# COMMON MENTAL HEALTH PROBLEMS AND MISUSED SUBSTANCES

Each year, individuals, families, and communities are impacted by mental and/or substance use disorders. The aim of ***National Recovery Month (Recovery Month)*** is to raise awareness about the many resources available to help prevent these conditions and encourage treatment and recovery. Recovery Month is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS).

Learning about some of the most common mental health problems and the misuse of alcohol and illicit and prescription drugs can help you recognize the signs of behavioral health conditions and provide help to individuals experiencing them. Included in this document are key statistics about common mental health problems and substances that are often misused. Also included are alternate names for each disorder or substance, signs and symptoms of a problem, adverse health effects, prevalence, and average age of onset (or age of first-time use of a substance). Information in the following charts was collected from the *2010 National Survey on Drug Use and Health*, as well as reports and data released by The Partnership at Drugfree.org, the National Institute of Mental Health, and the National Institute on Drug Abuse.

## The following chart includes information on common mental health problems:

### ANXIETY DISORDERS

| Mental Health Problem | Signs & Symptoms[1, 2, 3] | Lifetime Prevalence in the United States Among Adults and Youth (13 to 18 Years Old)[4, 5, 6] | Average Age of Onset[7] |
|---|---|---|---|
| **Agoraphobia** | Intense fear and anxiety of any place or situation where escape might be difficult; avoidance of being alone outside of the home; fear of traveling in a car, bus, or airplane, or being in a crowded area | 2.4 percent of youth; 1.4 percent of adults | 20 years old |
| **Generalized Anxiety Disorder** | An overwhelming sense of worry and tension; physical symptoms including fatigue, headaches, muscle tension, muscle aches, trouble swallowing, trembling, twitching, irritability, sweating, lightheadedness, nausea, and hot flashes | 1.0 percent of youth; 5.7 percent of adults | 31 years old |
| **Obsessive Compulsive Disorder (OCD)** | Persistent and unwelcome anxious thoughts or "obsessions," often accompanied by rituals that are performed to try to prevent or get rid of them, called "compulsions" | (youth data not available) 1.6 percent of adults | 19 years old |
| **Panic Disorder** | Feelings of sudden terror that often occur with a pounding heart, sweating, nausea, chest pain, faintness, or dizziness; an avoidance of places or situations where panic attacks have occurred | 2.3 percent of youth; 4.7 percent of adults | 24 years old |
| **Post-Traumatic Stress Disorder (PTSD)** | Relived trauma after experiencing a terrifying event, through nightmares or disturbing thoughts throughout the day; feelings of detachment, numbness, irritability, or aggressiveness | 4.0 percent of youth; 6.8 percent of adults | 23 years old |
| **Social Phobia** | Intense feelings of anxiety and dread about social situations; a persistent fear of being watched and judged by others and being humiliated or embarrassed by the person's own actions; physical symptoms such as blushing, profuse sweating, trembling, nausea, and difficulty talking | 5.5 percent of youth; 12.1 percent of adults | 13 years old |
| **Specific Phobia** | Marked and persistent fear and avoidance of a specific object or situation, such as a fear of heights, spiders, or flying | 15.1 percent of youth; 12.5 percent of adults | 7 years old |

## MOOD DISORDERS

| Mental Health Problem | Signs & Symptoms[1, 2, 3] | Lifetime Prevalence in the United States Among Adults and Youth (13 to 18 Years Old)[4, 5, 6] | Average Age of Onset[7] |
|---|---|---|---|
| **Bipolar Disorder** | Recurrent episodes of highs (mania) and lows (depression) in mood; changes in energy and behavior; extreme irritable or elevated mood; an inflated sense of self-importance; risky behaviors, distractibility, increased energy, and a decreased need for sleep | 3.0 percent of youth; 3.9 percent of adults | 25 years old |
| **Major Depressive Disorder** | A pervading sense of sadness and/or loss of interest or pleasure in most activities that interferes with the ability to work, study, sleep, and eat; negative impact on a person's thoughts, sense of self-worth, sleep, appetite, energy, and concentration | 11.2 percent of youth; 16.5 percent of adults | 32 years old |

