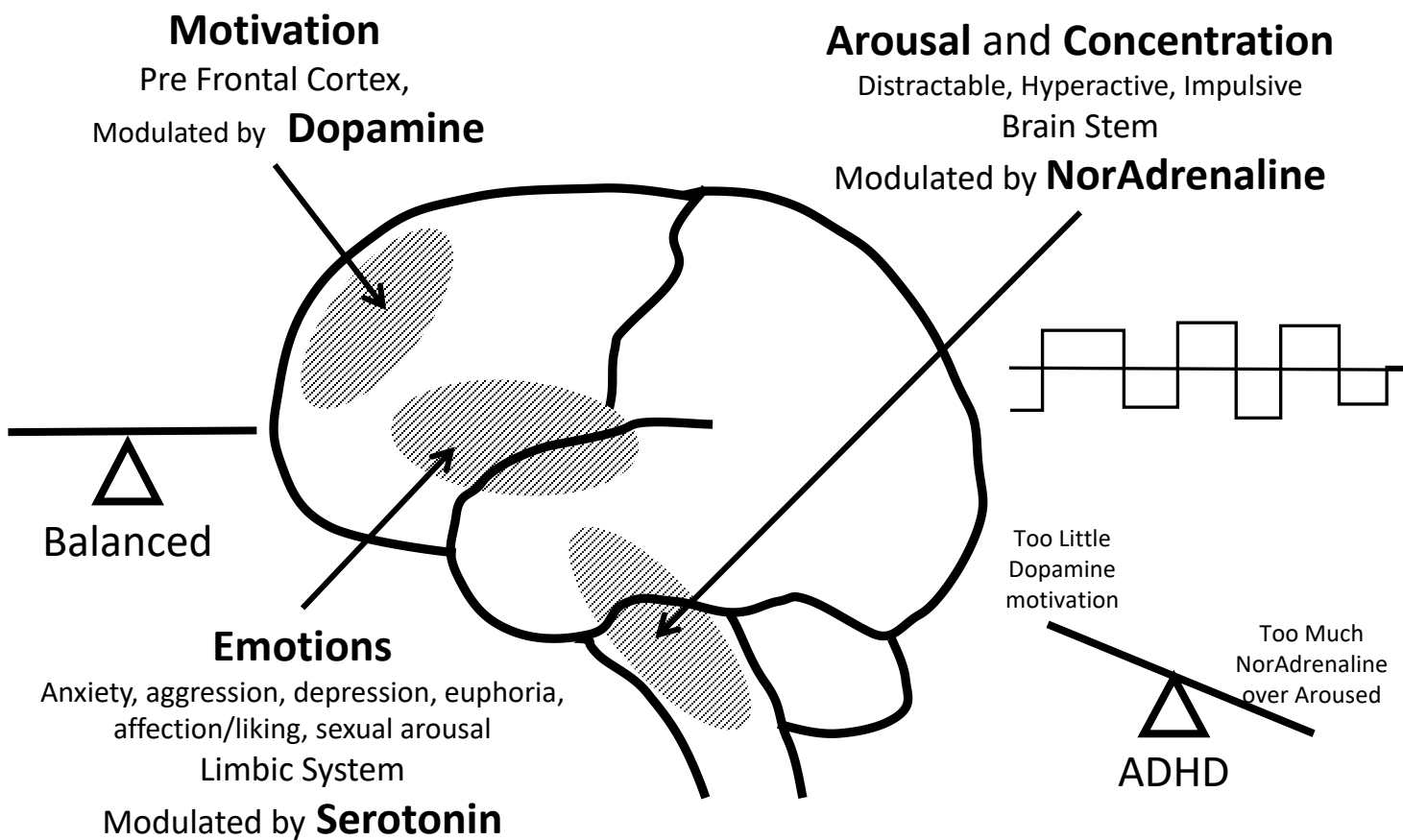
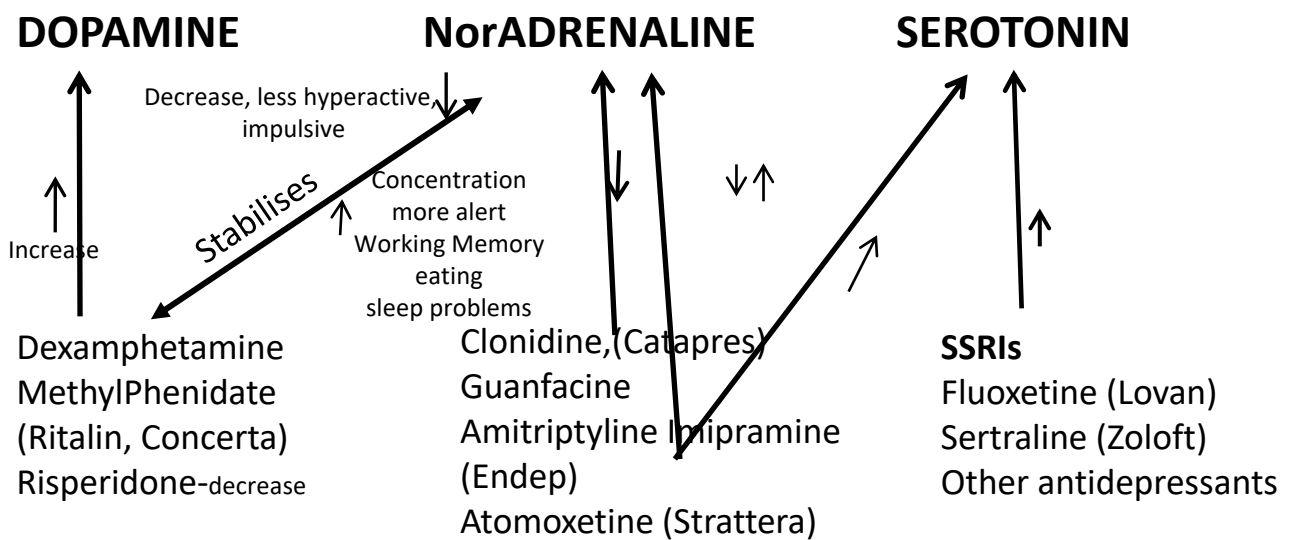


