

Chapter Seven:
Recognizing and Avoiding
Addiction and Drug Abuse

12th edition, pp. 203-230
11th edition, pp. 198-226

understanding addictions
12th pp. 204-207; 11th pp. 199-200

Addictus: *Roman for those imprisoned for not paying gambling debts*

Current definition: *continued involvement with a substance or activity despite its ongoing negative consequences*

- In order to be addictive the substance or behavior must have the potential to provide positive mood changes such as euphoria, anxiety, or pain reduction.
- The danger comes when an individual needs the substance or behavior to feel 'normal' to function

understanding addictions
12th pp. 204-207; 11th pp. 199-201

Costs us all in every corner of society:

- Societal and cultural cohesiveness
- Family dysfunction and development of co-dependence, or behavior controlled by addiction
 - *25% of children under 18 live with a parent who is addicted to alcohol, 7% other illegal-legal drug dependencies.*
- Accidents and associated costs
- Crime, and it's associated costs
- increased taxes
- increased insurance premiums

types of behavior addictions
12th pp. 205-207; 11th pp. 201-203

Process addictions are mood altering which medicate the need for nurturance, intimacy, self-worth, self-esteem, loneliness

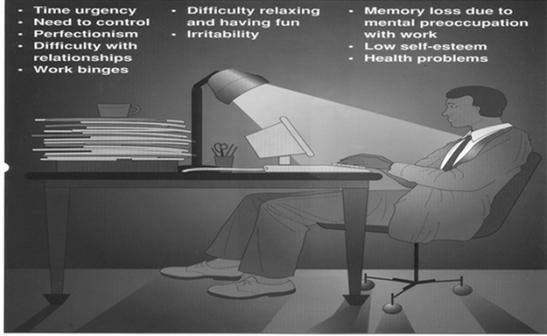
- **Gambling**
- **Technology**
(phones, games, internet)
- **Compulsive shopping**
- **Exercise**
- **Work**

▪ A habit is repeated behavior that can be stopped without too much discomfort. Addiction also involves repletion, though results in discomfort if stopped



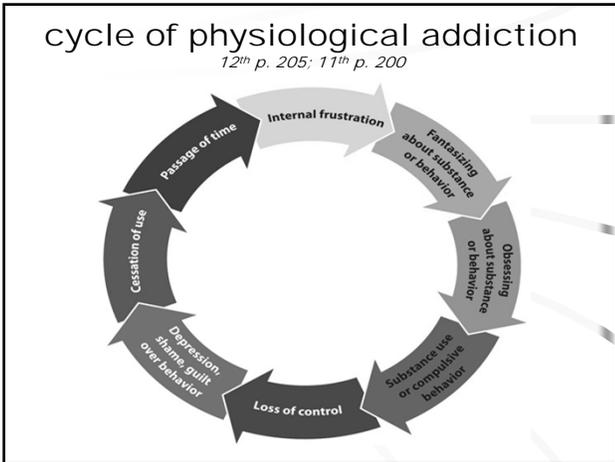
signs of work addiction
not in books

- Time urgency
- Need to control
- Perfectionism
- Difficulty with relationships
- Work binges
- Difficulty relaxing and having fun
- Irritability
- Memory loss due to mental preoccupation with work
- Low self-esteem
- Health problems



warning signs of addiction
12th pp. 204-205; 11th pp. 199-200

- **Compulsion:** *characterized by an obsession, or excessive preoccupation with a behavior or activity*
- **Loss of control:** *the inability to control the behavior*
- **Negative consequences:** *as the addiction becomes more overwhelming, negative consequence such as physical damage, legal trouble, financial problems, academic failure, or family break-up increase*
- **Denial:** *The inability to understand that the behavior is destructive, and denial to self, family, others that the addict has a problem*



dealing with addictions

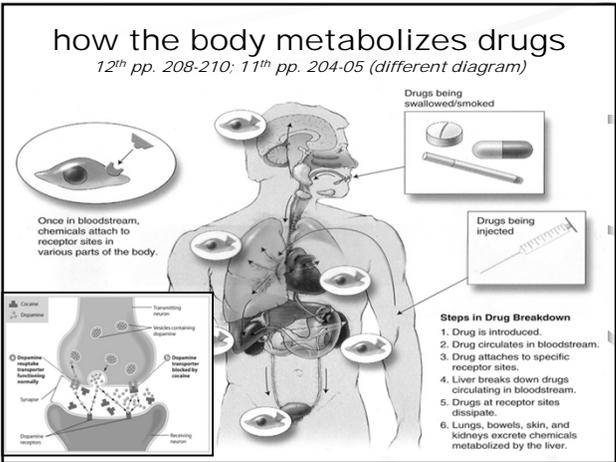
not in books

- **first step is the person has to acknowledge their addiction**
- **resident or out-patient clinics use cognitive or chemical therapy to break the cycle of addiction**
- **family members and friends must:**
 - *Be patient*
 - *Remain supportive and encourage*
 - *Remove the stimulant*
 - *Demonstrate through being role models of alternatives to the addiction*

how drugs work

12th pp. 207-209; 11th pp. 204-205

- Drugs have an effect on the body because they are designed to resemble chemicals produced naturally in the body
- Drugs possess an electrical charge and effect the body depending on their structure or electrical charge
- The drug travels to the body's receptor site for that particular function, where the drug attaches itself and effects a reaction, often a release or inhibit the release of neurotransmitters for a period of time
- Drugs elicit a relief or pleasant reaction initially, though if misused or abused over time create a behavior or chemical addiction and dependence while damaging the body



routes of administration of meds.