## OTHER MENTAL HEALTH PROBLEMS

| Mental Health Problem | Signs & Symptoms[1, 2, 3] | Lifetime Prevalence in the United States Among Adults and Youth (13 to 18 Years Old)[4, 5, 6] | Average Age of Onset[7] |
|---|---|---|---|
| **Attention-Deficit/ Hyperactivity Disorder (ADD/ADHD)** | Inattention or difficulty staying focused; hyperactivity, or constantly being in motion or talking; impulsivity, meaning often not thinking before acting | 9.0 percent of youth; 8.1 percent of adults | 7 years old |
| **Personality Disorder** | Difficulties dealing with other people and participating in social activities; inflexibility, rigidity, and inability to respond to change; deeply ingrained, inflexible patterns of relating, perceiving, and thinking that cause distress or impaired functioning | (youth data not available) 9.1 percent of adults* | Not available |
| **Schizophrenia** | Hearing voices or believing that others are trying to control or harm the person; hallucinations and disorganized speech and behavior, causing individuals to feel frightened, anxious, and confused | (youth data not available) 1.1 percent of adults* | Not available |

*The following chart includes information on commonly misused substances:*

## ALCOHOL, TOBACCO, AND INHALANTS

| Substance | Other Names[8, 9, 10] | Immediate Intoxication Effects[11, 12] | Negative Health Effects[13, 14] | Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth[15] | Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009)[16, 17] |
|---|---|---|---|---|---|
| **Alcohol** | Booze, beer, wine, liquor | Dizziness; talkativeness; slurred speech; disturbed sleep; nausea; vomiting; impaired judgment and coordination; increased aggression | Brain and liver damage; depression; liver and heart disease; hypertension; fetal damage (in pregnant women) | 17.2 years (16.9 years in 2009); rate of current alcohol use among youths aged 12 to 17 is 13.6 percent | 131.3 million people (similar to 130.6 million people in 2009) |
| **Tobacco Products** | Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, chew | Increased blood pressure and heart rate | Chronic lung disease; coronary heart disease; stroke; cancer of the lungs, larynx, esophagus, mouth, and bladder; poor pregnancy outcomes | 17.3 years (17.5 years in 2009); rate of current tobacco use among youths aged 12 to 17 is 10.7 percent | 69.6 million people (similar to 69.7 million people in 2009) |
| **Gases, Nitrites, and Aerosols (Inhalants)** | Ether, chloroform, nitrous oxide, isobutyl, isoamyl, poppers, snappers, whippets, laughing gas | Increased stimulation; loss of inhibition; headache; nausea; vomiting; slurred speech; loss of motor coordination; wheezing; cramps; muscle weakness | Memory impairment; damage to cardiovascular and nervous systems; unconsciousness | 16.3 years (16.9 years in 2009); rate of current inhalant use among youths aged 12 to 17 is 1.1 percent | 70,000 people (similar to 60,000 people in 2009) |

## ILLICIT DRUGS

| Substance | Other Names[8, 9, 10] | Immediate Intoxication Effects[11, 12] | Negative Health Effects[13, 14] | Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth[15] | Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009)[16, 17] |
|---|---|---|---|---|---|
| **Cocaine** | Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, white lady | Increased alertness, attention, and energy; dilated pupils; increased temperature, heart rate, and blood pressure; insomnia; loss of appetite; feelings of restlessness, irritability, and anxiety | Weight loss; cardiovascular complications; stroke; seizures | 21.2 years (20.0 years in 2009); rate of current cocaine use among youths aged 12 to 17 is 0.2 percent | 131.3 million people (similar to 130.6 million people in 2009) |
| **Ecstasy** | Adam, E, eve, decadence, M&M, roll, X, XTC | Enhanced sense of self-confidence and energy; involuntary teeth clenching; a loss of inhibitions; transfixion on sights and sounds; nausea; blurred vision; chills; sweating; increased heart rate and blood pressure | Muscle cramping/sleep disturbances; depression; impaired memory; kidney, liver and cardiovascular failure; anxiety | 19.4 years (20.2 years in 2009); rate of current ecstasy use among youths aged 12 to 17 is 0.5 percent | 69.6 million people (similar to 69.7 million people in 2009) |
| **Heroin** | Big H, blacktar, brown sugar, dope, horse, junk, muc, skag, smack, white horse | Feeling of euphoria; flushing of the skin; dry mouth; heavy extremities; slurred speech; constricted pupils; droopy eyelids; vomiting; constipation | Collapsed veins; infection of the heart lining, valves; abscesses; cellulitis; liver disease; various types of pneumonia; clogged blood vessels; respiratory complications | 21.3 years (25.5 years in 2009) | 70,000 people (similar to 60,000 people in 2009) |

