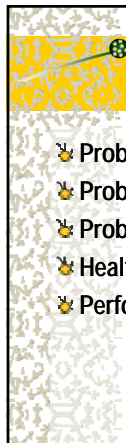


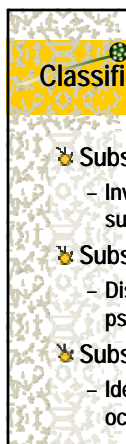
Chapter 10: Substance-Related Disorders

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Why Study Substance Abuse

- ✶ Problem on Campus
- ✶ Problem in the Community
- ✶ Problem in Therapy
- ✶ Health Problems
- ✶ Performance Enhancing Drugs



Classification of Substance-Related Disorders

- ✶ Substance Use Disorders
 - Involve maladaptive use of psychoactive substances
- ✶ Substance-Induced Disorders
 - Disorders that can be brought about by using psychoactive substances
- ✶ Substance Dependence
 - Identified by dependence that impairs social or occupational functioning

Classification of Substance-Related Disorders

ACCORDING TO THE STANDARD psychiatric definition, any drug user who passes three of the nine tests below is hooked. Several researchers were asked to apply the tests not only to drugs but also to other substances and activities—Chocolate, sex, shopping. Their responses show it's possible to become addicted to all sorts of things. For example, serious runners could pass three of the tests by spending more time running than originally intended, covering increasing distances, and experiencing withdrawal symptoms (a devoted runner forced to stop because of an injury, say, might become anxious and irritable). Of course, that sort of dependency isn't necessarily destructive. Conversely, a drug that fails the addictiveness test—LSD, for instance—may be harmful just the same. This so many things are potentially addictive suggests the addiction's cause is not confined to the substance or activity—our culture may play a large role too.

	Nicotine	Alcohol	Caffeine	Cocaine	Crack	Heroin	Ice*	LSD	Marijuana	PCP†	Valium, Xanax, etc.†	Stimulants	Chocolate	Running	Gambling	Shopping	Sex	Work	Drinking	Television	Mountain climbing
TAKES substance or does activity more than originally intended	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
WANTS to cut back or has tried to cut back but failed	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SPENDS lots of time trying to get substance or set up activity, taking substance or doing activity, or recovering	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
IS OFTEN intoxicated or suffers withdrawal symptoms when expected to fulfil obligations at work, school, or home	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Classification of Substance-Related Disorders

	Nicotine	Alcohol	Caffeine	Cocaine	Crack	Heroin	Ice*	LSD	Marijuana	PCP†	Valium, Xanax, etc.†	Stimulants	Chocolate	Running	Gambling	Shopping	Sex	Work	Drinking	Television	Mountain climbing
CURTAINS or gives up important social, occupational, or recreational activities because of substance or activity	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
USES substance or does activity despite persistent social, psychological, or physical problems caused by substance or activity	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
NEEDS more and more of substance or activity to achieve the same effect (tolerance)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SUFFERS characteristic withdrawal symptoms when activity or substance is discontinued (cravings, anxiety, depression, jittery)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TAKES substance or does activity to relieve or avoid withdrawal symptoms	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

* Methamphetamine

† Benzodiazepines

Research by Valerie Fishery

Substance-Related Disorders

Comorbid Disorders

Addiction, Physiological Dependence and Psychological Dependence

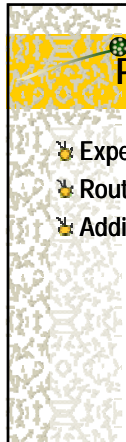
- Addiction**
 - Habitual or compulsive use of a drug accompanied by evidence of physiological dependence
- Physiological Dependence**
 - Condition in which the drug user's body comes to depend on a steady supply of the substance

Addiction, Physiological Dependence and Psychological Dependence

- Psychological dependence**
 - Compulsive use of a substance to meet a psychological need
- Substance Abuse**
 - Behavioral Characteristics

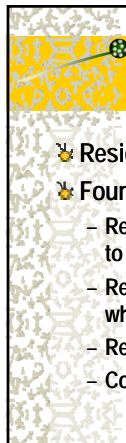
Racial/Ethnic Differences

- Despite the stereotype, drug dependence is not more prevalent in minorities**



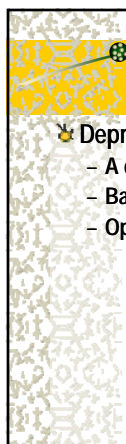
Pathways to Drug Dependence

- ✦ Experimentation
- ✦ Routine Use
- ✦ Addiction/Dependence



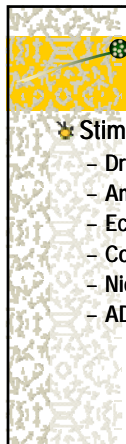
Substance Abuse


- ✦ Residual category
- ✦ Four characteristics:
 - Recurrent substance abuse resulting in a failure to fulfill major role obligations
 - Recurrent substance abuse in situations in which it is physically hazardous
 - Recurrent substance use-related legal problems
 - Continued use despite problems