12th pp. 209-210; 11th pp. 205-06

- **Oral ingestion:** (most common) do not reach the blood stream, sometimes as long as 30 min.
- **Inhalation:** absorbs the med. through the nostrils or the mouth, effects are almost immediate
- **Injection:** by a hypodermic needle in a vein for direct access to the blood stream
- **Transdermal:** patches placed on the skin which has a very slow absorption rate
- **Suppositories:** inserted in the anus and absorbed usually within 15 minutes as the region is engorged with blood vessels

types of medications or drugs

12th pp. 210-212; 11th p. 205

- **Prescription drugs:** there are over 10,000 types of prescription drugs available only with a written prescription from a physician. Over 47% of Americans report using prescription drugs each year.
- **Over the counter (OTC) drugs:** there are more than 300,000 OTC products available without a prescription
- **Recreational drugs:** generally help people relax or socialize Alcohol, tobacco, caffeine, tea and chocolate are examples
- **Herbal preparations:** over 750 products make this the fastest growing market
- **Illicit or illegal drugs:** mind altering or psychoactive drugs such as stimulants (Cocaine, amphetamines, methamphetamine); marijuana; opiates (heroin, opium); hallucinogens (LSD, PCP, mescaline); designer drugs (ecstasy); steroids
- **Commercial drugs:** over 1000 chemical substances having a drug reaction. Examples range from perfumes to glues, cleansers, or paints

types of prescription drugs

12th pp. 214-216; 11th pp. 206-207

- **Antibiotics:** designed to fight bacterial infection, there are nearly 100 types
- **Sedatives:** depresses the central nervous system to induce sleep and relieve anxiety (Valium, Ativan, Xanax)
- **Anti-depressants:** used to treat depression that is resistant to clinical therapy, increase of nearly 48% in adults, and 124% in children over the past decade, (Prozac, Zoloft, Paxil)
- Over prescribing of pain meds such as Opioids (OxyContin) have risen 900% in last decade often resulting in dependence/addiction to prescription drugs or gateway to illicit drugs such as heroin.
- Deaths from prescription drug overdoses now surpasses deaths from car accidents annually in the US

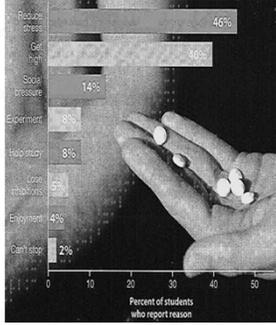


prescription drug abuse

12th pp. 210-211; 11th pp. 207-208

Prescription drug abuse is at an all-time high time in US. Only alcohol and marijuana is more widely abused.

- 6.5 million 18-25 yrs. old reported in 2015 abusing prescription drugs
- 14% of college students reported in 2015 abusing prescription drugs
- Because these drugs are available by prescription, they are perceived as being a 'safer high' than illicit drugs... **NOT TRUE**



Reason	Percent of students who report reason
Reduce stress	46%
Get high	36%
Social pressure	14%
Experiment	8%
Relaxation	8%
Loneliness	5%
Enjoyment	4%
Can't stop	2%

types of over the counter drugs

12th pp. 210-211; 11th pp. 206-207

There are over 26 types of OTC drugs, the most common are:

- **Analgesics:** pain relievers, with most common being aspirins
- **Prostaglandin inhibitors:** inhibit the release of prostaglandins, or hormone like substances associated with arthritis or menstrual pain...aspirin also falls into this category
- **Cold, Cough, Allergy and Asthmas Relievers:** medications that relieve symptoms associated with maladies of the upper respiratory tract
- **Stimulants:** most OTC meds contain large doses of caffeine
- **Sleeping aids:** nearly 50% of Americans suffer from insomnia at least 5 nights a month. These OTC meds induce a drowsy feeling which induces sleep
- **Dieting Aids:** meds that reduce appetites. Some also use laxatives to induce evacuation, or diuretics to lessen the body's water content

prevalence for use of various drugs in 2013:

12th p. 212; 11th p. 208 (table 7.1)

