

Types of Addiction

 duarehabhouse.com/addiction-resources/types-of-addiction/

Addiction is a complex brain disease involving altered function of reward and motivation systems. It includes substance abuse as well as behavioural problems such as abuse of gambling and video games, and excessive work, food, and

sex.

SUBSTANCE-RELATED ADDICTIONS

This includes dependence on any of the following:

Alcohol

Narcotics

Inhalants

Depressants

Hallucinogens

Steroids

Ice

BEHAVIOURAL OR PROCESS ADDICTIONS

Although less well studied, many behaviors appear to have reinforcing properties, and may involve excesses related to:

MULTIPLE ADDICTIONS AND CO-MORBID FACTORS

Science shows that substance and behavioural addictions can occur within the same individual and that multiple variants of substance or process addiction can be expressed at the same time. Thus, people can have multiple addictions with each addition being active to differing degrees of severity. Additionally, depression and anxiety frequently accompany addiction as co-morbid factors.

ALCOHOLS

What is Alcohol?

Liquid distilled product of fermented fruits, grains, vegetables
Used as solvent, antiseptic, sedative
Moderate potential for abuse

Possible effect

Intoxication, Sensory , Anxiety Reduction

Symptoms of overdose

Staggering, Odor of alcohol on breath

Loss of coordination

Slurred speech, dilated pupils

Fetal Alcohol syndrome (in babies)

Nerve and liver damage

Withdrawal syndrome

Sweating, Tremors, Altered perception

Psychosis, fear, auditory hallucinations

Indications of possible misuse

Confusion , dis-orientation, Loss of motor nerve control

Convulsions, shock, shallow respiration

Involuntary defecation drowsiness

Respiratory depression, Possible death

Drug

Dependence :Physical/Psychological

How Used

Duration (hours)

Ethyl Alcohol

Possible/Possible

oral

1-4

Ethanol

Possible/Possible

oral

1-4

NARCOTICS

What are Narcotics?

Drugs used medicinally to relieve pain, irritability, High potential for abuse,
Cause relaxation with an immediate “RUSH”
Initial Unpleasant effects— Restlessness, nausea.

Possible effect

Euphoria
Drowsiness, respiratory depression
Constricted (PinPoints) pupils

Symptoms of overdose

Slow and shallow breathing, convulsions, coma, death

Withdrawal syndrome

Watery Eyes, runny nose, yawning, cramps, Loss of Appetite, irritability, nausea
Tremors, Panic, chills, sweating.

Indications of possible misuse

Scars (Tracks) caused by injections

Constricted (PinPoints) pupils, Loss of Appetite

Sniffles, watery eyes, cough , nausea

Lethargy, drowsiness, nodding

Syringes, bent spoons, needles

Drug

Dependence :Physical/Psychological

How Used

Duration (hours)

Opium

High / High

Oral , Smoked

3-6

Morphine

High / High

Oral,Smoked,injected

3-6

Codeine

Moderate / Moderate

Oral , injected

3-6

Heroin

High / High

Oral , injected

3-6

Hydromorphone

High / High

Oral , injected

3-6

Mepiridine

High / High

Oral , injected

3-6

Methadone

High / High

Oral , injected

12-24

DEPRESSANTS

What are depressants?

Drugs used medicinally to relieve anxiety, irritability, tension, High potential for abuse, development of tolerance Produce state of

intoxication similar to that of alcohol Combined with alcohol, increase effects and multiply risks

Possible effect

Sensory alteration, anxiety reduction, intoxication Small amounts cause calmness, relaxed muscles Larger amounts cause

slurred speech, impaired judgment, loss of motor coordination. Very large doses may cause respiratory depression, coma, death

Newborn babies of abusers may show dependence, withdrawal symptoms, behavioral problems, birth defects

Symptoms of overdose

Shallow respiration, clammy skin, dilated pupils Weak and rapid pulse, coma, death

Withdrawal syndrome

Anxiety, insomnia, muscle tremors, loss of appetite, Abrupt cessation or reduced high dose may cause convulsions, delirium, death

Indications of possible misuse

Behavior similar to alcohol intoxication (without odor of alcohol on breath)
Staggering, stumbling, lack of coordination, slurred speech, Falling asleep while at work, difficulty concentrating, Dilated pupils.

Drug

Dependence :Physical/Psychological

How Used

Duration (hours)

Barbiturates

High/Moderate

oral

1-16

Methaqualone

High/High

Oral

4-8

Tranquilizers

High/High

Oral

4-8

Chloral hydrate

Moderate/Moderate

Oral

5-8

Glutethimide

High/Moderate

Oral

4-8

STIMULANTS

What are stimulants?

Drugs used to increase alertness, relieve fatigue, feel stronger and more decisive

Use for Euphoric Effects or to counteract the “down” feeling of tranquilizers or Alcohol

Possible effect

Increase heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite.

