

4.3



# Understanding Addiction



**As a Young Psychologist, I will be able to...**

- **Analyze the signs & symptoms of addiction**
- **Research different theories on addiction**
- **Examine how addiction is treated**

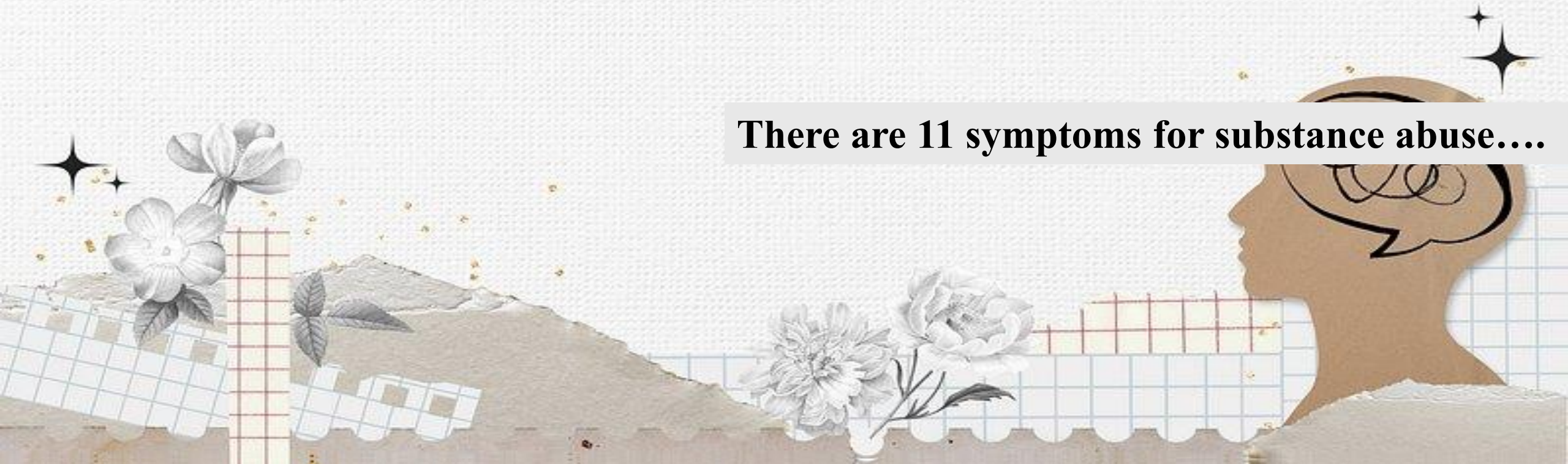


# \*Substance Abuse

**Drug Abuse-** When drug taking leads to emotional or physical harm to a person

**Most people take some sort of drug on a regular basis, from medication to caffeine**

**There are 11 symptoms for substance abuse....**



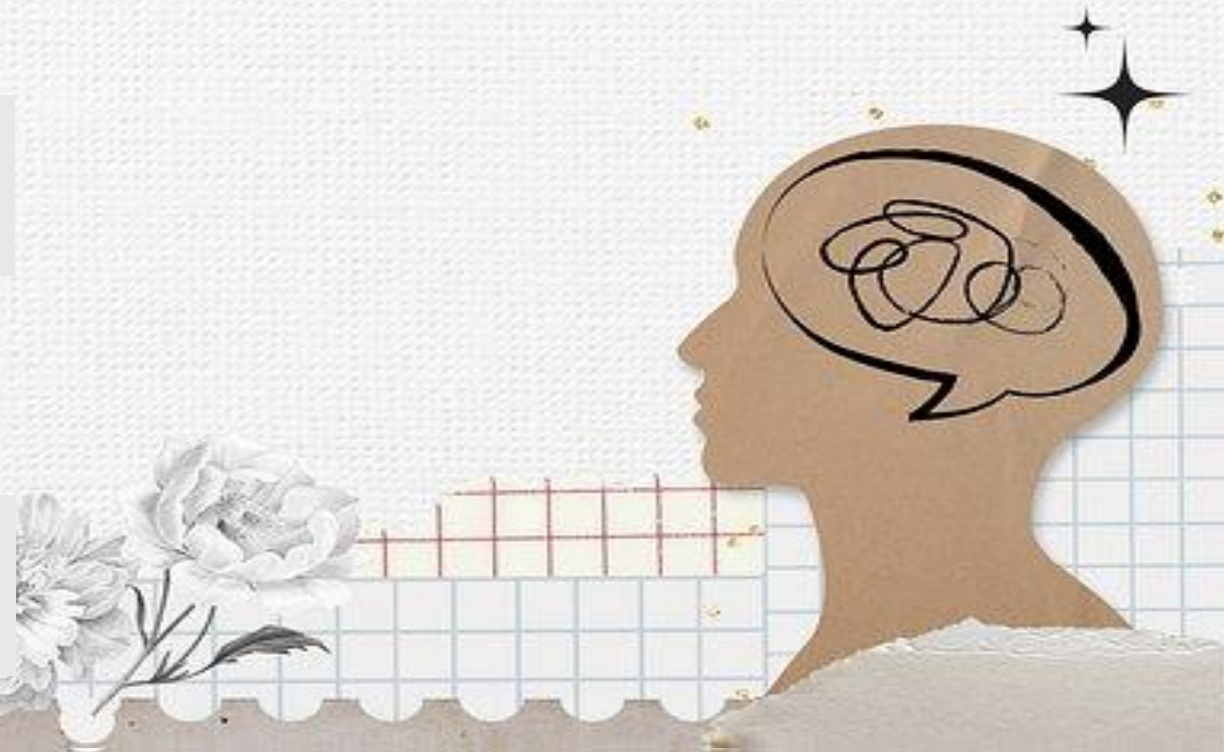
# **\*Substance Abuse**

**1. Experiencing cravings & urges to use the substance**

**2. Using the substance in larger & larger amounts for a longer time than a person