDetailedTabs2017.pdf>