

## Substance Use, Abuse and Dependence

### Classification and Information on Substances

#### Hallucinogens (LSD)

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| <b>DESCRIPTION</b>            | LSD is an acronym for Lysergic Acid Diethylamide but is most commonly referred to as “acid”. It is a synthetic drug usually found in small squares of impregnated paper (with eye-catching images on each square). It is also found in the form of tiny tablets (called microdots), small gelatin squares (called windowpane) or as a clear liquid solution.   |
| <b>MODE OF ADMINISTRATION</b> | Acid is absorbed orally (placed under the tongue) or through skin (transdermal).   |
| <b>PRIMARY EFFECT</b>         | Hallucinogen.  |
| <b>SHORT-TERM EFFECTS</b>     | <p>The effects are experienced within 60 minutes after absorption and can last for up to 8 – 12 hours. The following effects are usually present:</p> <ul style="list-style-type: none"> <li>• Dilated pupils;</li> <li>• Increased heart rate and blood pressure;</li> <li>• Increase in body temperature;</li> <li>• Sweating;</li> <li>• Distorted perceptual and sensory processes;</li> <li>• Hallucinations;</li> <li>• Heightened senses;</li> <li>• Intense emotions and introspective reflection;</li> <li>• Impaired judgement;</li> <li>• Loss of concentration and diminished short-term memory;</li> <li>• Loss of co-ordination;</li> <li>• Loss of appetite;</li> <li>• Tremors;</li> <li>• Sleeplessness;</li> <li>• A “bad trip” may include depression, anxiety, paranoia, psychosis and convulsions.</li> </ul> |
| <b>LONG-TERM EFFECTS</b>      | <p>Heavy and continued use can lead to:</p> <ul style="list-style-type: none"> <li>• Flashbacks (including headaches, migraines, seizures, and visual and auditory hallucinations);</li> <li>• Psychiatric complications (including posttraumatic stress disorder, disorientation, panic disorder, depression and suicidal behaviour);</li> <li>• Risk of injury.</li> </ul>   |
| <b>ADDICTION POTENTIAL</b>    | High psychological addiction potential.  |
| <b>TREATMENT OPTIONS</b>      | In cases of heavy and prolonged use, inpatient and/or outpatient treatment with the use of multiple therapeutic methods (individual, family and group psychotherapy) is usually necessary to achieve lasting abstinence. Co-morbid conditions are treated if required.   |