

SUBSTANCE AND NON SUBSTANCEADDICTION

(Substance \equiv drug)

Drug:- Any substance / chemical that produces changes in our bodies, mind.

Addiction:- Condition in which a person is unable to stop using a substance.

1) Substance / Drug use disorders:-

Nonadaptive behavior & reaction brought about by repeated use of substances.

2) Non Chemical Addiction:-

Gambling, risky sex, food, internet, shopping.
These are behavioral addictions.

When a person engages in these behaviours in excess & can't stop. it becomes addiction.

===== SUBSTANCE / DRUG ADDICTION =====

• Repeated Exposure leading to addiction:-

- Substance addiction is a neuropsychiatric disorder.
- Characterized by a recurring desire to continue taking the drug despite harmful consequences.
- Addiction is caused by repeated drug exposure.
- This process is strongly influenced both by genetic makeup of person and by psychological and social context in which drug use occurs.

* Neurobiological changes.

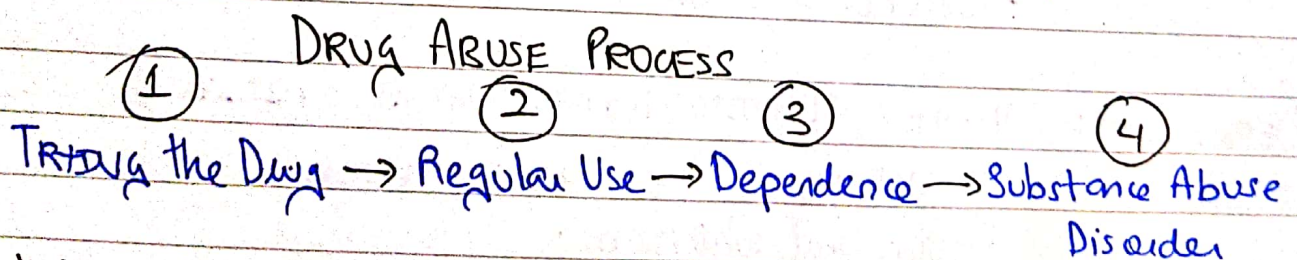
The use of drugs damage the part of brain which helps in preventing a person to addiction. Hence he becomes addicted to psychological & physical changes.

* Why drugs lead to abnormal behaviour.

Via neuroimaging, experts have observed that long-term drug exposure causes stable changes in the brain which may perhaps underlie behavioural abnormalities.

* SYMPTOMS:-

- 1) Increased tolerance for substance abuse.
- 2) Failure to fulfill significant life observations.
- 3) Difficulties with relationships & increased conflict.
- 4) Inability to reduce or control drug use.
- 5) Sacrificing activities to use instead.
- 6) Poor performance in academics and work.
- 7) Experiencing withdrawal symptoms, such as anxiety, depression etc



- Substance intoxication:- Substances may cause temporary changes in behaviour, emotion, thought.
- In many cases people become physically dependent on it, developing tolerance for it (need larger doses of it to effect)

Withdrawal Reactions:- Unpleasant & sometimes dangerous symptoms.
(Cramps, anxiety attack, sweating, nausea)
→ these occur when a person suddenly stops taking or wts back on substance.

* REASONS FOR DOING DRUGS:-

- 1) Peer Pressure
- 2) To feel cool
- 3) Media
- 4) Trauma
- 5) Boredom
- 6) feel relaxed
- 7) Friends
- 8) Escape

* STIMULANTS:-

Group of substances that increase the activity of the central nervous system, resulting in increased blood pressure and heart rate and sped-up behaviour and thinking.

Eg:- Caffeine, Nicotine, Amphetamines, Bath Salts, Cocaine.

- Side Effects:-
- Meth Mouth (rapid decay of persons teeth)
 - Weight loss
 - Organ failure
 - Death Due to stroke.

* DEPRESSANT:- (ALCOHOL, SEDATIVE HYPNOTIC DRUGS, OPIOIDS)

Slow the activity of the nervous system.

Reduce tension and inhibitions.

