

Psycho-Education for Patients and Family Members

# **Session 5: Methamphetamine and Cocaine (1)**

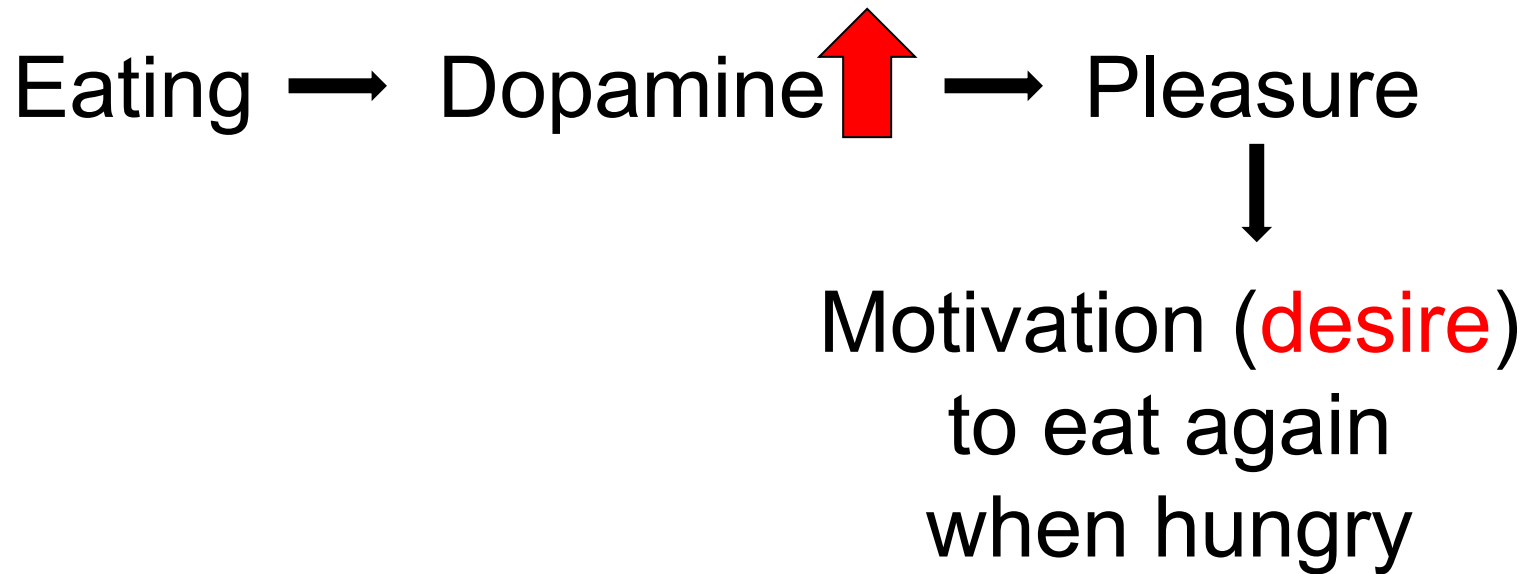
# Differences Between Cocaine and Methamphetamine

- Cocaine effects: 1 to 2 hours.
- Methamphetamine effects: 8 to 12 hours.

# Dopamine

- Is a chemical that is always present in the brain
- Plays an important role in
  - Body movement
  - Thinking
  - Motivation and reward
  - Pleasure responses

