**Psychology 250--Abnormal Psychology**

**Topic 9**

**Substance Related and Addictive Disorders**

**Mind Map of Essential Knowledge (Vocabulary and Concepts):**

<table>
<thead>
<tr>
<th>Psychoactive Drug: Chemical substances that affect brain functioning, mood, and/or behavior</th>
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<tbody>
<tr>
<td>* Substance-induced disorders---- patterns of abnormal behavior induced by psychoactive substances</td>
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<td>* <strong>Substance intoxication:</strong> a substance-induced disorder marked by a repeated pattern of drunkenness or being “high”</td>
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<td>* <strong>Substance withdrawal:</strong> a substance-induced disorder brought about by abruptly stopping the use of a substance after prolonged and heavy usage. Physiological symptoms include tolerance and withdrawal (abstinence) syndrome</td>
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<td>* Substance use disorders----patterns of maladaptive use of psychoactive substances that lead to personal distress and impairment of social, occupational, and daily functioning.</td>
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**Definitions**

**Abuse vs. Dependence**

- **Abuse** is a pattern of recurrent use of a psychoactive substance that leads to damaging consequences involving: 1. failure to meet one’s major responsibilities 2. putting oneself in situations where the use of substances may lead to physical harm 3. encountering repeated problems arising from the use of substances 4. recurring social or interpersonal problems associated with substance use

- **Dependence** is a more serious type of substance abuse associated with 1. Physiological signs of dependence including tolerance or withdrawal or 2. Compulsive use of the substance

**Addiction:** habitual or compulsive use of a psychoactive substance accompanied by physiological dependences

**Gambling Disorder:** A non-chemical form of addiction marked by loss of control over the behavior (compulsion), arousal and pleasure resulting from the behavior, and withdrawal symptoms after attempts to cut back or stop

<table>
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<tr>
<th>Major Classes</th>
<th>Perspectives</th>
<th>Treatments</th>
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| **Depressants** including Alcohol, Barbiturates, and Opioids (morphine and heroin)  
Effect: Slows down the activity of the Central Nervous System | **Biological**  
- pleasure and addiction linked to neurochemistry  
- genetic predisposition  
**Learning**  
- It feels good (pos. reinforcement) and reduces physical and emotional pain (neg. reinforcement)  
- Modeling  
- Conditioned response  
- Oral fixation and personality traits  
**Cognitive**  
- Expectation of positive outcomes  
- Boosts a sense of self-efficacy  
- Failure to quit a self-fulfilling prophecy  
**Sociocultural**  
- Peer Pressure  
- Exposure to deviant subcultures | **Biological**  
- Detoxification  
- Antinociceptive to produce a punishing effect  
- Antidepressants to reduce cravings  
- Chemical substitutes  
- Drugs to block the high  
**Behavioral**  
- Self-Control Training (ABC’s)  
- Contingency Management  
- Aversive conditioning  
- Social Skills Training  
**Other Treatments**  
- Residential treatment centers  
- Peer support groups like AA and  
- Relapse prevention training to learn to resist temptation, cope with high-risk situations, and stop lapses from becoming relapses |
| **Stimulants** including Amphetamines, Ecstasy, Cocaine, and Nicotine  
Effect: Increases the activity of the Central Nervous System |  |  |
| **Hallucinogens** including LSD, PCP, and Marijuana, Mescaline  
Effect: Produce sensory distortion |  |  |