Addictions

Etiology

- Weakness of character
- Biological Causes
  - Addiction center of the brain
  - Genetic studies on inheritance
  - Effects of the alteration of mood
- Learning Theory – Environment
- Cognitive Theory – Alcoholic thinking
- Psychoanalytic Theory – Oral dependency
- Societal values toward the use of drugs/alcohol

Treatment

- Alcoholics Anonymous (12-step programs)
- Hospital programs
  - Inpatient
  - Detoxification
  - Outpatient
- Antabuse
- Behavioral couple & family therapy
- Cognitive Behavioral therapy
  - Aversive Conditioning
    - Covert Sensitization – nausea
  - Contingency Management
    - Manage contingencies that lead to drinking
    - Manage contingencies that lead to sobriety
  - Moderation
    - Controlled drinking (Sobell & Sobell)
- Cravings for nicotine (biological)
  - Patches
  - Gum
  - Inhalant
- Prevention
  - Peer pressure
  - Correction of the expectancies of substance abuse
  - Inoculation
  - Increase parental involvement
  - Peer leadership
  - Improve self-esteem/self awareness
  - DARE
- Know the different classes of drugs (Narcotics (sedatives), Stimulants, Hallucinogens, Depressants/alcohol, and marijuana)
- Know what the “Stepping Stones Theory” or “Gateway Drug” is about