Take-home Exam 2 Drugs, Brain, & Behavior

Hi- I just wanted to go over some things to remember, if we decide to have Exam 3 a Take Home Exam too.

* Make sure to put your name on your Exam.
* I think we will standardize the margins and font size. Let’s do 1 inch margins all the way around, and let’s do Times New Roman 12 point font.
* Read over the question and your answer a few times to make sure you answered every part/every question, and to make sure your answer makes sense. Many people failed to answer one or more questions, probably because they didn’t double check.
* If you are going to type your answers on the question sheet I sent you, maybe put your answer in a different color or something so that you can easily tell if you answered the question(s) I asked.
* Before sending it to me, read over for grammar and spelling mistakes. I may take off for these next time.
* If we do the third exam this way, I will label the questions with point values next time so you know how much each question is worth.

I am going to give you some examples of good answers to some of my questions. These answers were taken from your classmates’ answers.

1a. What are the similarities and differences of Nicotine and Caffeine in terms of their acute effects?

The acute effects of nicotine and caffeine are similar in the fact that they both increase one’s attentive nature and help them become more alert. Nicotine and caffeine are both stimulants; therefore, they both increase one’s heart rate and blood pressure, while also increasing one’s short-term memory and brain functionality. There are not many drastic differences but one could argue that the increase in sleep latency may not be part of nicotine’s effects. Another difference would be that caffeine’s effects peak after an hour of consumption while nicotine’s effects, when inhaled, peak in about 10 minutes.

5. What are some of the reasons that the use of Nicotine is so hard to quit? List at least 3 reasons.

Nicotine can be very difficult to quit because a lot of social settings (parties, bars, etc.) are associated with smoking. So, when the recovering addict steps into one of those social settings in which they used to smoke, they will crave a cigarette (or some other nicotine device) again. Nicotine users develop a tolerance to the drug rapidly, encouraging them to increase their dosage and feed their addiction further. Nicotine also releases dopamine into the pleasure pathway, along with any other addictive drug, which automatically contributes to its level of addiction. This, in turn, motivates users to consume more nicotine to avoid going through unpleasant withdrawal symptoms.

14. If a friend of yours was planning to take Ambien to help her sleep, what things could you tell her about the drug?

If my friend is prescribed Ambien by a doctor, I would suggest that she takes the drug and goes straight to bed. Driving with the drug is extremely dangerous and taking the drug may cause amnesia. You should not take this drug with alcohol or other drugs that have a sedative or depressant effect. It is less addictive than benzos but has more varied effects. Some reports indicate that some people engage in sleep-eating, sleep-driving, and even sleep shopping without any memory of it. In conclusion, I would be careful and have someone monitor your behaviors under this drug.

19. What are the long-term health effects associated with opiate use?

The following are two good answers to that question.

There aren’t many long-term health effects. Many people either die or get off opiates. That is the reality of this drug these days. The pills are getting harder and harder to come by therefore people are resorting to heroin. Heroin doesn’t discriminate. However, it will weaken your immune system, and can lead to coma and death from respiratory failure.

The long-term health effects associated with opiate use are coma and death from respiratory depression in an overdose. Some other effects are malnutrition, infections from injection sites, and increased risk of HIV. Some say it increases the risk of cancer as well.

Hopefully this gives you an idea of how thorough I would like the answers to be.