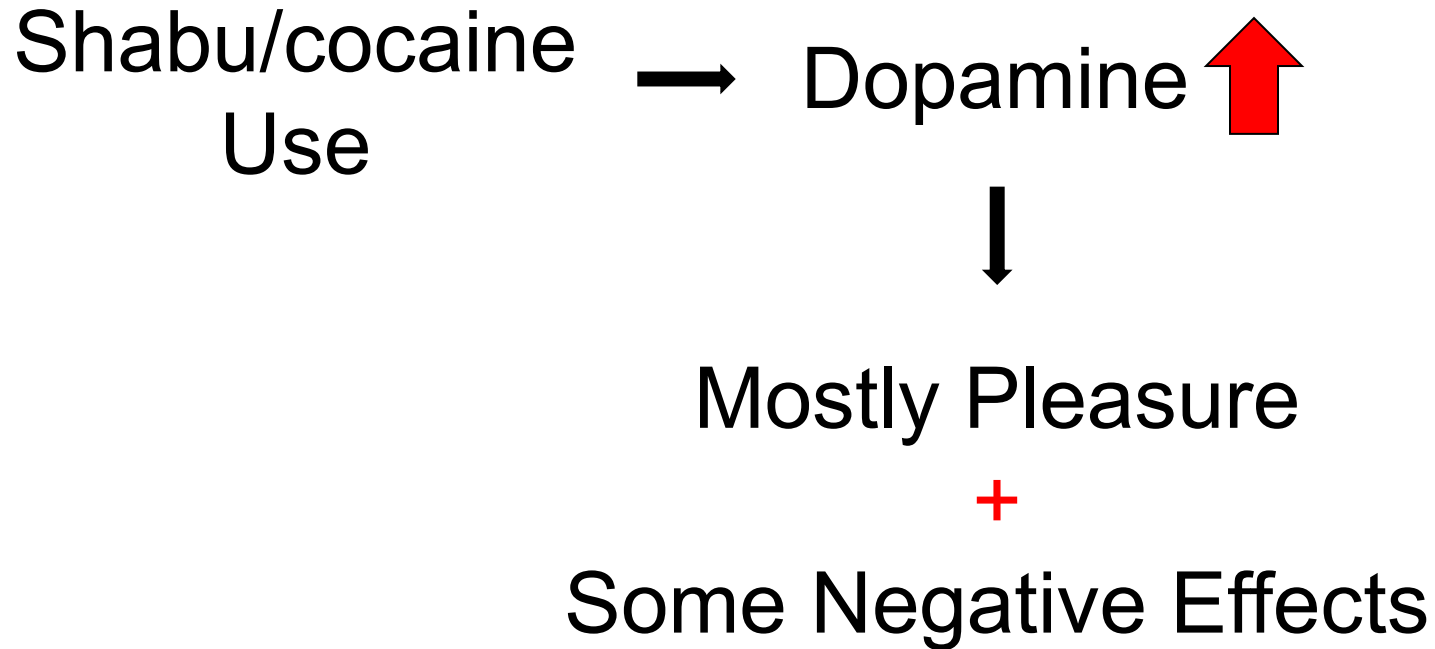
# Example of Dopamine's Effect



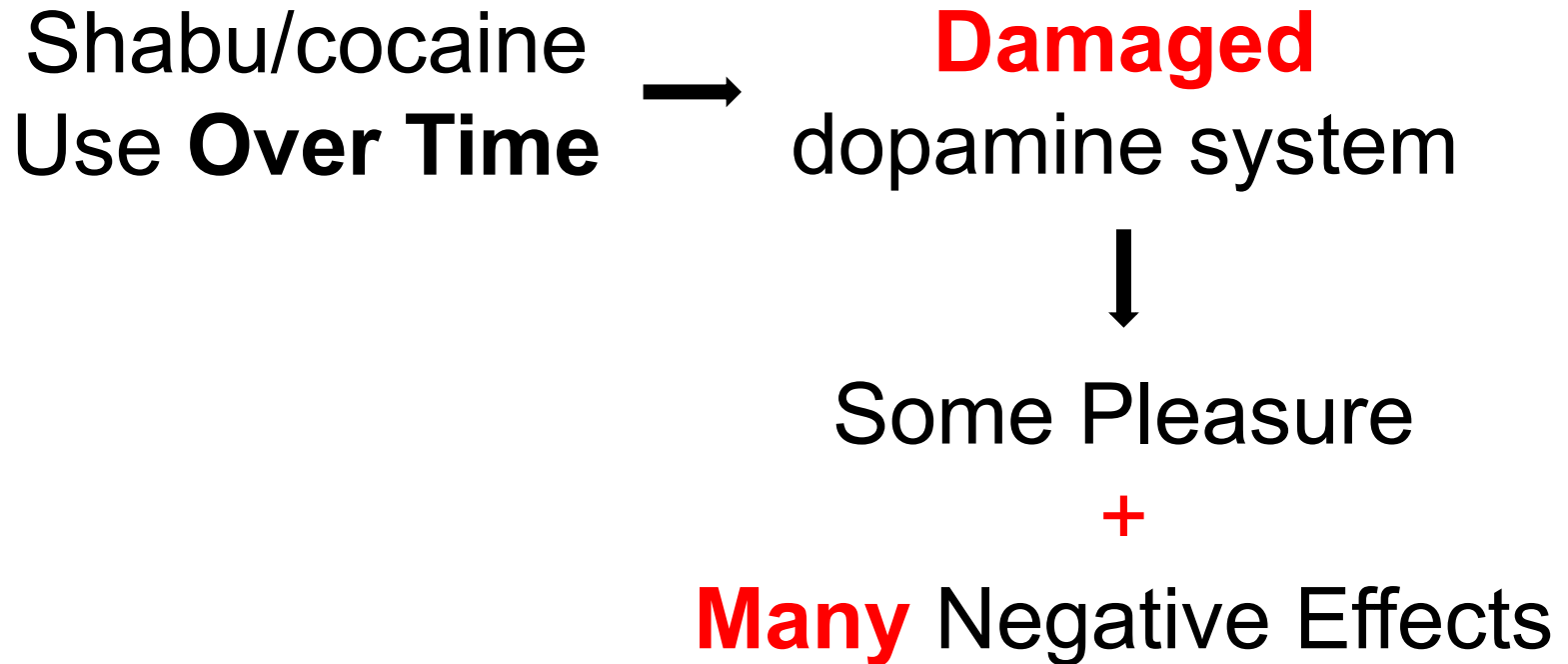
# Dopamine Imbalance

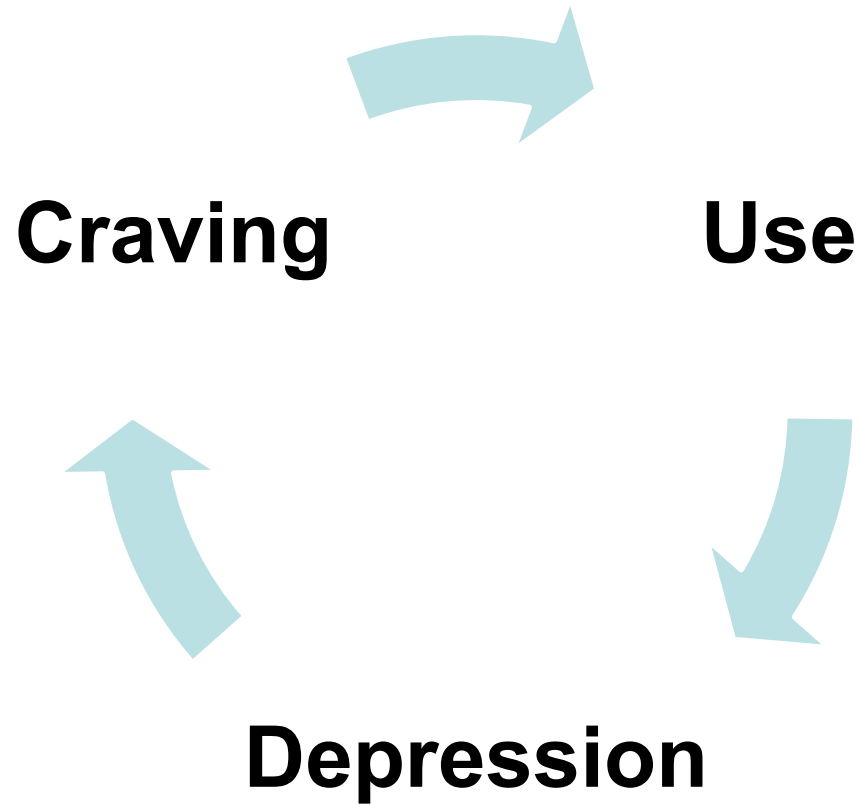
- Too *much* dopamine causes nervousness, irritability, aggressiveness, paranoia, and bizarre thoughts.
- Too *little* dopamine causes low mood, fatigue, tremors, and problems with muscle control.

# Dopamine and Stimulant Drugs



# Dopamine and Stimulant Use Over Time





## **Addiction Cycle**



# Route of Administration

*Available forms of Shabu/cocaine:*

- Injected
- Smoked
- Snorted

*How a drug is taken influences:*

- How quickly it produces an effect
- The strength of the drug's effects, both positive and negative
- The kind of negative effects a person will experience

# **Methamphetamine (Shabu)**

# Popularity of Shabu

- Shabu users in 2015 were 0.86 million or 1.1% of the population aged 10-69 years.
- 96% of the patients admitted to the DOH-TRCs were Shabu users in 2017.

## Question:

- *What are some of the immediate effects of Shabu?*
  - *To your feelings and mental status*
  - *To your body*

# Immediate Psychological Effects

- Increased euphoria
- Increased alertness or wakefulness
- Increased feelings of strength/energy
- Increased feelings of invulnerability
- Increased feelings of confidence/competence
- Increased feelings of sexual desire
- Decreased boredom, loneliness, and shyness

