Table of Contents:

Chapter 1 Drug Use: An Overview

“The Drug Problem”
Use is Not Abuse
Every Drug Has Multiple Effect
Amount Matters
Psychoactive Drug Effects Are Powerfully Influenced by the User’s History and Expectations
Drugs, Per Se, Are Not Good or Bad How Did We Get Here?
Drugs and Drug Use Today
Extent of Drug Use
Populations of Users
Trends in Drug Use
Correlates of Drug Use
Risk and Protective Factors
Deviant Drug Use
Race, Gender, and Level of Education
Personality Variables
Genetics
Antecedents of Drug Use
Gateway Substances
Motives for Drug Use
Summary
Review Questions

References
Check Yourself: Do Your Goals and Behaviors Match?

Chapter 2 Drug Use as a Social Problem

Land of the Free?
Toxicity
Categories of Toxicity
Drug Abuse Warning Network
How Dangerous Is the Drug?
Blood-Borne Diseases
Substance Dependence: What Is It?
Three Basic Processes
Changing Views of Addiction
Which Is More Important, Physical Dependence or Psychological Dependence?
Broad Views of Addiction
Is Addiction Caused by the Substance?
Is Dependence Biological?
Is There an “Addictive Personality”?
Is Dependence a Family Disorder?
Is Substance Dependence a Disease?
Crime and Violence: Does Drug Use Cause Crime?
Why We Try to Regulate Drugs
Chapter 3 Drug Policy

The Beginnings

Reformism

Issues Leading to Legislation

1906 Pure Food and Drugs Act

Harrison Act of 1914

Two Bureaus, Two Types of Regulation

Regulation of Pharmaceuticals

Purity

Safety

Effectiveness

Marketing a New Drug

Dietary Supplements

Controlled Substances

After the Harrison Act

Narcotic Control Act of 1956

Drug Abuse Control Amendments of 1965

Comprehensive Drug Abuse Prevention and Control Act of 1970


State and Local Regulations

Federal Support for Drug Screening

Military and Federal Employees

Transportation Workers

Private Employers

Public Schools

Testing Methods

The Impact of Drug Enforcement

Budget

International Programs

Other Federal Agencies

Other Costs

Effectiveness of Control

Summary

Review Questions

References

Check Yourself: Consider the Consequences

Chapter 4 The Nervous System

Homeostasis

Components of the Nervous System

Neurons

Glia

Neurotransmission

Action Potential

The Nervous System(s)

Somatic Nervous System

Autonomic Nervous System

Central Nervous System

The Brain

Chemical Pathways Implicated in Reward Structures

Drugs and the Brain
Chapter 5 The Actions of Drugs

Sources and Names of Drugs
Sources of Drugs
Names of Drugs
Categories of Drugs
Drug Effects
Nonspecific (Placebo) Effects
Dose-Response Relationships
Potency
Time-Dependent Factors in Drug Actions
Getting the Drug to the Brain
A Little “Chemistry”
Routes of Administration
Transport in the Blood
More about the Blood-Brain Barrier
Mechanisms of Drug Actions
Effects on All Neurons
Effects on Specific Neurotransmitter Systems

Chapter 6 Stimulants

Cocaine
History
Coca Wine
Local Anesthesia
Early Psychiatric Uses
Early Legal Controls on Cocaine
Forms of Cocaine
Contemporary Legal Controls on Cocaine
Mechanism of Action
Absorption and Elimination
Beneficial Uses
Causes for Concern
Supplies of Illicit Cocaine
Current Patterns of Cocaine Use
Amphetamines
History
Basic Pharmacology
Beneficial Uses
Causes for Concern
Summary
Review Questions
References
Chapter 7 Depressants and Inhalants

History and Pharmacology

Before Barbiturates

Barbiturates

Meprobamate

Methaqualone

Benzodiazepines

Nonbenzodiazepine Hypnotics

Mechanism of Action

Beneficial Uses

Anxiolytics

Sleeping Pills

Anticonvulsants

Causes for Concern

Dependence Liability

Toxicity

Patterns of Abuse

Inhalants

Gaseous Anesthetics

Nitrites

Volatile Solvents

Gamma Hydroxybutyric Acid

Summary

Review Questions

References

Chapter 8 Medication for Mental Disorders

Mental Disorders

The Medical Model

Classification of Mental Disorders

Treatment of Mental Disorders

Before 1950

Antipsychotics

Atypical Antipsychotic Drugs

Antidepressants

Electroconvulsive Therapy

Mood Stabilizers

Consequences of Drug Treatments for Mental Illness

Summary

Review Questions

References

Check Yourself: Track Your Daily Mood Changes

Chapter 9 Alcohol

Alcoholic Beverages

Fermentation and Fermentation Products

Distilled Products

Beer

Wine

Distilled Spirits

Alcohol Use and “The Alcohol Problem”

The Temperance Movement in America

Prohibition

Prohibition Worked!

