

Answers: Psychostimulants quiz

- 1** Man Made
- 2** False - The best strategy is to simply rest, eat healthy food and give the body and mind time to recover. Mixing drugs is unsafe and using cannabis will not improve a “come down.”
- 3** False - There is no way of knowing the ingredients in any MDMA tablet or capsule, even if they have the same colouring &/or logo. Illegal manufacturers alter the appearance of tablets or pills to try and make them sell.
- 4** After MDMA wears off, users can feel depressed and anxious.
- 5** Injury, depression or anxiety when ‘coming down’, overheating, dehydration
- 6** Relationship problems, financial stress, mental health problems, physical health problems.
- 7** False - A small minority of people become addicted. Although, there is evidence that with increased use of MDMA people can become tolerant to its effects (i.e., they need to take higher doses of MDMA to achieve the same effect). When people take higher doses, they often experience more of the negative, rather than the positive effects from MDMA, and for this reason people often cease or moderate their use.
- 8** MDMA has a direct effect on your body’s ability to control temperature, so your body temperature increases no matter what you are doing. If a person takes MDMA in a crowded and hot environment, like a party or dance party, this can greatly increase the risk of overheating. In addition, when a person takes MDMA with other drugs that also dehydrate the body, especially speed or alcohol, this increases the risk of both dehydration and overheating, which can lead to very serious consequences.
- 9** Starting to feel very hot, unwell and confused; not being able to urinate or noticing that your urine is thick and dark; not sweating even when you’re dancing; fainting, collapsing, or convulsing
- 10** Unlikely - You would have to drink a lot of water for this to happen. A few people have died after drinking too much water when taking MDMA. When you drink too much water, such as more than 1 litre per hour, you dilute the levels of salt and other minerals in the blood so much that it causes the brain to swell. This can lead to coma and possibly death.
- 11** Staying with them; moving them to a cooler quiet area (outside is often best); removing excess clothing and try to cool them down; encouraging them to sip non-alcoholic fluids like water or soft drinks (if they are slipping in and out of consciousness, don’t attempt to give them fluids as they can easily choke. Put the person in the recovery position and call the ambulance immediately); taking them to the first aid area if in an organized venue; if symptoms persist call an ambulance, but make sure someone stays with them
- 12** True - Methamphetamine is stronger than amphetamine.

13 Man made

14 Speed, meth, ice, crystal meth

15 Powder

16 Snorted, injected, swallowed

17 True - Ice is about 80% pure, compared to speed, which is about 10-20%. Although some people prefer ice because it gives a stronger high and lasts longer, the side effects are stronger and it can cause greater agitation, worse come down, and it is very addictive.

18 True – Some of the ingredients in cold and flu tablets can be used in the preparation of ice. For this reason, when you buy cold and flu tablets from a pharmacy, they now keep a record. This is a way of trying to prevent people from getting large quantities to make ice.

19 True – Injectors are almost 5 times more likely to be addicted than people who snort or swallow methamphetamine. They are also much more likely to suffer from both physical and mental problems related to the drug use than people who don't inject.

20 Injecting drug users are at risk of getting Hepatitis C or other blood born viruses (hepatitis B and HIV). Over half the injecting drug users in Australia are estimated to have hepatitis C. HIV is less common (<3% of injecting drug users has HIV). Injecting any drug can cause problems with your veins. Thrombosis can also occur – that is when veins get blocked. Thrombosis is serious.

21 Stimulant - Methamphetamine stimulates the central nervous system (CNS) and speeds up the messages going between the brain and the body. These drugs typically increase energy, heart rate and appetite.

22 A sense of wellbeing, increased alertness, rapid and irregular heartbeat, sweating, dilation of pupils, feeling anxious

23 Feeling irritable and down, depression (this can last from a few hours to a few days), lethargy, paranoia, not being able to sleep because of feeling 'wired' and agitated

24 Delusions are false and unrealistic beliefs (someone believing that an alien is chasing them and is going to poison them). Hallucinations is when a person thinks they can hear, feel, touch, or see something that is not there (someone believing the television is talking to them).

25 Sweat, clammy skin, dilated or large pupils, agitation, talkativeness

26 1.6%