wants**

**3. Wanting to cut down or stop using a substance but not able to do so**

**4. Spending a lot of time getting, using, or recovering from the use of substance**





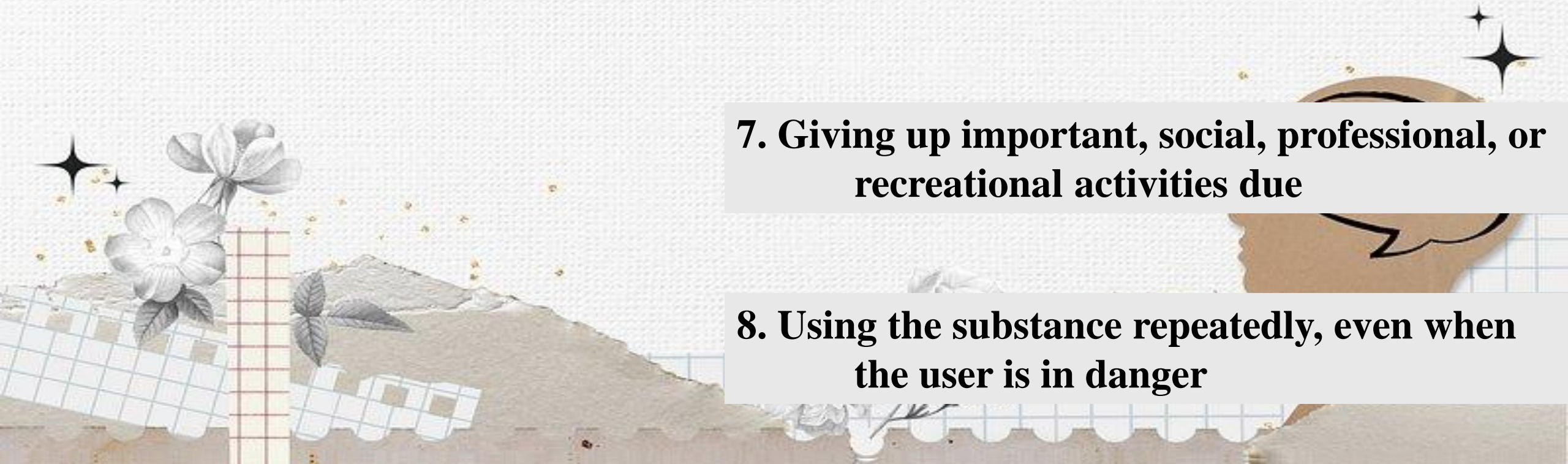
# **\*Substance Abuse**

**5. Not being able to do what a person is supposed to be doing at work, home, or school**

**6. Continuing to use the substance, even when it's causing problems in relationships**

**7. Giving up important, social, professional, or recreational activities due**

**8. Using the substance repeatedly, even when the user is in danger**



# **\*Substance Abuse**

**9. Continuing to use even when the user knows they have physical or psychological problems made worse by the substance**

