

***STIMULANTS
&
MENTAL HEALTH***

Ashish Rana
Leeds Addiction Unit
Dual Diagnosis Team

Aim

- Knowledge about stimulant misuse
- Intoxication and withdrawal effects
- Management

Stimulants

- Psychoactive substances that cause an increase in activity of various parts of the CNS or directly increases the muscle activity

How to identify people taking stimulants

- Becoming aggressive & hostile in short period of time
- Increased BP, RR and heart rate
- Increase alertness
- Unreasonable paranoia
- Constant cold or running nose
- Pupils dilate

Types

Illicit

- Amphetamines
- Cocaine
- Crack
- Ecstasy/MDMA
- Amyl Nitrate
- Anabolic Steroids

Legal

Caffeine
Nicotine
Khat

History

- Used for asthma, obesity and neurological disorders
- Amphetamines used for nasal congestion, combat fatigue and increase alertness in soldiers

Amphetamines

- 1.3% 16-59 yrs old use amphetamines
- It is cheaper and has long lasting effect
- Can be swallowed, sniffed, smoked or injected (speed, whiz or pure form ice, crystal meth)
- Increases Dopamine & nor epinephrine levels in the brain by release & blocking the re-uptake
- 10% of those presenting to specialist services
- Less addictive than cocaine

Short term Effects

Physical

Decreased Appetite
Increased Stamina
Increased Sexual Drive
Hyperactivity
Agitation
Nausea/ Vomiting
Increased Heart Rate
Hypertension
Headaches
Pupillary dilation

Psychological

Alertness
Euphoria
Increased Conc.
Confidence
Speech
Social Awareness
Hallucinations
Insomnia

Long Term Effects

Physical

Tolerance

Difficulty in breathing

Tremor

Restlessness

Fatigue

Sleep patterns

Twitching

Gastric problems

CVS problems

Stroke

Damage to lung, kidney and liver

Erectile Dysfunction

Psychological

Irritability

Anxiety

Depression

Aggressiveness

Obsessive behaviour

Delusions

Paranoia

Dependence

Withdrawal symptoms

Withdrawal Syndrome

CRASH

- Craving
- Nausea
- Irritability
- Depression
- Loss of energy
- Sweats
- Fatigue
- Decreased Libido
- Decreased Self Confidence
- Convulsions
- Increased Sleep
- Paranoia
- Delusions
- Hyperventilations

Current Use

- ADHD
- Traumatic brain injury
- Narcolepsy
- CFS
- Depression supplement

Mental Health Problems

- Anxiety
- Depression
- Antisocial behaviour
- Repeated tidying (stereotyped behaviour)
- Paranoid psychosis
- Aggressiveness
- Suicidal ideation

Cocaine

- White powder from leaves of Coco shrub
- Sigmund Freud was addicted to cocaine
- Used as local anaesthetic
- Second most commonly used illicit drug
- 6.1% of 16-24 yr old used in previous year
- Modifies the action of dopamine and nor epinephrine
- Can be chewed, liquid but sniffing is most common
- Pure form is Crack which has rapid onset

Sought after effects

- Rapid feeling of intense high
- Increase in alertness and energy
- Feeling of well being
- Delay of hunger and fatigue
- Increase of confidence
- Stimulation of sex drive

Mental health effects

- Grandiose thinking
- Impaired judgement
- Sexual disinhibition
- High doses Auditory/Visual hallucinations
- Paranoid ideation/psychosis
- Aggressive behaviour
- Formication (Cocaine bugs)

Psychiatric Diagnosis of Cocaine Users

- Antisocial personality
- Attention Deficit disorder
- Alcoholism
- Mood disorders
- Anxiety disorders
- Psychotic disorders

Physical problems of Cocaine use

- Nasal Congestion
- Perforation of nasal septa
- Overdoses (hyperthermia, cardiac arrest)
- Cerebrovascular effects (stroke)
- Seizures
- Myocardial infarctions & arrhythmias
- Death

KHAT

- Fresh leaves of *Catha Edulis* leaves
- Cultivated & used in Yemen & East Africa
- It is legal & cheap to import in UK
- Leaves are rolled into a ball & kept in mouth upto 3-5 hrs and spat out
- Used in social gatherings
- Increases Dopamine & nor epinephrine
- Causes mouth ulcers, psychological dependence & relapse of mental illness

Key Points

- Very rapid Tolerance
- Cross Tolerance
- More psychological dependence than physical
- Craving is long and intense

Treatment

- Abstinence difficult because of craving
- Decrease the amount of the stimulant that the person is addicted to slowly until he can stop taking it altogether over time.
- Promote healthy lifestyle
- Involve family & friends
- Help to attend support meetings
- Psychiatric help if needed

Psychotherapeutic

- CBT
- Contingency management
- Motivational enhancement therapy
- Twelve step approaches (Cocaine Anonymous)

Future Trend

- Vaccine in the making (TA-CD)

Questions

- Snorting Cocaine effects are produced

A Within 3 to 5 min

B Within 20 to 25 min

C Within 25 to 35 min

D Within 45 to 60 min

- Amphetamines causes
-

A Decrease in heart & respiratory rate

B Increase in heart & respiratory rate

C Low confidence & energy

D Increase in heart rate & low anxiety

- A “Speedball” is a combination of which two drugs
-

A LSD & heroin

B Alcohol & cocaine

C Cocaine & heroin

D Amphetamines & alcohol

- Which condition is not treated by Amphetamines
-

A ADHD

B Traumatic brain injury

C Narcolepsy

D Cardiovascular disorder

- Crack is

A A form of Cocaine

B Chemically altered cocaine

C Deadlier than other forms

D All of the above

Any Questions?

Thank You
