

UNIT-4 : Avoiding risks and harmful habits

Types of addictions, influencing factors for addictions, Differences between addictive people and non addictive people and their behavior with society

Addictions

What is Addiction?

- . Addictive behaviour: A behaviour based on the pathological need for the substance or activity, may involve the abuse of substances, such as alcohol or tobacco/opium or the excessive ingestion of high caloric food, resulting in extreme obesity
- . Addiction is a chronic disorder with biological, psychological, social and environmental factors influencing its development and maintenance.
- . Addiction occurs when the act of using a substance takes over these circuits and increases the urge to consume more and more of the substance in order to achieve the same rewarding effect.

Types of Addictions

- Alcoholism/Tobacco
- Drugs-Opium, Marijuana, Cocaine, Cannabis
- Internet/browsing addiction
- Cell phone addiction
- Video gaming
- Pornography

TYPES OF ADDICTION



Sedatives/Anxiolytics/
inhalants

Hyper obesity/Morbid
obesity

ADDICTION



More about Addiction

- About half the risk for addiction is genetic
- Genes affect the degree of reward that individuals experience when initially using a substance (e.g., drugs) or engaging in certain behaviours (e.g., gambling), as well as the way the body processes alcohol or other drugs.
- Heightened desire to re-experience use of the substance or behaviour, potentially influenced by psycho- logical(e.g., stress, history of trauma), social (e.g., family or friends & use of a substance), and environ- mental factors (e.g., accessibility of a substance, low cost) can lead to regular use/exposure, with chronic use/exposure leading to brain changes
- All addictions are part of mental disorders!

Reasons for taking drugs

- To feel good — feeling of pleasure, “high” or "intoxication". Euphoria
- To feel better — relieve stress, forget problems, or feel numb
- To do better — improve performance or thinking
- Curiosity and peer pressure or experimenting

Factors Leading to Addiction



Symptoms of substance use disorder

- . Impaired control: a craving or strong urge to use the substance; desire or failed attempts to cut down or control substance use
- . Social problems: substance use causes failure to complete major tasks at work, school or home; social, work or leisure activities are given up or cut back because of substance use
- . Risky use: substance is used in risky settings; continued use despite known problems
- . Spending a good deal of time getting the drug, using the drug or recovering from the effects of the drug.
- . Experiencing withdrawal symptoms. when you attempt to stop taking the drug.

- Drug effects: Dependence: Involves physiological need for substance; tolerance (need for larger amounts to get the same effect); withdrawal symptoms (different for each substance);
- Feeling that you have to use the drug regularly — daily or even several times a day.
- Having intense urges for the drug that block out any other thoughts.
- Over time, needing more of the drug to get the same effect.

- Failing in your attempts to stop using the drug.
- Taking larger amounts of the drug over a longer period of time than you intended
- Making certain that you maintain a supply of the drug Spending money on the drug, even though you can't afford it.
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of drug use.

- Continuing to use the drug, even though you know
- it's causing problems in your life or causing you physical or psychological harm.
- Doing things to get the drug that you normally wouldn't do, such as stealing.
- Driving or doing other risky activities when you're under the influence of the drug.

Consequences

- Brain changes include alterations in cortical (pre-frontal cortex) and sub-cortical (limbic system) regions involving the neuro-circuitry of reward, motivation, memory, impulse control and judgment.
- This can lead to dramatic increases in cravings for a drug or activity, as well as impairments in the ability to successfully regulate this impulse, despite the knowledge and experience of many consequences related to the addictive behaviour.

Complications

- Getting a communicable disease.
- Other health problems. Drug addiction can lead to a range of both short-term and long-term mental and physical health problems. These depend on what drug is taken.
- While driving more likely do other dangerous activities while under the influence causing accidents.
- People who are addicted to drugs die by suicide.

- Family problems . Behavioral changes may cause marital or family conflict.
- Work issues. Decline in performance at work, absenteeism and eventual loss of employment.
- Problems at school. Academic performance and motivation to excel in school.

- Legal issues. While buying or possessing illegal drugs, stealing to support the drug addiction, driving while under the influence of drugs or alcohol.
- Financial problems.

Differences between addictive people and non addictive people and their behavior with society

Risk Factors	Protective Factors
<i>Aggressive behavior in childhood</i>	<i>Good self-control</i>
<i>Lack of parental supervision</i>	<i>Parental monitoring and support</i>
<i>Poor social skills</i>	<i>Positive relationships</i>
<i>Drug experimentation</i>	<i>Academic competence</i>
<i>Availability of drugs at school</i>	<i>School anti-drug policies</i>
<i>Community poverty</i>	<i>Neighborhood pride</i>

What other factors increase the risk of addiction?

- Early use: Although taking drugs at any age can lead to addiction, research shows that the earlier people begin to use drugs, the more likely they are to develop serious problems.
- This may be due to the harmful effect that drugs can have on the developing brain.
- It also may result from a mix of early social and biological risk factors, including lack of a stable home or family, exposure to physical or sexual abuse, genes, or mental illness.

How to recover from addictions

Treating Substance Use Disorders (SUDs)

- The first step is recognition of the problem
- A formal assessment of symptoms: Medical professional
- Multiple types of treatment: A combination of medication and individual or group therapy is most effective.
- Treatment approaches that address an individual's specific situation and any co-occurring medical, psychiatric, and social problems is optimal for leading to sustained recovery.

- Varies depending on substance and circumstances
- Treating substance use disorder is challenging and includes one or more of the following:
- Acute detoxification,
 - Prevention and management of withdrawal
 - Cessation (or rarely, reduction) of use
 - Maintenance of abstinence

What works

- Cognitive-behavioural therapy: CBT can help addicted patients overcome substance abuse by teaching them to recognize and avoid destructive thoughts and behaviours.
- Motivational interviewing: This therapy technique involves structured conversations that help patients increase their motivation to overcome substance abuse.
- Contingency management. Provide tangible incentives to encourage patients to stay off drugs
- Psychodrama and group therapies
- Alcoholic Anonymous and Narcotic anonymous
- Rehab centers and Therapeutic Communities and other tertiary care centers

13 principles of effective drug addiction treatment

- 1. Addiction is a complex, but treatable, disease that affects brain function and behavior**
- 2. No single treatment is appropriate for everyone.**
- 3. Treatment needs to be readily available.**
- 4. Effective treatment attends to multiple needs of the individual, not just his or her drugabuse.**
- 5. Remaining in treatment for an adequate period of time is critical.**

6. Counselling: individual and/or group —and other behavioral therapies are the most commonly used forms of drug abuse treatment.

7. Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.

8. An individual's treatment and services plan must be assessed continually and modified as necessary to ensure it meets his or her changing needs.

9. Many drug-addicted individuals also have other mental disorders.

10. Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug abuse.

11. Treatment does not need to be voluntary to be effective.

12. Drug use during treatment must be monitored continuously, as lapses during treatment do occur.

13. Treatment programs should assess patients for the presence of HIV/AIDS, hepatitis B and C, tuberculosis and other infectious diseases, as well as provide targeted risk-reduction counseling to help patients modify or change behaviors that place them at risk of contracting or