	Full-Time College (%)	Others (%)
Any illicit drug	22.5	27.2
Any illicit drug other than marijuana	8.2	10.5
Marijuana	20.6	25.8
Inhalants	0.1	0.3
Hallucinogens	1.0	1.7
LSD	0.4	0.8
Hallucinogens other than LSD	0.6	1.1
Ecstasy (methylene-dioxymethamphetamine, MDMA)	0.8	1.4
Cocaine	0.9	2.6
Crack	0.3	0.2
Other cocaine	0.9	2.0
Heroin	0.2	0.3
Narcotics other than heroin	1.5	4.1
Amphetamines, adjusted	5.3	4.1
Crystal methamphetamine	-	0.2
Sedatives (barbiturates)	0.9	1.8
Tranquilizers	1.2	1.9
Alcohol	63.1	67.2
Been drunk	40.2	33.6
Flavored alcoholic beverage	29.1	27.0
Cigarettes	14.0	28.1

Top 5 drugs abused in Stanislaus County in 2013:
1) methamphetamine, 2) alcohol, 3) heroin, 4) marijuana, 5) cocaine

effects of Amphetamines on the body and mind

12th pp. 216-217; 11th p. 212

	Body	Mind
Low Dose	Increased heart rate Increased blood pressure Decreased appetite Increased breathing rate Inability to sleep Sweating Dry mouth Muscle twitching Convulsions Fever Chest pain Irregular heartbeat Death due to overdose	Decreased fatigue Increased confidence Increased feeling of alertness Restlessness, talkativeness Increased irritability Fearfulness, apprehension Distrust of people Repetitive behaviors Hallucinations Psychosis
High Dose		

before, 18 months later



meth mouth



Marijuana - cannabinoids

12th pp. 218-219; 11th p. 213-15

- Though in use for over 6000 years, 'grass', 'weed', 'pot' became popular in the 1960's with approx. 41% of Americans over 12 yrs. old have tried marijuana at least once.
- THC is the psychoactive ingredient, and is much more potent with 10-27% THC in marijuana than in the 1960's.
- Hashish, derived from the plant's resin can contain up to 300mg of THC
- Effects usually felt within 30min, and effects wear off with-in 3 hours.
- Medical proponents argue marijuana helps relieve symptoms from AIDS, cancers, and other chronic diseases
- Long term effects: *inconclusive as studies difficult to conduct*
 - Marijuana cigs or pipes contains 50-67% more carcinogenic compounds than tobacco smoke
 - Frequent/long term use significantly increases males risk of testicular cancer
 - Increased risk of anxiety, depression, lessened problem solving skills, memory loss
 - Doubled risk of premature births for women.



anabolic steroids

12th pp. 224-225

- artificial forms of male testosterone that promote muscle growth and enhance recovery
- One type of PED or performance enhancing drugs others include: **Erythropoietin (EPO)**: a natural protein which stimulates the production of red blood cells, delivering more oxygen to the muscles, forcing the heart to work harder
- Human Growth Hormone (hgH)**: naturally occurring hormone when present in larger quantities in the body allows it to develop and recover more quickly
- Androstenedione (andro)**: helps build lean muscle mass and helps an athlete to recover more quickly
- Creatine**: widely available non-prescription naturally occurring supplement enables muscles to recover more quickly
- Before better regulation/testing thought 20% of college students, and greater amount of professional athletes used PED's.
- Still an issue with detecting, with many Russian athletes banned from Rio.

Drug controversy clouds U.S. pride



saying NO

12th pp. 212-213; 11th p. 209

Why do college students use drugs?

Positive expectations, family history and genetics, use in high school, to relieve stress and insecurities, depression, sorority and fraternity membership

Why many do not, and ways to avoid drug use:

- Parental attitudes and behavior**
- Religion and spirituality**
- Engagement in school and extracurricular activities**
- Athletics**
- Healthy social and support network**
- Learned coping skills**
- Good table on respond to an offer of drugs, 12th ed. p. 213*

treatment and recovery

12th pp. 225-26; 11th pp. 221-23

- 15.2% of Americans needed treatment for drug or alcohol addiction in 2013...only 11% received treatment.**
- Most important step is for the addict to admit they have a problem!**
- Detoxification is the first step:** adjusting to not being under the drug's influence
- Outpatient behavior treatment:**
 - Cognitive therapy which helps to cope without reliance on drug
 - Multi-dimensional family therapy recognizing influences
 - Motivational therapy which helps to enhance intrinsic motivation to be clean
 - Motivational incentive using positive reinforcement to encourage absence
- Residential treatment:** highly structured, normally for 6-12 months
- 12-Step Programs:** Initiated in 1935 has become the most widely used approach with over 200 recovery programs

solutions and challenges

12th p. 227; 11th p. 223

- opiates and illicit drugs began to be outlawed in the early 1900's and alcohol temporarily in the 1920's...both have proven to be ineffective (*refer to handout on website*)
- promote supportive cultural, social and family units whereby people do have to medicate with addictions or drugs
- development of a person's self-image and self-discipline so to better manage a world with addictive opportunities
- U.S. is moving away from less effective scare tactics and the more recent 'war on drugs' to harm reduction strategies with education and support programs
- Recently 'Angel Initiative' programs set-up in communities where addicts are mentored through detox-rehab by volunteer mentors with great success.

