

Recognizing the Marijuana Abuser

- 1) Decrease in work performance.
- 2) Fatigue, lethargy, and recurrence of non-specific illness.
- 3) Amotivational syndrome/ Loss of interest.
- 4) Low tolerance for frustration and authority.
- 5) Hostility.
- 6) Mood swings, personal hygiene deterioration.
- 7) Depression, self-centeredness, manipulative behavior, and lying.
- 8) Embraces and defends drug culture philosophy.
- 9) Secretive, change in friends.
- 10) Denial syndrome:
 - *Refusal to believe adverse impact of one's use.
 - *Refusal to take responsibility for one's actions.
- 11) Memory loss/ disorientation.
- 12) Giddiness.
- 13) Stimulated appetite.
- 14) Red-eyes.

RWU Resources

Public Safety

(401) 254-3611

Health Services

CSD 220

(401) 245-3156

Donna Darmody, Director of Health Education

CSD 210

(401) 254-3413

Counseling Center

CSD 200

(401) 254-3124



Sources:

<http://3rdmilclassrooms.com/MJ101V2/0403MJ.aspx>

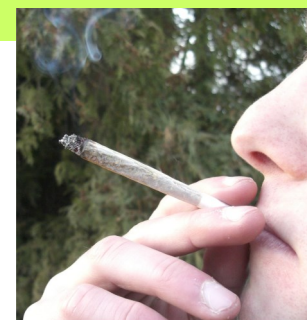
<http://health.usnews.com/health-news/articles/2008/05/23/what-parents-need-to-know-about-pot>

<http://www.livedrugfree.org/fileadmin/files/PDFs/parentsmarijuanabrochure.pdf>

<http://www.webmd.com/mental-health/marijuana-use-and-its-effects>

<http://bjp.rcpsych.org/content/178/2/116.full>

What Parents Need To Know About Marijuana



How to understand, recognize, and counter marijuana abuse.



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What you need to know:

- Marijuana is the most used illegal drug in this country.
- Since 1991, lifetime marijuana use has almost doubled among 8th- and 10th-grade students, and increased by a third among high school seniors. Research shows that accompanying this upward pattern of use is a significant erosion in antidrug perceptions and knowledge among young people today.
- Among high school seniors, marijuana use has increased by about 62 percent since 1991. The proportion of those seniors who believe regular use of marijuana is harmful has dropped by about 27 percent since 1991.
- These changes in perception and knowledge may be due to a decrease in antidrug messages in the media, an increase in pro-drug messages through the pop culture, and a lack of awareness among parents about this resurgence in drug use.
- Marijuana use today starts at a younger age—and more potent forms of the drug are available to these young children. Parents need to recognize that marijuana use could be a serious threat.



Research on Impact on Learning

- A 1996 Massachusetts research study: conducted to determine the effects of marijuana use on learning. In this study, 129 college students were selected based on their level of use. Researchers found that heavy users of marijuana have attention, memory, and learning problems, even after they had not used the drug for at least 24 hours.
- Among these college students, the heavy users had more trouble organizing, comprehending, and using information than the casual or non-user. The once-a-day user may actually function at a reduced intellectual level while under the influence of marijuana.



Test Criteria	Results
65 Heavy Users—smoked	Heavy users scored lower on
64 Light Users: smoked 3 or less days in past month	Heavy users scored lower on executive system functioning.
Numbers of men and women	Heavy users scored lower on
No significant differences verbal and intelligence scores for two groups	Male heavy users scored lower than female heavy users possibly because males ingested more of the drug.
Tested for learning, attention, memory, verbal ability, intelligence, and sorting ability	Recall of recently-learned information remained the same between heavy and light users.

Source from: <http://3rdmilclassrooms.com/MJ101V2/0403MJ.aspx>

The Effects of Marijuana Abuse:

Impacts on health:

- The lungs suffer from both pesticides used in the growing process and carcinogens, which some research suggests may be more concentrated in marijuana than in cigarettes.
- Some research suggests that regular use is associated with chronic cough, bronchitis, and emphysema, and a greater risk of cancer of the head and neck.
- Heart risks may increase with pot, too. A recent study showed higher levels of a protein that raises triglyceride levels, which are linked to cardiovascular disease, in the blood of chronic smokers.
- Pot also increases blood pressure and heart rate and causes a reduction in the blood's ability to carry oxygen.

Impacts on relationships:

Substance abuse can

- Hinder your connection with others
- Inability to fully participate in relationships
- Make you emotionally unavailable
- Use the drug as a buffer when dealing with problems (avoidance)

Impacts on mood:

- Anxiety, panic, confusion
- A quick way to alleviate problems or improve mood without dealing with real issues
- Can worsen and bring out present psychiatric disorders/mental illnesses