



Research / Clinical Perspective:

A Focus on College Students

Kevin M. Antshel, Ph.D., ABPP

Professor of Psychology / Associate
Department Chair

Board Certified, Clinical Child &
Adolescent Psychology



Disclosures

- Served as Advisor/Consultant for **Arbor Pharmaceutical Company** (2018 – 2021)
- Received research support from **Takeda Pharmaceutical Company** (2016 – 2022)
- *Both relationships were related to reducing stimulant misuse in college students*

Motivations for NMU of stimulants in college students

Adolescents / Young Adults

In multiple surveys, the most commonly reported motivations for any **NMU** of prescription stimulants were:¹⁻⁹

- Perceived performance enhancement in academic/occupational setting
- Recreational use
- Get high
- Enhance the effects of alcohol
- Enhance social situations and socializing
- Enhance wakefulness while partying or going out with friends

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Perceptions of NMU of stimulants in college students

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Medicinal Stimulant Misuse: Justifications

“Adderall is Definitely Not a Drug”: Justifications for the Illegal Use of ADHD Stimulants

ALAN D. DeSANTIS¹ AND AUDREY CURTIS HANE²

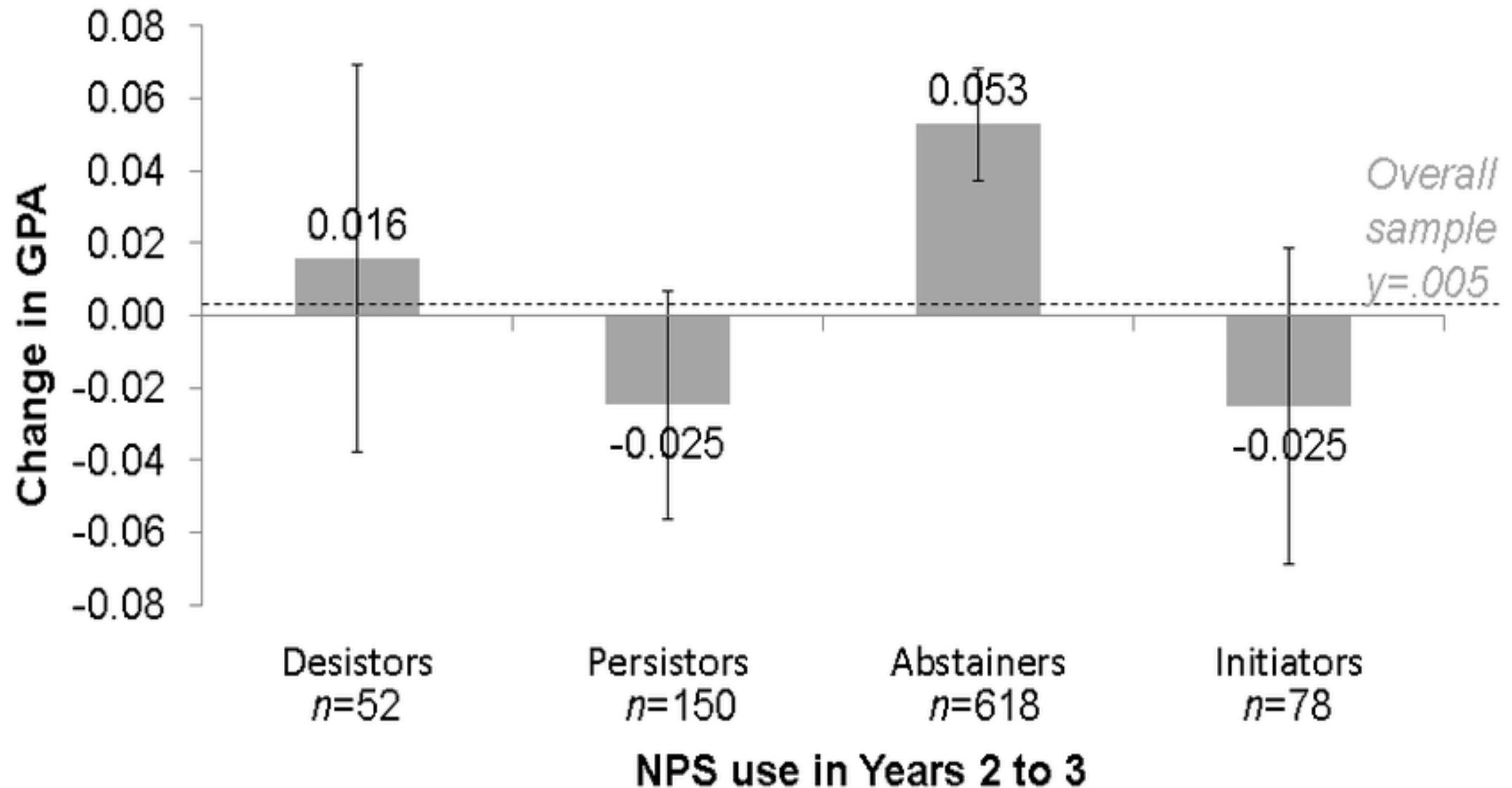
¹Department of Communication, University of Kentucky, Lexington,
Kentucky, USA