## ILLICIT DRUGS, CONT.

| Substance | Other Names[8, 9, 10] | Immediate Intoxication Effects[11, 12] | Negative Health Effects[13, 14] | Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth[15] | Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009)[16, 17] |
|---|---|---|---|---|---|
| **Hallucinogens** | Acid, boomers, doses, hits, LSD, microdot, peyote, shrooms, sugar cubes, tabs, trips | Dilated pupils; higher body temperature; increased heart rate and blood pressure; sweating; loss of appetite; sleeplessness; dry mouth; tremors | Flashbacks that may occur within a few days or more than a year after use | 19.1 years (18.4 years in 2009); rate of current hallucinogen use among youths aged 12 to 17 is 0.9 percent | 1.2 million people (similar to 1.3 million people in 2009) |
| **Marijuana** | Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed | Distorted perception; trouble with thinking and problem solving; loss of motor coordination; increased heart rate | Respiratory infection; impaired memory; anxiety; exposure to cancer-causing compounds | 18.4 years (17 years in 2009); rate of current marijuana use among youths aged 12 to 17 is 7.4 percent | 17.4 million people (increased from 16.7 million people in 2009) |
| **Methamphetamine** | Chalk, crank, crystal, ice, meth, speed, white cross | State of euphoria; insomnia; decreased appetite; irritability/ aggression; anxiety; nervousness; convulsions | Paranoia; hallucination; repetitive behavior; delusions of parasites or insects crawling under the skin; psychosis; severe dental problems; heart attack | 18.8 years (19.3 years in 2009) | 353,000 people (decreased from 502,000 people in 2009) |

## PRESCRIPTION DRUGS

| Substance | Other Names[8, 9, 10] | Immediate Intoxication Effects[11, 12] | Negative Health Effects[13, 14] | Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth[15] | Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009)[16, 17] |
|---|---|---|---|---|---|
| **Pain Relievers** | Vike (Vicodin®), oxy, O.C. (Oxycontin®), M (roxanol), schoolboy (empirin with codeine), China white, dance fever (Actiq®) | Pain relief; euphoria; drowsiness, respiratory depression and arrest; nausea; confusion; constipation; sedation; unconsciousness; restlessness | Muscle and bone pain; drowsiness; seizure; coma; respiratory depression; decreased heart rate | 21.0 years (20.8 years in 2009); rate of current non-medical use of prescription pain relievers among youths aged 12 to 17 is 3 percent | 5.1 million people (similar to 5.3 million people in 2009) |
| **Psycho-therapeutics** | Prozac®, Zoloft®, Ritalin® | Increased heart rate, blood pressure, and metabolism; feelings of exhilaration and energy; increased mental alertness; rapid or irregular heartbeat; reduced appetite | Heart failure; weight loss; tremors and muscle twitching; fevers, convulsions, and headaches; irregular heartbeat and respirations; anxiety; restlessness; paranoia; hallucinations; delusions of parasites or insects crawling under the skin | 22.3 years (21 years in 2009) | 7.0 million people (same as in 2009) |
| **Sedatives** | Haldol®, Thorazine®, Navane®, Prolixin®, Mellaril®, Trilafon® | Slurred speech; shallow breathing; sluggishness; fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions | Seizures; impaired memory, judgment and coordination; irritability; paranoid and suicidal thoughts; sleep problems | 23.5 years (19.7 years in 2009) | 374,000 people (similar to 370,000 people in 2009) |

