**Adderall Trial name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**On Day one of the trial take only one Adderall 10mg pill.** Do not take it after 4 pm to avoid it interfering with your sleep. You may feel a little jolt when it starts to work about 30 minutes after you have taken it. In order to know how Adderall affects your ability to read, you will need to be reading during the next 4-5 hours. Please read a textbook or schoolwork-related articles. The medication will peak about 1 -2 hours after you take it. That is when the effect on your performance could be most easily observed, so it is especially important that you have your nose in a book at that time. You might be in class or studying math during some other part of the 4-5 hours, but you must be reading a book during the peak time.

You may notice your heart beats faster but is regular. If you have **irregular heartbeats**, don’t take any more medications and call the counseling center to have them reach me. I don’t want you taking any coffee or cokes or other caffeinated beverages during the time the Adderall is working. Caffeine can cause irregular beats by itself. You may not notice much with this first dose, but taking a small dose will tell us if you can tolerate it.

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**What did you notice on Day One?**

What can you say about your physical restlessness level? More? the Same? Less?

How much did you find yourself having to reread things?

How easily distracted were you?

Did you notice anything about how involved or engage you were in the study material?

Did you notice anything about how hard it was to get started or stick with your study?

How hard was it to hold different things in your head at the same time when you studied?

Did you have any side effects like lack of appetite, dry mouth, indigestion, tic-like movements?

What did you notice about your pulse or anything else?

**Take two of the 10mg Adderall at the same time on day Two. What did you notice on Day Two?**

What can you say about your physical restlessness level?

How much did you find yourself having to reread things?

How easily distracted were you?

Did you notice anything about how involved or engaged you were in the study material?

Did you notice anything about how hard it was to get started or stick with your study?

How hard was it to hold different things in your head at the same time when you studied?

Did you have any side effects like lack of appetite, dry mouth, indigestion, tic-like movements?

What did you notice about your pulse or how you felt after the medication wore off?

**On Day 3 take two of the 10mg Adderall pills *at the same time* just like you did on day two. This is to see if what happened on day two was just by chance. What did you notice on Day Three?**

What can you say about your physical restlessness level?

How much did you find yourself having to reread things?

How easily distracted were you?

Did you notice anything about how involved or engaged you were in the study material?

Did you notice anything about how hard it was to get started or stick with your study?

How hard was it to hold different things in your head at the same time when you studied?

Did you have any side effects -lack of appetite, dry mouth, indigestion, tic-like movements, pulse issues or issues with it wearing off? Use the back of this page if you need to. Bring this with you next visit.