# Medications for Thinking, Arousal and Emotions

ADHD, Motivation, Learning, Aggression, Depression, Anxiety



## Medications that influence these neurotransmitters



## These also strongly influence the above neurotransmitters

CBT  
Exercise  
Sleep

Asthma and BP medications  
sleeping tablets,  
exercise, foods, caffeine  
**Nicotine**

Exercise, meditation, sleep  
CBT, Alcohol, marijuana,  
Ecstasy

(This is a simplified representation, many factors influence behaviour. Every person is unique.)

Dopamine Effects (ADD)  
**Attention Deficit Disorder**

Forgetful, easily confused  
 Poor focus, bored easily  
 Not completing tasks, homework  
 Poor organisation, loses things  
 Does not listen when spoken to  
 Daydreams, Problems with details  
 Struggles with instructions

“Vague, Lights on but off with the fairies”

NorAdrenaline (H)  
**Arousal Hyperactive**

Distracted easily  
 Impulsive  
 Over active , Noisy  
 Cannot sit still, fidgety  
 Sleep problems

Dopamine and NorAdrenaline (ADHD)

Moving, runs and climbs  
 Talks excessively/blurts out answers  
 Leaves seat and wanders around  
 Cannot wait turn, Interrupts  
 Side tracked easily  
 Starts new tasks without finishing  
 Distracted constantly

**Serotonin Emotions**

Reduces and smoothes  
 Anger, aggression, violence  
 Anxiety, worry, obsessing  
 Depression, sadness, worthlessness  
 Empathy, over attachment  
 Sexuality  
 Mania, over confidence, cheerfulness  
 unrealistic attitudes - can make worse

Side Effects of Methylphenidate and Dexamphetamine

**Common usually OK**

Appetite decrease  
 Stomach upsets  
 Sleep problems  
 Rebound behaviour

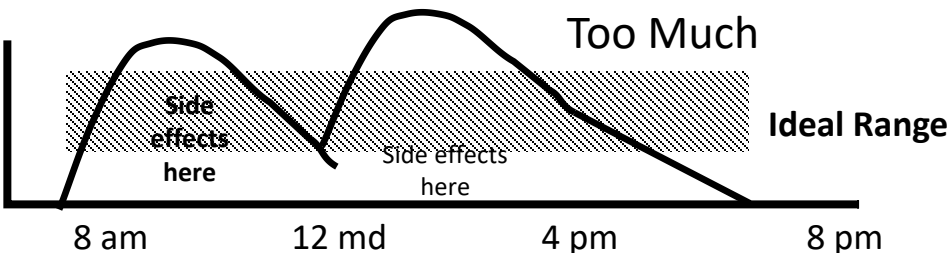
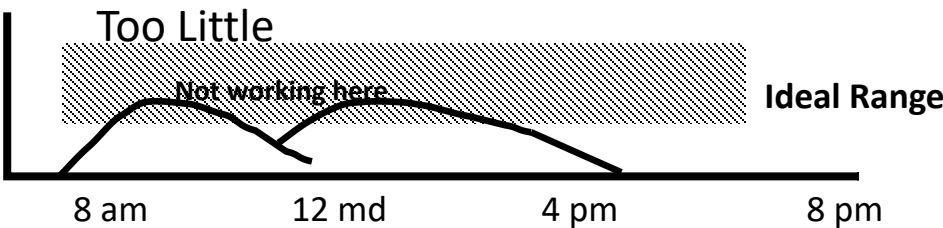
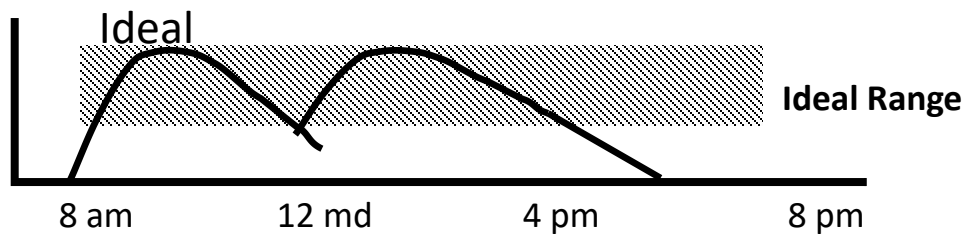
**Sometimes**

*Often improved by dosage change and timing*  
 Vague, “drugged stunned”  
 Anxiety when wearing off  
 Other mood changes  
 Headache  
 Weight Loss

**Rare**

*Stop if occurs before continuing. May need much lower dose or not suitable.*  
 Thought disorder, confusion  
 Panic, severe restlessness,  
 Agitation, cannot rest

Dosage and Timeing



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