## PRESCRIPTION DRUGS, CONT.

| Substance | Other Names[8, 9, 10] | Immediate Intoxication Effects[11, 12] | Negative Health Effects[13, 14] | Average Age of First Use in 2010 (vs. in 2009) Among Recent Initiates aged 12 to 49 and Current Rate Among Youth[15] | Number of People (Aged 12 or older) Who Used it in the Past Month in 2010 (vs. in 2009)[16, 17] |
|---|---|---|---|---|---|
| **Tranquilizers** | Benzos (Mebaral®, Ativan®, Xanax®, Valium®, Nembutal®, Librium®) | Slurred speech; shallow breathing; sluggishness; fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions | Seizures; impaired memory, judgment and coordination; irritability; paranoid and suicidal thoughts; sleep problems | 24.6 years (22.4 years in 2009) | 2.2 million people (similar to 2.0 million people in 2009) |
| **Stimulants** | Adderall®, Ritalin®, Concerta® | Increased alertness, attention, and energy | Increased hostility or paranoia; dangerously high body temperatures; irregular heartbeat; cardiovascular failure; lethal seizures | 21.2 years (21.5 years in 2009) | 1.1 million people (similar to 1.3 million people in 2009) |

For a longer version of this guide, please visit ***http://www.recoverymonth.gov***, locate the "***Recovery Month*** Kit," and click on the "Targeted Outreach" link. Information about treatment options and special services in your area can be found by calling **1-800-662-HELP (4357)** or 1-800-487-4889 (TDD), as well as at http://www.samhsa.gov/treatment.

## Sources


1 The National Institute of Mental Health. (n.d.). *The Numbers Count: Mental Disorders in America*. Retrieved September 14, 2011 from ***http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml***.

2 SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health (ADS Center). (n.d.). *Facts About Common Mental Illnesses*. Retrieved September 15, 2011 from ***http://stopstigma.samhsa.gov/publications/thefacts.aspx#panic***.

3 Mental Health America. *Personality Disorders*. Retrieved September 15, 2011 from ***http://www.nmha.org/go/information/get-info/personality-disorders***.

4 Kessler RC, Berglund PA, Demler O, Jin R, Walters EE. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry.* 2005 Jun; 62(6):593-602.

5 Merikangas KR, He J, Burstein M, Swanson SA, Avenevoli S, Cui L, Benjet C, Georgiades K, Swendsen J. Lifetime prevalence of mental disorders in U.S. adolescents: Results from the National Comorbidity Study-Adolescent Supplement (NCS-A). *J Am Acad Child Adolesc Psychiatry.* 2010 Oct; 49(10):980-989.

6 Regier DA, Narrow WE, Rae DS, Manderscheid RW, Locke BZ, Goodwin FK. The de facto mental and addictive disorders service system. Epidemiologic Catchment Area prospective 1-year prevalence rates of disorders and services. *Archives of General Psychiatry.* 1993 Feb; 50(2):85–94.

7 Kessler RC, Berglund PA, Demler O, Jin R, Walters EE. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry.* 2005 Jun; 62(6):593-602.

8 National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs Chart*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved September 15, 2011 from ***http://www.nida.nih.gov/drugpages/drugsofabuse.html.***

9 The Partnership for a Drug-Free America. (n.d.). *Drug Guide*. Retrieved September 15, 2011, from ***http://www.drugfree.org/drug-guide***.

10 National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Prescription Drugs Chart*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved February 3, 2012 from ***http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-prescription-drugs-chart***.

11 National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs Chart*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved September 15, 2011 from ***http://www.nida.nih.gov/drugpages/drugsofabuse.html***.

12 The Partnership for a Drug-Free America. (n.d.). *Drug Guide*. Retrieved September 15, 2011, from ***http://www.drugfree.org/drug-guide***.

13 National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs Chart*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved September 15, 2011 from ***http://www.nida.nih.gov/drugpages/drugsofabuse.html***.

14 The Partnership for a Drug-Free America. (n.d.). *Drug Guide*. Retrieved September 15, 2011, from ***http://www.drugfree.org/drug-guide***.

15 Substance Abuse and Mental Health Services Administration. (2011). *Results from the 2010 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-41, HHS Publication No. (SMA) 11-4658. Rockville, MD: Substance Abuse and Mental Health Services Administration.

16 Ibid.

17 Substance Abuse and Mental Health Services Administration. (2010). *Results from the 2009 National Survey on Drug Use and Health: Volume I. Summary of National Findings*, NSDUH Series H-38A, HHS Publication No. SMA 10-4586. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved March 13, 2012 from ***http://www.samhsa.gov/data/2k9/2k9Resultsweb/web/2k9results.pdf***.