**10. Developing a tolerance to the substance, meaning the user needs more**

**11. Developing unpleasant withdrawal symptoms when the user tries to cut back**





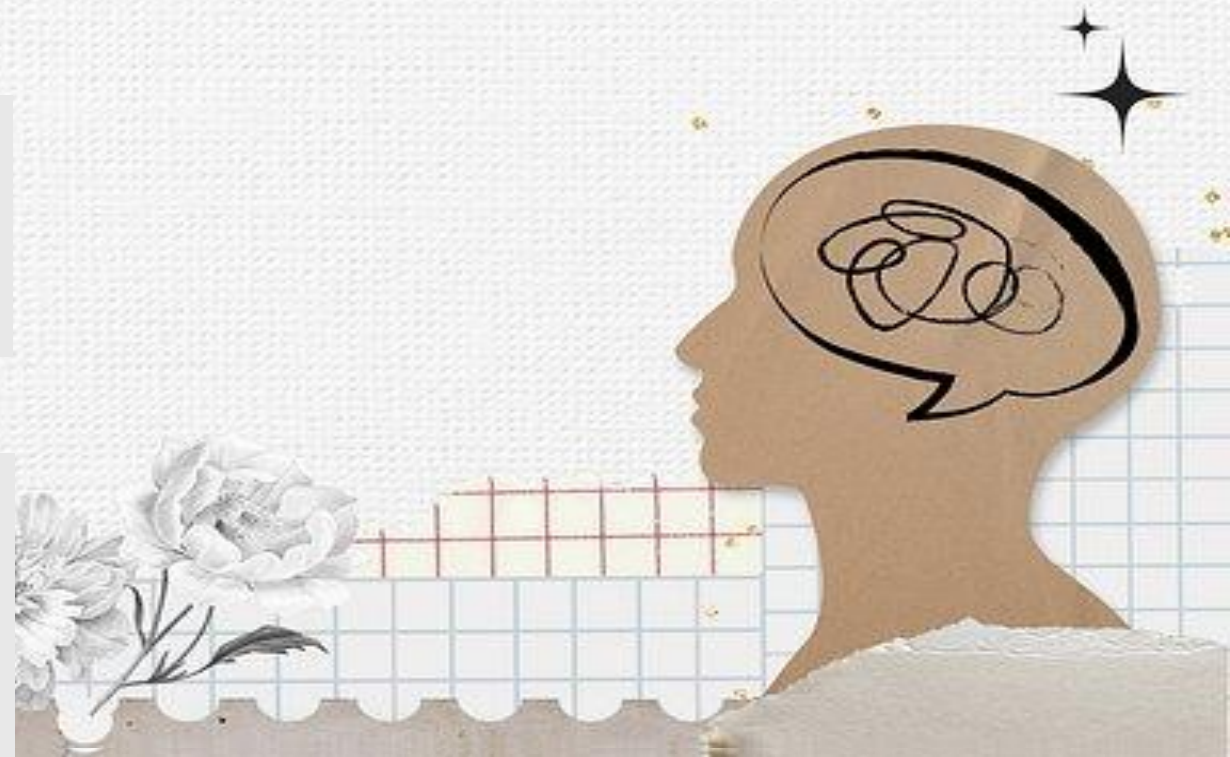
# \*Substance Abuse

**People who show 2-3 of these symptoms have a mild disorder**

**People with 4-5 have a moderate disorder, those with 6 or more have a severe**

**Addiction-** An intense craving of a substance that involves both psychological & physical dependence

**Physical dependence** refers to changes in the body's normal processes that make the drug necessary to maintain normal daily functioning



# Addiction in the Brain

**Drugs that cause addiction stimulate the basal ganglia that releases dopamine**

**Dopamine is a chemical that reinforces essential everyday behaviors**

**Long-term use leads the brain to compensate for all the extra dopamine, causing more drug use**

**Addiction leads to changes in parts of the brain involved in judgment, decision-making, learning, memory, & impulsive behavior**





