

# New research reveals 1 in 10 students have taken study drugs

One in ten UK students admit to having taken study drugs such as Modafinil and Noopept, according to new research unveiled today by The Student Room. This is a number that is set to rise with a quarter of current UK students saying they would consider taking them in the future.

Students are feeling the pressure and turning to so called 'smart drugs' to boost their grades. The drugs supposedly increase focus, motivation and decision-making and are usually used to treat disorders like ADHD and narcolepsy. Negative side effects reported include feeling anxious and jittery, acting out of character and severe migraines. One student said "using Modafinil I noticed that I studied better but I felt zoned out of life generally".

The research also found that most students keep the drug taking a secret from their parents, and just a third of students taking study drugs have told their parents about them. GCSE students face up to 20 exams over a two month period with a lot riding on their exams and they are feeling the pressure.

Jack Wallington, community director at The Student Room says "It is a shock to find one in every ten students in the UK have used study drugs and of deep concern that up to 25% are considering taking them. Increased academic pressure is clearly resulting in students gambling with their health to pass their exams.

If you are a student sitting exams now, our advice would be: please do not take study drugs. They often have the reverse effect to what you are expecting and in some cases have worse side effects, like sleeplessness, loss of focus and increased anxiety.

Instead, speak to your lecturers, teachers or parents to explain that you feel things may be getting on top of you - they will want to help you. In addition, I advise some practical steps like taking a breather, chunking up your revision into smaller 5 minute bursts and, importantly, completing past papers. Of course, you can also speak to other students like you on The Student Room in the Study Help revision forums and talk about exam stress in our Health forums."

## **KEY STATS**

*\*The Student Room surveyed 2000 UK students 16/06/2016*

- 25% would consider taking study drugs in the future
- 1 in 10 have taken study drugs - that's 3 students per class based on the average of 30 students per class
- 80% of students 'using' found it boosted their energy and concentration levels
- Negative effects experienced:
  - Loss of appetite
  - Racing heart
  - Insomnia
  - Addiction
  - Restlessness
  - Mood swings/ come downs the following day

- Feeling nauseous
- Headaches
  
- A third told their parents that they were taking study drugs

**ABOUT THE STUDENT ROOM**

*Founded in 2001, The Student Room is the world's largest online student community and the UK's no.1 education website according to ComScore data. The Student Room has over 3 million registered members, primarily aged between 14-24 and attracts over 8 million visitors a month. It provides student-to-student advice on studying, educational career choice and lifestyle issues. The Student Room works directly with most UK universities as well as a wide range of leading brands and companies.*