Drugs of Abuse

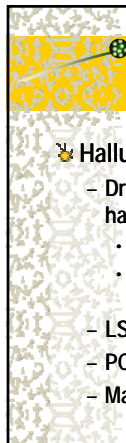
- ✦ Depressants
 - A drug that lowers the level of activity in the CNS
 - Barbiturates
 - Opioids






Drugs of Abuse

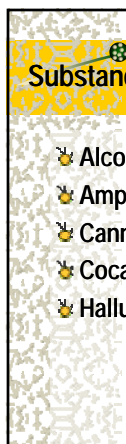
- ✶ Stimulants
 - Drugs that stimulate the CNS
 - Amphetamines
 - Ecstasy
 - Cocaine
 - Nicotine
 - ADHD Medications






Drugs of Abuse

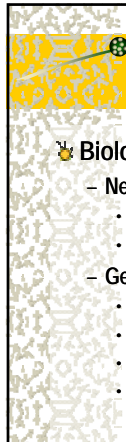
- ✶ Hallucinogens
 - Drugs that promote sensory distortions or hallucinations
 - Major alterations in color perception and hearing
 - May have physiological and affective components, too
 - LSD
 - PCP
 - Marijuana





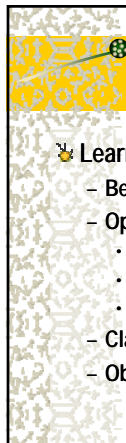
Substances with Both Abuse and Dependence

✶ Alcohol	✶ Inhalants
✶ Amphetamines	✶ Opioids
✶ Cannabis	✶ PCP
✶ Cocaine	✶ Sedatives
✶ Hallucinogens	



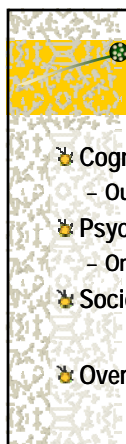
Theoretical Perspectives

- Biological
 - Neurotransmitters
 - Dopamine system
 - Brain changes with long-term use
 - Genetic factors
 - Family studies
 - Twin studies
 - Animal studies
 - Other evidence



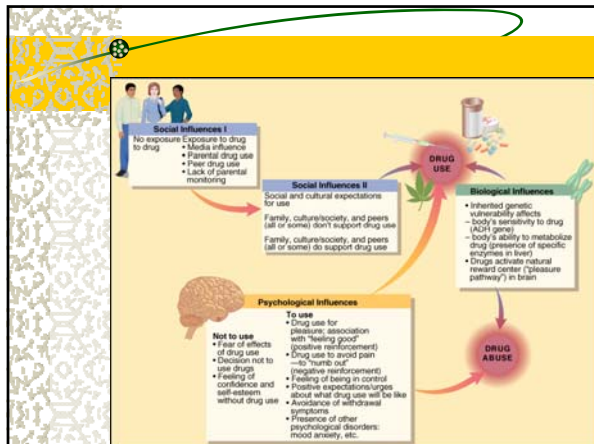
Theoretical Perspectives

- Learning
 - Behaviors are learned and can be unlearned
 - Operant Conditioning
 - Drug use is pleasurable; therefore it is reinforcing
 - Alcohol and tension reduction
 - Other negative reinforcement
 - Classical Conditioning
 - Observational Learning



Theoretical Perspectives

- Cognitive
 - Outcome expectancies
- Psychodynamic
 - Oral Dependent Personality
- Sociocultural Factors
- Overall Picture



Treatment

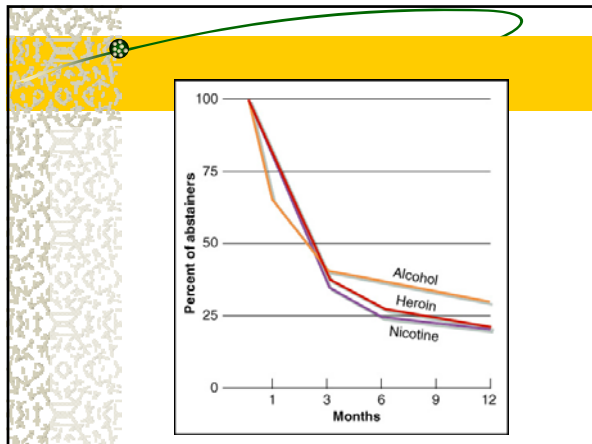
🔦 **Biological Approach**

- Detoxification
- Therapeutic Drugs
 - Disulfiram
 - Antidepressants
 - Nicotine Replacement Therapy
 - Methadone Maintenance Programs
 - Naloxone & Naltrexone

Treatment

🔦 **Nonprofessional Support Groups**

- Alcoholics Anonymous
 - Good Points
 - Bad Points



Treatment

- ✦ Residential Treatments
 - 28 days
- ✦ Behavioral Approaches
 - Self-Control Strategies
 - Antecedents
 - Behaviors
 - Consequences
 - Aversive Conditioning

Treatment

- Social Skills Training
- ✦ Relapse Prevention
 - Marlatt
 - Abstinence Violation Effect

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