# Immediate Physical Effects

- Increase of:
  - ↑ Heart rate
  - ↑ Blood pressure
  - ↑ Pupil size
  - ↑ Breathing rate
  - ↑ Sound sensitivity
  - ↑ Body temperature
- Decrease of:
  - ↓ Appetite
  - ↓ Sleep
  - ↓ Reaction time

# Toxic Effects

- Methamphetamine can cause serious psychological and physical damage.
- Negative effects begin fairly soon.



## Question:

- *What are some of the chronic or long-term effects of Shabu?*
  - *To your feelings and mental status*
  - *To your body*



# Chronic Psychological Effects

- Confusion
- Loss of ability to concentrate and organize information
- Loss of ability to feel pleasure without the drug
- Paranoia
- Insomnia and fatigue
- Mood swings
- Irritability and anger
- Depression
- Anxiety and panic disorder
- Reckless, unprotected sexual behavior

# Severe Psychological Effects

- Hallucinations
- Severe depression that can lead to suicidal thoughts or attempts
- Episodes of sudden, violent behavior
- Severe memory loss that may be permanent

# Chronic Physical Effects

- Tremor
- Weakness
- Dry mouth
- Weight loss/malnutrition
- Increased sweating
- Oily skin
- Sores
- Headaches
- Severe problems with teeth and gums

# Severe Physical Effects

- Seizures
- Damaged blood vessels in the brain/stroke
- Damaged brain cells
- Irregular heartbeat/sudden death
- Heart attack or chronic heart problems
- Kidney failure
- Liver failure
- “Tweaking”
- Infected skin sores