May caused perspiration, blurred vision, dizziness, a feeling of restlessness, anxiety, delusions

Symptoms of overdose

Agitation, increase in body temperature, hallucinations, convulsions, possible death.

Withdrawal syndrome

Apathy, Long periods of sleep, irritability, depression, disorientation

Indications of possible misuse

Excessive activity, talkativeness, irritability, argumentativeness or nervousness

Long periods without sleep or eating, **Euphoria**

Drug

Dependence :Physical/Psychological

How Used

Duration (hours)

Cocaine

Possible/High

Sniffed, smoked, injected

1-2

Amphetamines

Possible/High

Oral, injected

2-4

Methamphetamine

Possible/High

Oral, injected

2-4

Phenmetrazine

Possible/High

Oral, injected

2-4

Methylphenidate

Possible/High

Oral, injected

2-4

Other stimulants

Possible/High

Oral, injected

2-4

Ice

High/High

Smoked, Oral, injected, Inhaled

4-14

HALLUCINOGENS

What are hallucinogens?

Drugs that produce behavioral changes that often are multiple and dramatic
No known medical use, but some block sensation to pain and use may result in self-inflicted injuries

Designer Drugs made to imitate

Possible effect

Rapidly changing feelings, immediately and long after use
chronic use may cause persistent problems, depression, violent behaviour, anxiety, distorted perception of time

Large doses may cause convulsions, coma, heart/lung failure, ruptured blood vessels in the brain.

May cause hallucinations, illusions, dizziness, confusion, suspicion, anxiety, Loss of control

Delayed effects – “Flash-backs” may occur long after use

Designer drugs – one use may cause irreversible brain damage.

Symptoms of overdose

Longer, more intense “trip” episodes, psychosis, coma, death

Withdrawal syndrome

No know withdrawal syndrome

Indications of possible misuse

Extreme changes in beviour and mood

Person may sit or recline in a trance-like state

Person may appe

Person may appear fearful

Chills, irregular breathing, sweating, trembling hands

Changes in sense of light, hearing, touch, smell, time, increase in blood pressure, heart rate, blood sugar.

Drug

Dependence :Physical/Psychological

How Used

Duration (hours)

PCP,Angel dust,Love boat

Unknown/High

smoked,oral,injected

Up to days

LSD,Acid,Green/Red dragon

none/unknown

Oral

8-12 hours

Mescaline / peyote

none/unknown

Oral, injected

8-12 hours

Psilocybin

none/unknown

Oral,injected,smoked,sniffed

8-12 hours Variable

Designer drugs,**Ecstasy**,PCE

Unknown/Unknown

Oral,injected,smoked

variable

CANNABIS

What are cannabis?

Hemp plants from which marijuana and hashish are produced
Hashish consist of resinous secretion of the cannabis plant
Marijuana is a tobacco-like substance

Possible effect

Euphoria followed by relaxation; loss of appetite; impaired memory, concentration, knowledge retention ; loss of coordination; more vivid sense of taste; sight; smell ; hearing

Stronger doses cause fluctuating emotions, fragmentary thoughts, disoriented behaviour , psychosis

May cause irritation to lungs
May cause cancer

Symptoms of overdose

Fatigue, lack of coordination , paranoia , psychosis

Withdrawal syndrome

Insomnia, hyperactivity, sometimes decreased appetite

Indications of possible misuse

Animated behaviour and loud talking followed by sleepiness
Dilated Pupils, bloodshot eyes

distortions in perception, hallucinations
Distortion in depth and time perception, loss of coordination.

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STEROIDS

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ICE

What is ICE?

Also known as,

Meth, Crystal, Crank, methamphetamine

You probably know why ice is abused.

- Temporary mood elevation
- Exhilaration (high)
- Increased mental alertness
- Upper – increase wakefulness

But did you know that:

- Ice is extremely addictive, sometimes with just one use.
- Ice can cause convulsions, heart irregularities, high blood pressure, depression, restlessness, tremors, and severe fatigue.
- An overdose can cause coma and death.
- When one stops using ice, one may experience a deep depression.
- Ice causes a very jittery high along with anxiety, insomnia and sometime paranoia.

INHALANTS

What are inhalants?

Some of the substances that are abused.

- Butyl Nitrite
- Amyl Nitrite (gas in aerosol cans)
- Gasoline and toluene vapors (typewriter correction fluid, glue, marking pens)

You probably know why inhalants are abused.

- Cheap HIGH
- Quick buzz
- Fun

but did you know inhalants can cause:

- Loss of muscle control
- Slurred speech
- Drowsiness or loss of consciousness
- Excessive secretions from the nose and watery eyes
- Brain damage and damage to lung cells

Speak confidentially with a Duarehab House recovery advisor

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