Prohibition Is Repealed
Chapter 10 Tobacco

Tobacco History
Early Medical Uses
The Spread of Tobacco Use
Snuff
Tobacco in Early America
Chewing Tobacco
Cigars
Cigarettes
Tobacco under Attack
The Quest for “Safer” Cigarettes
Electronic Cigarettes
Tobacco Products and the FDA
Current Cigarette Use
Smokeless Tobacco
Hookahs
Causes for Concern
Adverse Health Effects
Secondhand Smoke
Smoking and Health in Other Countries
Smoking and Pregnancy
Pharmacology of Nicotine
Absorption and Metabolism
Physiological Effects
Behavioral Effects
Chapter 11 Caffeine

Caffeine: The World’s Most Common Psychostimulant
Coffee
Tea
Chocolate
Other Sources of Caffeine
Soft Drinks
Energy Drinks
Over-the-Counter Drugs
Caffeine Pharmacology
Time Course
Mechanism of Action
Physiological Effects
Behavioral Effects
Causes for Concern
Cancer
Reproductive Effects
Heart Disease
Caffeinism
Summary
Review Questions
References

Chapter 12 Dietary Supplements and Over-the-Counter Drugs

Dietary Supplements
Some Psychoactive Dietary Supplements
Saint John’s Wort
SAMe
Ginkgo biloba
Weight-Control Products
Over-the-Counter Drugs
FDA Regulation of OTC Products
Simplifying Labels
Over-the-Counter versus Prescription Drugs
Behind-the-Counter Drugs?
Some Psychoactive OTC Products
Stimulants
Weight-Control Products
Sedatives and Sleep Aids
Analgesics
People and Pain
Aspirin
Acetaminophen
Ibuprofen and Other NSAIDs
Cold and Allergy Products
The All-Too-Common Cold
Treatment of Cold Symptoms
Allergy and Sinus Medications
Choosing an OTC Product
Chapter 13 Opioids

History of Opioids
- Opium
- Morphine
- Heroin

Opioid Abuse before the Harrison Act
Abuse after the Harrison Act
Abuse of Prescription Opioids

Pharmacology of Opioids
- Chemical Characteristics
- Mechanism of Action

Beneficial Uses
- Pain Relief
- Intestinal Disorders
- Cough Suppressants

Causes for Concern
Dependence Potential
Toxicity Potential

Misconceptions and Preconceptions

Summary
Review Questions
References

Chapter 14 Psychedelics

Animism and Religion

Terminology and Types
- Indoles
- Catechols

N-Methyl-DL-Aspartate (NMDA) Antagonists
- PCP
- Anticholinergic Hallucinogens
- Amanita Muscaria
- Salvia Divinorum

Summary
Review Questions
References

Check Yourself: Hallucinogens from Plants

Chapter 15 Cannabis

Cannabis, the Plant

Preparations from Cannabis
- Extracts
- Edibles

History
- Early History
- Harry Anslinger’s Case against Marijuana
- The Marijuana Tax Act of 1937

After the Marijuana Tax Act
Pharmacology
Cannabinoid Chemicals
Absorption, Distribution, and Elimination
Mechanism of Action

Summary
Review Questions
References
Chapter 16 Performance-Enhancing Drugs

Historical Use of Drugs in Athletics

Ancient Times

Early Use of Stimulants

Amphetamines

International Drug Testing

American Football

Steroids

The BALCO Scandal

The Battle over Testing

Stimulants as Performance Enhancers

Steroids

Psychological Effects of Steroids

Adverse Effects on the Body

Regulation

Other Hormonal Manipulations

Beta-2 Agonists

Creatine

Chapter 17 Preventing Substance Abuse

Defining Goals and Evaluating Outcomes

Types of Prevention

Prevention Programs in the Schools

The Knowledge-Attitudes-Behavior Model

Affective Education

Antidrug Norms

Development of the Social Influence Model

DARE

Programs That Work

Peers, Parents, and the Community

Peer Programs

Parent and Family Programs

Community Programs

Prevention in the Workplace

What Should We Be Doing?

Summary

Review Questions

References

Check Yourself: Do Your Goals and Behaviors Match?

Chapter 18 Rethinking Drug Policy: What Works, What's Possible, and What's Feasible

Impetus for Change
Drug Decriminalization
Uncommon Strategies to Enhance Public Health and Safety
Drug Purity-Testing
Heroin-Assisted Treatment
Safe Drug Consumption Sites
Concluding remarks
Summary

Review Questions
References
Appendix A Drug Names
Appendix B Resources for Information and Assistance
Glossary
Photo Credits
Index