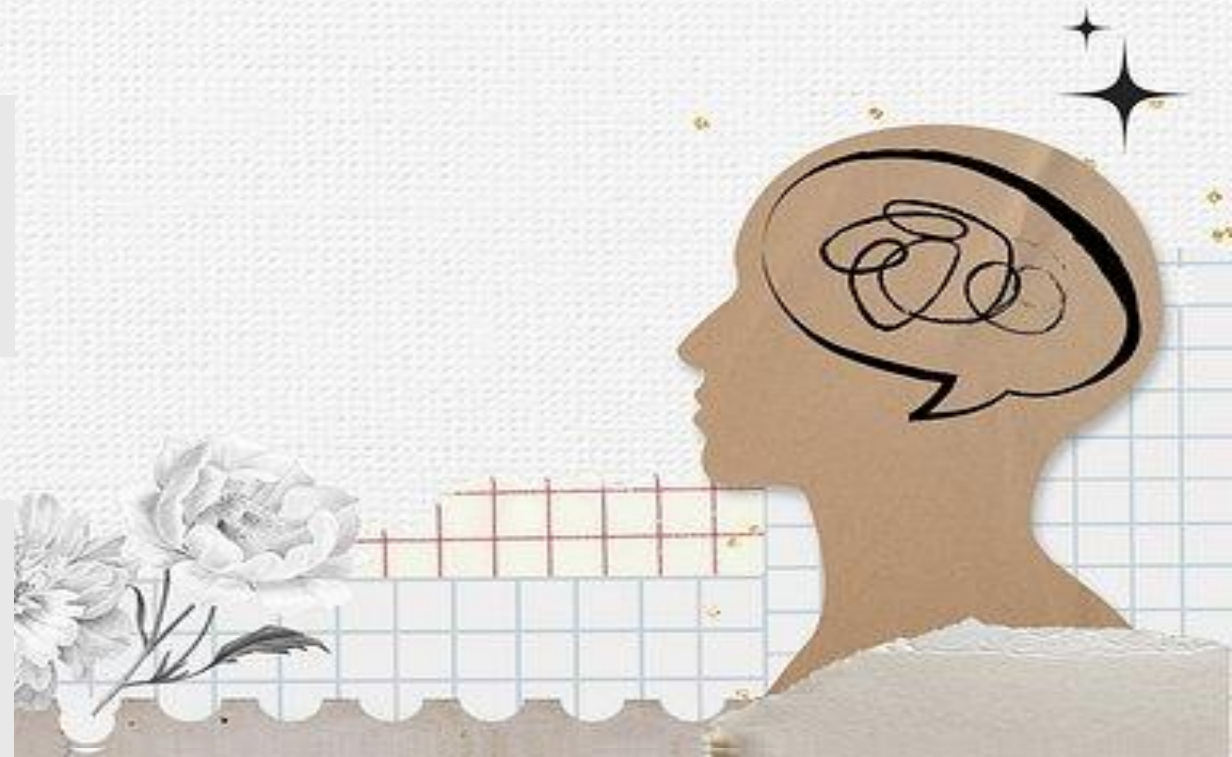
# Theories on Addiction

**Moral Model Theory-** Addictive behavior is the lack of impulse control or willpower (can be seen as victim blaming)

**Disease Model-** Addiction is based in one's biology & determined by genes

**Social Learning Theory-** People learn to engage in behavior by watching & modeling

The leading theory is that it's a combination of all factors; psychological, social, and/or cultural



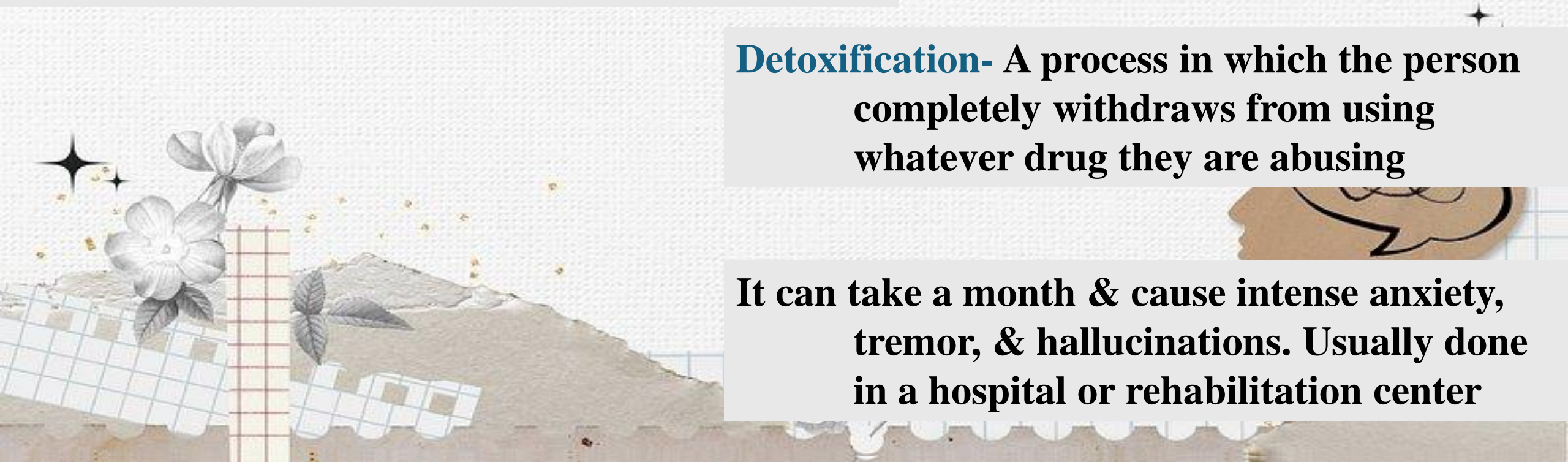
# Treating Addiction: Early Steps

All forms of substance abuse are linked with premature death-overdoses, cancer, car accidents, etc

