

**Table 6.13A Main Reasons for Last Episode of Misuse of Prescription Psychotherapeutics among Past Year Misusers Aged 12 or Older of Each Type of Prescription Psychotherapeutic: Numbers in Thousands, 2018 and 2019**

Main Reason for Last Episode of Misuse	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year
	Pain Reliever Misuse (2018)	Pain Reliever Misuse (2019)	Stimulant Misuse (2018)	Stimulant Misuse (2019)	Tranquilizer Misuse (2018)	Tranquilizer Misuse (2019)	Sedative Misuse (2018)	Sedative Misuse (2019)
Relieve Physical Pain	6,063	6,147	--	--	--	--	--	--
Relax or Relieve Tension	877	933	--	--	2,527 <sup>a</sup>	2,102	153	211
Help with Sleep	433	347	--	--	1,160	1,066	773	730
Help with Feelings or Emotion	383	359	--	--	721	806	14	45
Experiment or See What It's Like	236	208	213	280	274	342	21	19
Feel Good or Get High	1,016	1,056	466	473	673	558	66	44
Increase or Decrease Effect of Other Drug	86	72	70	51	86	91	12	8
Because I Am Hooked or Have to Have It	302 <sup>a</sup>	181	11	9	38	36	*	4
Help Lose Weight	--	--	217	200	--	--	--	--
Help Concentrate	--	--	1,257	1,343	--	--	--	--
Help Be Alert or Stay Awake	--	--	1,620	1,456	--	--	--	--
Help Study	--	--	1,048	922	--	--	--	--
Some Other Reason	144	59	90	115	155	107	12	16

\* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Only a subset of reasons for misuse apply for each prescription psychotherapeutic. Inapplicable reasons are marked as "--" (i.e., not available). Respondents who wrote in an inapplicable reason as their "other reason" (e.g., pain relief as the reason for tranquilizer misuse) were retained in the "Some Other Reason" category.

NOTE: Respondents with unknown information for their reason for misuse were excluded from the analysis, including respondents who reported some other reason but had unknown data in their write-in responses.

<sup>a</sup> The difference between this estimate and the 2019 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2018 and 2019.

**Table 6.13B Main Reasons for Last Episode of Misuse of Prescription Psychotherapeutics among Past Year Misusers Aged 12 or Older of Each Type of Prescription Psychotherapeutic: Percentages, 2018 and 2019**

Main Reason for Last Episode of Misuse	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year
	Pain Reliever Misuse (2018)	Pain Reliever Misuse (2019)	Stimulant Misuse (2018)	Stimulant Misuse (2019)	Tranquilizer Misuse (2018)	Tranquilizer Misuse (2019)	Sedative Misuse (2018)	Sedative Misuse (2019)
Relieve Physical Pain	63.6	65.7	--	--	--	--	--	--
Relax or Relieve Tension	9.2	10.0	--	--	44.8	41.1	14.5	19.6
Help with Sleep	4.5	3.7	--	--	20.6	20.9	73.6	67.8
Help with Feelings or Emotion	4.0	3.8	--	--	12.8	15.8	1.4	4.2
Experiment or See What It's Like	2.5	2.2	4.3	5.8	4.9	6.7	2.0	1.8
Feel Good or Get High	10.6	11.3	9.3	9.8	12.0	10.9	6.2	4.1
Increase or Decrease Effect of Other Drug	0.9	0.8	1.4	1.1	1.5	1.8	1.1	0.8
Because I Am Hooked or Have to Have It	3.2 <sup>a</sup>	1.9	0.2	0.2	0.7	0.7	*	0.3
Help Lose Weight	--	--	4.3	4.1	--	--	--	--
Help Concentrate	--	--	25.2	27.7	--	--	--	--
Help Be Alert or Stay Awake	--	--	32.4	30.0	--	--	--	--
Help Study	--	--	21.0	19.0	--	--	--	--
Some Other Reason	1.5	0.6	1.8	2.4	2.7	2.1	1.1	1.4

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**Table 6.14A Main Reasons for Last Episode of Misuse of Prescription Psychotherapeutics among Past Year Misusers Aged 18 or Older of Each Type of Prescription Psychotherapeutic: Numbers in Thousands, 2018 and 2019**

Main Reason for Last Episode of Misuse	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year
	Pain Reliever Misuse (2018)	Pain Reliever Misuse (2019)	Stimulant Misuse (2018)	Stimulant Misuse (2019)	Tranquilizer Misuse (2018)	Tranquilizer Misuse (2019)	Sedative Misuse (2018)	Sedative Misuse (2019)
Relieve Physical Pain	5,690	5,881	--	--	--	--	--	--
Relax or Relieve Tension	820	882	--	--	2,381	2,027	140	205
Help with Sleep	404	330	--	--	1,113	1,020	742	696
Help with Feelings or Emotion	341	314	--	--	667	761	14	34
Experiment or See What It's Like	193	172	181	228	220	261	15	16
Feel Good or Get High	934	989	416	434	590	451	55	30
Increase or Decrease Effect of Other Drug	85	67	65	50	84	83	12	8
Because I Am Hooked or Have to Have It	302 <sup>a</sup>	175	9	9	37	36	*	4
Help Lose Weight	--	--	203	184	--	--	--	--
Help Concentrate	--	--	1,131	1,187	--	--	--	--
Help Be Alert or Stay Awake	--	--	1,577	1,427	--	--	--	--
Help Study	--	--	985	825	--	--	--	--
Some Other Reason	134	56	81	97	148	93	12	14

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Main Reason for Last Episode of Misuse	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year	Past Year
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Relieve Physical Pain	63.9	66.3	--	--	--	--	--	--
Relax or Relieve Tension	9.2	9.9	--	--	45.4	42.8	14.2	20.4
Help with Sleep	4.5	3.7	--	--	21.2	21.5	74.9	69.1
Help with Feelings or Emotion	3.8	3.5	--	--	12.7	16.1	1.4	3.3
Experiment or See What It's Like	2.2	1.9	3.9	5.1	4.2	5.5	1.5	1.6
Feel Good or Get High	10.5	11.2	9.0	9.8	11.3	9.5	5.6	3.0
Increase or Decrease Effect of Other Drug	1.0	0.8	1.4	1.1	1.6	1.8	1.2	0.8
Because I Am Hooked or Have to Have It	3.4 <sup>a</sup>	2.0	0.2	0.2	0.7	0.8	*	0.4
Help Lose Weight	--	--	4.4	4.1	--	--	--	--
Help Concentrate	--	--	24.3	26.7	--	--	--	--
Help Be Alert or Stay Awake	--	--	33.9	32.1	--	--	--	--
Help Study	--	--	21.2	18.6	--	--	--	--
Some Other Reason	1.5	0.6	1.7	2.2	2.8	2.0	1.2	1.4

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