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Psychology

# Drug Addiction Escape



## Group Members

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## Introduction and Background:

Drug addiction is a brain disease. The drugs affect brain, making it difficult to stop taking the drugs, even if you want to. The drugs change the brain in a way that makes quitting physically and mentally difficult. Treating addiction often requires lifelong care and therapy. Addiction is a lot like other diseases, such as heart disease. Both have serious harmful effects, and both are, in many cases, preventable and treatable. If left untreated, they can last a lifetime and may lead to death.

Around 8.9 million people in Pakistan are drug addicts while 700 people die every day in the country due to drug-related complications making the deaths related to drugs greater than those caused by terrorism.

So the fact that it is one the big issue today in our society. Many people in world want to escape from drugs but difficult to do that. And all of us know everyone don't have awareness to cope up with that and ways to know how can we able to do or what are the steps.

So the idea came in to our mind that we should provide a platform where they can sign up and can be aware of their addiction level, can their balanced routine diet, and can communicate to the community that have already been through this process and by listening to their stories they can be motivated, or several test question will be asked and they will get to know the where their addiction lies based on scaling and on bases of that the app should provide nearby centers and institution for proper counseling's.

During 21<sup>st</sup> century there is huge increase in usage of internet and technology, so we came with the idea of application that provide people with platform as an awareness, a hope to escape from drug addiction.

## Concepts of Psychology:

At first, we'll be using the **Psychodynamic** theory, also known as psychoanalytical theory by Sigmund Freud. This states human behavior is influenced by early childhood and those childhood experiences influence the unconscious mind out of our lives. Hence if a client is drug addicted, it may be because of a childhood experience, which might be a traumatizing for the client.

Another theory that we'll be using is the **Self-medication perspective** theory. This theory states that people use substances, such as alcohol and drugs, or such as eating or gambling to change the current emotional state of a person. This might cause a temporary relief to Dysphoria, a state of unhappiness, restlessness, and dissatisfaction.

## **Targeted Audience:**

There is no age limit for a person to be able to avail this facility. Anyone can avail the facility, such as:

- 1) A drug-addicted person who wants to quit.
- 2) A person who wants to share their experiences of life with drugs and how drugs have destroyed millions of people around the world. This may be emotionally, or financially.
- 3) A person who is thinking of using drugs as a way to release his/her tension.

## **Language:**

Our main use of language will be English in which the users will be able to communicate with the world. However, the application text will consist of multiple languages, such as English, Urdu, Persian, Arabic etc.

## **Implementation Steps:**

- 1) Create an Application. A video conference and chat mobile application.
- 2) Invite people from all around the world on social media.
- 3) Contact people who have been a victim of drugs in the past.
- 4) Invite them to share their experience.
- 5) The application will ask the user if he/she is a drug-addicted person who wants to quit, a person who wants to share their experience of life with drugs, or a person who is thinking of releasing his/her tension with drugs.
- 6) Divide the invited drug addicts into categories using a drug monitoring scale. They will be categorized into 5 different levels. Such as beginner etc.
- 7) After division, each drug-addicted person will be redirected to their respectable conferences which will guide them to the downfalls at their own level so that they can relate to the problem. A group will be created with multiple experienced people and similar level drug addicts.
- 8) We'll be guiding them with the psychodynamic and self-medication perspective theory and guide them accordingly.
- 9) Initial step will be to make them aware that there is a problem with them.
- 10) Identify their triggers.
- 11) Accept the past and finally move on.
- 12) Tell them the benefits of sobriety, and how it is appreciated throughout the world.
- 13) Ways to divert their mind, such as morning walk, exercises, and when they are alone, they can talk to new people on our application.
- 14) To keep them motivated, individual-based video chats will also be held every week.
- 15) Users who want to release their tension by using drugs in the future(who are thinking to do so) will be guided and categorized into a different category and will be guided accordingly.

- 16) After the treatment period is finished, a panel interview will be done in-front of the user, which will be asking about their condition.

## **Benefits of Application:**

The total number of drug users in this world are 270 million people, yet only 10% of these people are treated. Even if we manage to save 1% of the total population through this application, it will be a win for us. More people will be derived to sign in and hence the percentage could increase.