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Annotated Bibliography: Substance Abuse

This is an annotated bibliography for research on the effects of substance abuse in people of all ages, race, and gender. I plan to write about the mood and behavioral changes a person goes through during their entire time of using the drug and after using the drug. I plan to capture how it affects not only the user, but also their family and friends, along with how someone develops this addiction and why it is so hard to stop using. My main goal is to determine the effectiveness of substance abuse treatments, but first I feel I need to explain why it is important because it can cause the things I have listed above.


This website source is strictly about drugs in the life of a teenager, it shows a number of different charts from surveys given to high school students about whether or not they have ever done a drug, if so what kinds, and how often they do these drugs. This survey was given once a year for three years, to students in grades 9 through 12; therefore they then go into explaining how the use of drugs have increased at a younger age every year, and how more and more students are doing a drug or have at least tried one, a line chart was provided so one could really grasp and understand the dramatic change over the course of several years in the number of teenage drug use. The final thing this website shows is a percentage tile of all of the drugs the teens admitted to trying, and the percentage of how many students had tried each drug; therefore we could see the most common drug used by the students.
In this website source, the American Council for Drug Education states the first signs of a person on drugs, this is a site that explains how one can develop a drug addiction, if they do have one, then how other people will be able to detect if they are by one’s food intake, emotional state of being, and actions towards others. They believe that every addiction can be treated, and every person can overcome their addiction without relapsing. Although they say this, they never seem to give examples of people that successfully completed this task, nor information of people that can help one overcome their addiction; they simply just add speak to a substance abuse counselor or your doctor in which is no help.


In this final website source, Buddy T. demonstrates how drug and alcohol both jeopardize and alter the “Brain’s Reward System” in which refers to your memory, along with impaired impulse control. The article then goes further into explaining how one’s emotional state of being and cognitive means will begin to change over time. Buddy T believes that it is the user’s problem to deal with their addiction, that they are the only ones that can help themselves; therefore they must seek help on their own if they ever want to become clean from the drug. Finally, according to Buddy T the new definition of addiction is what is going on inside of the persons brain opposed to, diagnosis of addiction being focused on outward manifestations of a person's behaviors.
All three of these website sources will be useful in a research paper developed around the effects of behavior due to substance abuse because they can be used to compare and contrast against scholarly articles, written by professionals in the field. These articles are starting points to get information across to people, but there is no logical evidence that the information that has been provided in these sources is truthful, therefore they cannot fully be supported in a research paper.