**For the past 2 decades or so, researchers have viewed alcoholism from a “biomedical” point of view. Many researchers thought that it was only a matter of time before a gene for alcoholism would be found. Recently, many researchers have agreed that biology plays a role in addiction but suggest that biology is only one factor in the development of alcoholism. Based on what we know to date, discuss factors associated with alcoholism. Then, determine which factors programs such as Alcoholics Anonymous address in its 12 steps to recovery. Based on your findings, do you think the 12-step program is an effective method for alcoholism treatment?**

**Comment on 2 of your classmate’s reflections. If you agree or disagree with their stance justify your thoughts in your response.**

**Post:** The factors associated with alcoholism are Psychological Factors, Personality Factors, Drinking History Factors, Genetic Factors, Familial Factors, Environmental Factors, Religious Factors, Social and Cultural Factors, Age Factors, Educational Factors, Career Factors, Known Specific Risk Factors such as:

* Consuming in excess of 15 drinks for every week for men or 12 drinks for every week for ladies.
* Hard-core drinking (expending more than at least 5 drinks in a 2-hour time frame for men or at least 4 drinks in a 2-hour duration for ladies).
* Having a natural relative to liquor abuse or illicit drug use.
* Having an emotional wellness condition, for example, bipolar turmoil, depression, or nervousness.
* Encountering companion strain to drink, particularly as a youthful grown-up.
* Having low confidence or self-esteem.
* Encountering abnormal amounts of pressure.
* Dwelling in a family or culture where liquor use is normal and acknowledged.

The factors associated with alcoholism involve in Alcoholics Anonymous -12 steps to recovery programs are Psychological Factors, Drinking History Factors, Social Factors and, Religious Factors. One investigation found that 67% of the general population who went to in any event 27 weeks of AA gatherings during their first year of treatment stayed abstinent at the 16-year development. Just 34% of the individuals who did not take an interest in the AA program stayed abstinent.1

Another examination recommends that AA can positively affect an individual's progress into collectedness. It found that cooperation in AA anticipated restraint from liquor.2 One theory is that AA may help individuals acknowledge and remain in treatment.3 AA has been observed to be the best for heavy drinkers without other mental issues. Also, it appears to complete superior employment than different types of treatment of rousing absolute forbearance as opposed to just diminished drinking.4 According to these studies, I think that think the 12-step program is an effective method for alcoholism treatment.

Works Cited

[1]. Moos R.H. & Moos B.S. (2006). *Participation in treatment and Alcoholics Anonymous: a 16-year follow-up of initially untreated individuals*. Journal of Clinical Psychology, 62 (6). 735-750.

[2]. Connors G.J., Tonigan J.S. & Miller W.R. (2001). *A longitudinal model of intake symptomatology, AA participation, and outcome: retrospective study of the Project MATCH outpatient and aftercare samples*. Journal of Studies on Alcohol, 62. 817-825.

[3]. Ferri, M., Amato, L., & Davoli, M. (2006). *Alcoholics Anonymous and other 12-step programmes for alcohol dependence*. Cochrane Database of Systematic Reviews, Issue 3.

[4]. Project MATCH Research Group. (1998*). Matching alcoholism treatments to client heterogeneity: Project MATCH three-year drinking outcomes. Alcoholism*: Clinical and Experimental Research, 22 (6): 1300-1311.

**Reply 1:** I completely agree with you, Saud! There are also some factors associated with alcoholism which are Personality Factors, Drinking History Factors, Genetic Factors, Familial Factors, and  Religious Factors. Besides, A long haul study directed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) found that individuals with liquor abuse who both got formal treatment and went to an AA gathering had a superior shot of remaining calm than the individuals who just gotten formal treatment.

## **Reply 2:** Your response is well elaborated and awesome [Abdulmalyk](https://morganstate.instructure.com/courses/324/users/4920). Besides these, there are also some factors associated with alcoholism which are Drinking History Factors and  Religious Factors. People who complete rehab frequently keep taking an interest in gatherings since the 12 Steps help them center around balance. Most specialists trust that the 12-Step recovery treatment program that is redone to a person's needs is the best strategy to accomplish and look after recuperation.