**Relapse Curve-** The timing of people's return to substance after making attempts to quit (occur in the first 90 days)

**Detoxification-** A process in which the person completely withdraws from using whatever drug they are abusing

It can take a month & cause intense anxiety, tremor, & hallucinations. Usually done in a hospital or rehabilitation center





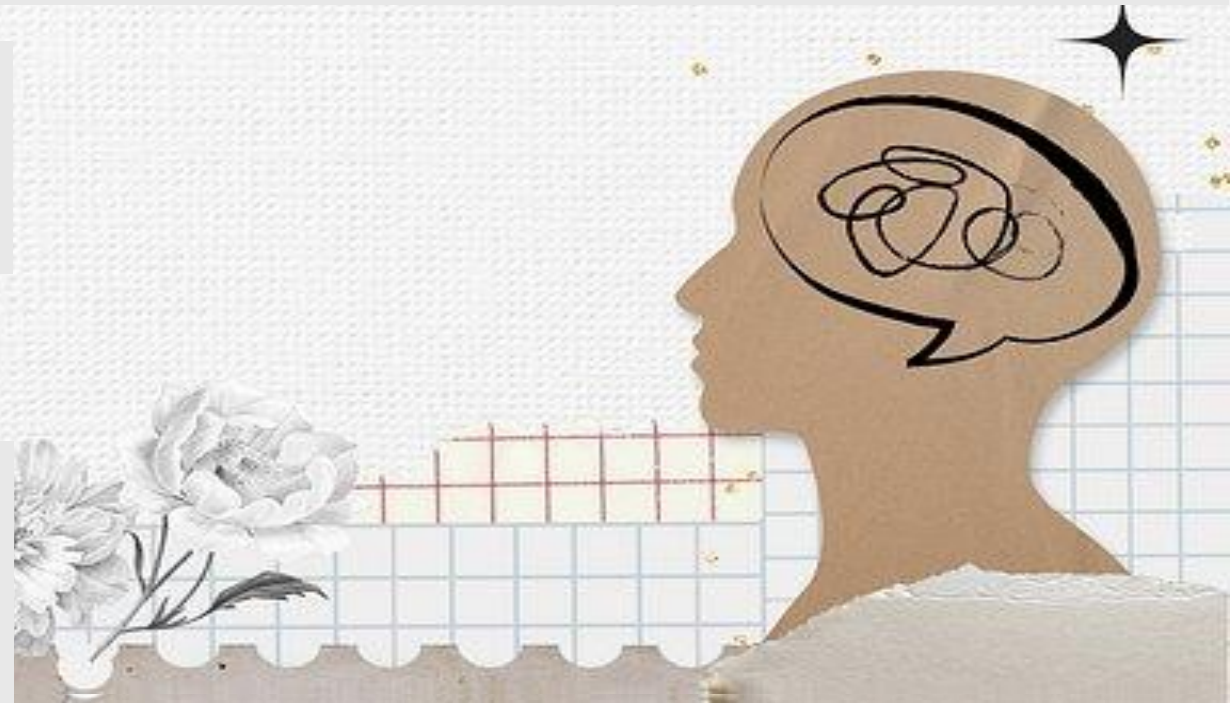
# Treating Addiction: Later Steps

**Pharmacological approaches, sometimes medication is given to help deal with the withdrawals**

**Aversive Conditioning-** Creating a negative association between an unpleasant state & an unwanted behavior

**Cognitive Behavioral Therapy-** people need to become aware of why they use a particular drug so they can avoid situations

**They also need to find some other way to cope with situations that trigger urges to use a drug**



# Treating Addiction: Later Steps

**Contingency Management-** People are given positive reinforcement for staying clean

**Motivational Interviewing-** Structured conversations between the person & a therapist

All these approaches can be effective when paired with drug therapy medication





# Self-Help Groups

**People can attend abuse programs in daily meetings to provide social support (example: AA)**

**People can receive emotional support & feel less isolated & alone**

**People can provide practical tips on sticking with desired change**