²Department of Communication, Newman University, Wichita, Kansas, USA

Justifications for NMU of stimulants in college students

- **Comparison and Contrast** - Comparing and contrasting stimulants with “party drugs”
- *I’m-doing-it-for-the- right-reasons* (stimulants are being taken to get better grades, and not to get high)
- **Moderation**
 - Strategic about when and why they use it (e.g., during periods of high academic stress)
- **Minimization**
 - Frame stimulants as harmless, benign, and socially acceptable – equal to socially acceptable caffeine (coffee, soft drinks)

Consequences of NMU of stimulants in college students



ADHD in the College Setting: Current Perceptions and Future Vision

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2015, Vol. 19(8) 643–654
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DOI: 10.1177/1087054714527789
jad.sagepub.com



Mark Thomas¹, Anthony Rostain², Regina Corso³,
Thomas Babcock⁴, and Manisha Madhoo⁴

Abstract

Objective: To assess perceptions concerning ADHD among U.S. college healthcare providers. **Method:** A 37-question survey was conducted from October 4 to December 2, 2010. Participants were contacted via mail or telephone and compensated for participation. **Results:** Thirty-eight percent of the respondents (physicians, $n = 59$; nurses, $n = 138$; directors, $n = 101$) viewed ADHD as a “problem”/“very much a problem” at their institution. Referrals for evaluation came from students (84%), psychologists/counselors (68%), or the institution (68%). Although 48% of respondents felt “comfortable”/“very comfortable” in their ability to recognize ADHD, 92% referred students for evaluation. Most respondents (>90%) agreed medication use may be warranted; 52% of respondents who treat ADHD or consult with a specialist (from 95% of physicians to 31% of directors) prescribed pharmacotherapy. **Conclusion:** Although college healthcare providers recognize the importance of treating ADHD, their discomfort in diagnosing and treating ADHD represents a barrier to care for college students. (*J. of Att. Dis.* 2015; 19(8) 643-654)

