

Unit 3: Substance Abuse Worksheet
Online Assignment (1H)
Due 6/9/2025 by 0800

Directions: Use Chapter 14 in the textbook to fill in the spaces provided. Place your completed assignment in the “Unit 3: Substance Abuse Online Assignment” Dropbox by 0800 on 6/9/2025.

In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety by the due date and time will result in missed class time and must be completed by the end of the semester to pass the course.

Drug	Symptoms of Use	Symptoms of Intoxication	Symptoms of Withdrawal
<p style="text-align: center;">CNS Depressants</p> <p>Examples: Alcohol, Amobarbital, Pentobarbital, Secobarbital, Butobarbital, Phenobarbital, Mephobarbital, Chloral hydrate, Diphenhydramine, Estazolam, Flurazepam, Temazepam, Alprazolam, Meprobamate, and Flunitrazepam</p>	<p>Depress the activity of the brain, nerves, and muscles (CNS depression)</p> <p>Hypotension, decrease in blood pressure, cardiovascular collapse (possible), reduce urine output when anesthesia is produced, decrease body temperature, initial increase in libido, respiratory depression from the inhibiting of the reticular activating system</p>	<p>(maladaptive behavioral or psychological changes)</p> <p>Inappropriate, sexual, or aggressive behavior, mood lability, impaired judgment, slurred speech, incoordination, unsteady gait, nystagmus, impairment of attention or memory, stupor or coma</p> <p>Alcohol: Disinhibition of sexual or aggressive impulses, mood lability, impaired judgment, impaired social or occupational functioning, slurred speech, incoordination, unsteady gait, nystagmus, and flushed face</p>	<p>Autonomic hyperactivity (sweating or pulse rate greater than 100), increased hand tremor, insomnia, nausea or vomiting, hallucinations, illusions, depersonalization, psychomotor, anxiety, grandma seizures, delirium, dreaming becomes vivid and excessive</p> <p>Alcohol: (Occurs within 4-12 hours of cessation)</p> <p>Coarse tremor of hands, tongue, or eyelids, nausea and vomiting, malaise or weakness, tachycardia, sweating, elevated blood pressure, anxiety, depressed mood or irritability, transient hallucinations or illusions, headache, and insomnia</p>

Unit 3: Substance Abuse Worksheet

Online Assignment (1H)

Due 6/9/2025 by 0800

<p align="center">CNS Stimulants</p> <p>Examples: Caffeine, nicotine, “bath salts”, Dextroamphetamine, Methamphetamine, Phendimetrazine, Benzenediamine, Diethylpropion, cocaine</p>	<p>(Excites the entire nervous system)</p> <p>Tremor, restlessness, anorexia, insomnia, agitation, and increased motor activity</p> <p>Increased heart rate, diuretic effect (caffeine), increased tone and activity of bowel (nicotine), increase in metabolic rate, increase sexual urges, and rise in temperature</p>	<p>Euphoria, affecting blunting, changes in sociability, hypervigilance, impaired judgment, stereotyped behaviors,</p> <p>Caffeine: Restlessness, insomnia, nervousness, excitement, flushed face, diuresis, GI disturbance, muscle twitching, rambling flow of thought or speech, tachycardia or cardiac arrhythmias, agitation</p>	<p>Referred as “crashing”</p> <p>Fatigue, cramps, depression, headaches, and nightmares</p> <p>(Occur within 2-4 days of abstinence)</p> <p>Caffeine: Headache, fever, drowsiness, dysphoric mood, irritability, difficulty concentrating, restlessness, decreased heart rate, increased appetite or weight gain</p>
<p align="center">Opioids</p> <p>Examples: Opium, Morphinan, Codeine, Kratom, Heroin, Hydromorphone, Oxycodone, Hydrocodone, Meperidine, Methadone, Pentazocine, Fentanyl</p>	<p>Sedative and analgesic effects</p> <p>Euphoria, mood changes, mental cloudiness, drowsiness, pain reduction, pupillary constriction, respiratory depression, and nausea and vomiting due to stimulation within the medulla</p>	<p>Behavioral or psychological changes</p> <p>Initial euphoria followed by apathy, dysphoria, psychomotor agitation or retardation, impaired judgment, pupillary constriction, drowsiness, slurred speech, and an impairment of memory</p>	<p>Dysphoric mood, nausea and vomiting, muscle aches, lacrimation or rhinorrhea, pupillary dilation, piloerection, sweating, diarrhea, yawning, fever, and insomnia</p>