May interfere with person's judgement, concentration.

Eg:- Tranquilizers, Sleeping pills, Marijuana.

SIDE EFFECTS:- COMA, Respiratory issues, Lung cancer, Death

* HALLUCINOGEN :

- Can alter perception, thoughts and feelings
- Can be taken in a variety of ways: ingested, smoked, inhaled
- "These produce powerful changes in sensory perception, from strengthening a person's normal perceptions to inducing illusions, hallucinations."
- Produce sensations so out of the ordinary that they are sometimes called 'trips'.
- Trips may be exciting or frightening depending on how a person's mind interacts with drugs also called psychedelic drugs.

Eg:- LSD, Ecstasy, Magic Mushrooms, Cannabis.

- Bad Acid Trip:-
 - IRRATIONAL BEHAVIOUR
 - Aggression & violence
 - Mental Health problems.
 - Hallucinations.
- LSD High:- + Psychological Effects:-
 - Hallucinations, Euphoria, Paranoia, Sensory distortion.
- + Physical Effects:-
 - Sweating, increased heart rate & body temp., Dehydration.
- + Extreme Use:-
 - Psychosis, Flashbacks, depressions.

THEORY

* REWARD SYSTEM:-

Brain-imaging studies suggest that drugs eventually activate a reward center (Pleasure Pathway) in the brain.

A key neurotransmitter in this pleasure pathway appears to be dopamine.

|| DRUG ABUSE IS PREVENTABLE & ADDICTION IS TREATABLE ||

* CONSEQUENCES OF DRUG USE IN SOCIETY:-

CRIMES SUCH AS:-

RESULTS IN:-

DRUG POSSESSION

JAIL TIME

DRUG USE

MASSIVE LEGAL FINES

DRUG TRAFFICKING

BECOMING UNEMPLOYED

DRUG MANUFACTURING

HOMELESSNESS

THEFT

DEATH

BREAK AND ENTER

FAILED RELATIONSHIPS WITH FAMILY FRIENDS

- BRAINS of addicts are different from not addicts.
It is difficult to return the brain to normal. Treatment is not simple.
- Effective treatment incorporates many components, each directed to a particular aspect of illness and its consequence.
- Addiction is a chronic disease; people simply cannot stop using drugs for a few days and be cured. Most patients require long term or repeated episodes of care to achieve the ultimate goal of recovery of their lives.

- Drug Abuse & Addiction affect every segment of society.
- Not one person is immune from disease of addiction.

* Prevent drug abuse by:-

- Being informed of risk associated by substance abuse.
- Involvement in attenuating activities.
- Build self confidence.
- Make the future plans.
- Be brave enough to say "No"!
- Surround yourself with good friends.
- ~~drug~~ Solve underlying issues that might lead to future drug abuse with a professional such as a school counsellor.

NON SUBSTANCE ADDICTION

- 1) Includes things like gambling, risky sex, food, internet, shopping. These are sometimes called behavioural addictions.
- 2) When a person engages in these behaviours and can't stop, become an addiction.
- 3) Can result in physical, emotional, financial harm.

Eg:- Plastic surgery, food, gaming, sex, social media, gambling, internet.

* SYMPTOMS OF A NON SUBSTANCE ADDICTION

- 1) The person is unable to stop doing the troublesome activity.
Eg:- a person addicted to gambling may spend all of his savings.
- 2) Compulsive, excessive, repetitive engagement in risky behavior.
- 3) Being unable to stop the activity.
- 4) Impaired Judgement
- 5) Unable to control the behavior.
- 6) Strained work & personal relationship.
- 7) Inappropriate emotional response.

* What causes a non substance addiction?

- Studies show gambling activates similar parts of brain as other drugs, like alcohol.
- These parts of brain are responsible for our "reward system"
- This is what gives our bodies dopamine after we do some healthy behavior like exercise or eating a meal.

* HOW ARE NON SUBSTANCE ADDICTIONS DIAGNOSED?

- Some people with the addiction recognize problem & seek help.
- Some people are told by family and friends.
- A mental health professional can diagnose the addiction.