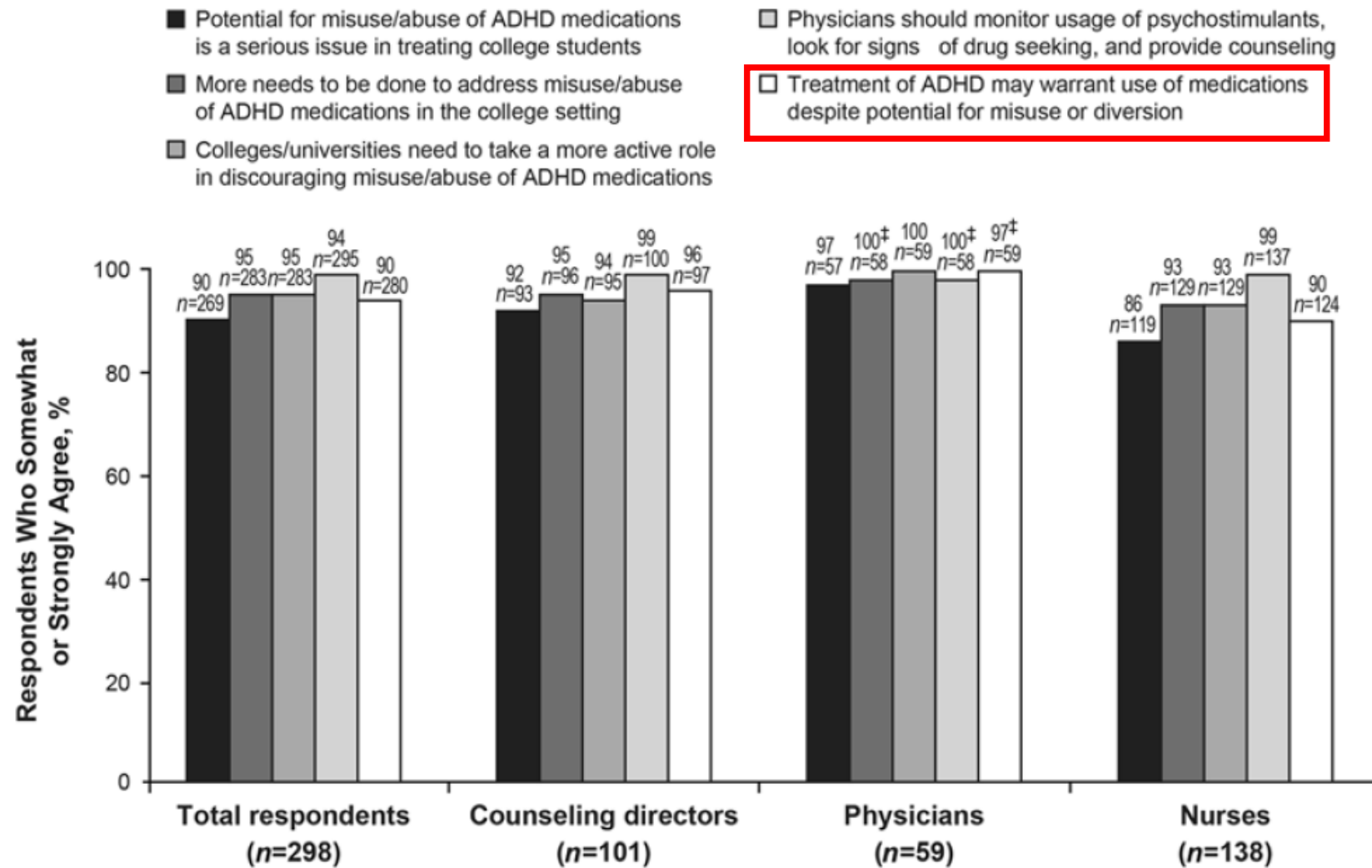


Figure 3. Respondents' opinions regarding the misuse or abuse of ADHD medications among college students.

[‡] $p < .05$ vs. nurses.

Variation in ADHD Treatment by Mental Health Care Setting Among US College Students from 2019 to 2022

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James Aluri¹ , David Goodman^{1,2}, Kevin Antshel³,
and Ramin Mojtabai^{1,4}

Abstract

Objective: To assess whether prevalence of treatment for ADHD varies by location of mental healthcare among US college students aged 18 to 25 with professionally diagnosed ADHD. **Method:** Our analysis uses cross-sectional data from the National College Health Assessment (NCHA) and evaluated the relationship between types of care received and location of mental health services received in the past year (dichotomized into “use of any on-campus services” and “use of off-campus services only”). We generated unadjusted and adjusted logistic regression models of each type of treatment. **Results:** Students who reported receiving mental healthcare on campus were less likely to receive any medication (aOR 0.66, 95% CI [0.60, 0.72]), any therapy (aOR 0.82, 95% CI [0.75, 0.89]), and any medication or therapy for ADHD (aOR 0.63, 95% CI [0.57, 0.70]). **Conclusion:** Future research should evaluate the causes of lower prevalence of ADHD treatment among students receiving mental healthcare from campus-based clinics. (*J. of Att. Dis.* XXXX; XX(X) XX-XX)

Keywords

epidemiology, service use, college students, adult ADHD treatment