Unit 3: Substance Abuse Worksheet

Online Assignment (1H)

Due 6/9/2025 by 0800

Hallucinogens			
<p>Examples:</p> <p>Mescaline, Psilocybin and psilocin, Ololiuqui, <i>Salvia divinorum</i>, Lysergic acid diethylamide (LSD), Dextromethorphan (DXM), Ketamine, Phencyclidine (PCP), Dimethyltryptamine (DMT) and dimethyltryptamine (DET)</p>	<p>“Mind-expanding drugs”</p> <p>Alter sensory perception and induce hallucinations</p> <p>Nausea and vomiting, chills, pupil dilation, increased pulse, blood pressure, and temperature, dizziness and trembling, loss of appetite, insomnia, sweating, slowing of respirations, elevation of blood sugar</p> <p>Heightened response to color, texture, sounds, body awareness, distortion of vision, sense of slowing time, all feelings are magnified, fear of losing control, paranoia, panic, euphoria, bliss, projection of self into dreamlike images, serenity, peace, depersonalization, derealization, and increased libido</p>	<p>(Develop shortly after use)</p> <p>Anxiety and/or depression, ideas of reference, fear of losing one’s mind, paranoid ideation, impaired judgment, intensification of perceptions, depersonalization, derealization, illusions, hallucinations, and synesthesia, impulsiveness, assaultiveness, and belligerence</p>	<p>Anxiety, restlessness, depression, confusion, and lack of motivation</p>

Unit 3: Substance Abuse Worksheet

Online Assignment (1H)

Due 6/9/2025 by 0800

Cannabinols			
<p>Examples:</p> <p>Marijuana, Hashish, NPS</p>	<p>“Feeling high”</p> <p>Feelings of euphoria, relaxed inhibitions, disorientation, depersonalization, relaxation, impairment in judgment of time and distance, recent memory, and learning ability</p> <p>Tremors, muscle rigidity, and conjunctival redness</p> <p>Tachycardia (increases oxygen demand), orthostatic hypotension, elevated blood pressure, decreased sperm count, motility, and structure, suppression of ovulation, disruption in menstrual cycles, alteration of hormone levels</p>	<p>Impaired motor coordination, euphoria, anxiety, a sensation of slowed time, impaired judgment and memory, and social withdrawal</p> <p>Conjunctival injection (red eyes), increased appetite, dry mouth, and tachycardia</p> <p>(Impairment of motor skills lasts 8-12 hours)</p>	<p>Irritability, anger, aggression, nervousness, restlessness, anxiety, sleep difficulty (insomnia, troubling dreams), decreased appetite, weight loss, depressed mood, abdominal pain, tremors, sweating, fever, chills, and headache</p>
Inhalants			
<p>Examples:</p> <p>Gasoline, varnish remover, lighter fluid, airplane glue, rubber cement, cleaning fluid, spray paint, shoe conditioner, and typewriter correction fluid</p>	<p>Rapid excitation followed by drowsiness, incoordination, and disinhibition</p> <p>(Effects are relatively brief, lasting several minutes to a few hours)</p>	<p>Dizziness, ataxia, euphoria, excitation, disinhibition, nystagmus, blurred and double vision, slurred speech, hypoactive reflexes, psychomotor retardation, lethargy, muscle weakness, and stupor or coma (at higher doses)</p>	<p>Restlessness, nausea and vomiting, runny nose, watery eyes, poor attention and concentration, and mood changes</p>