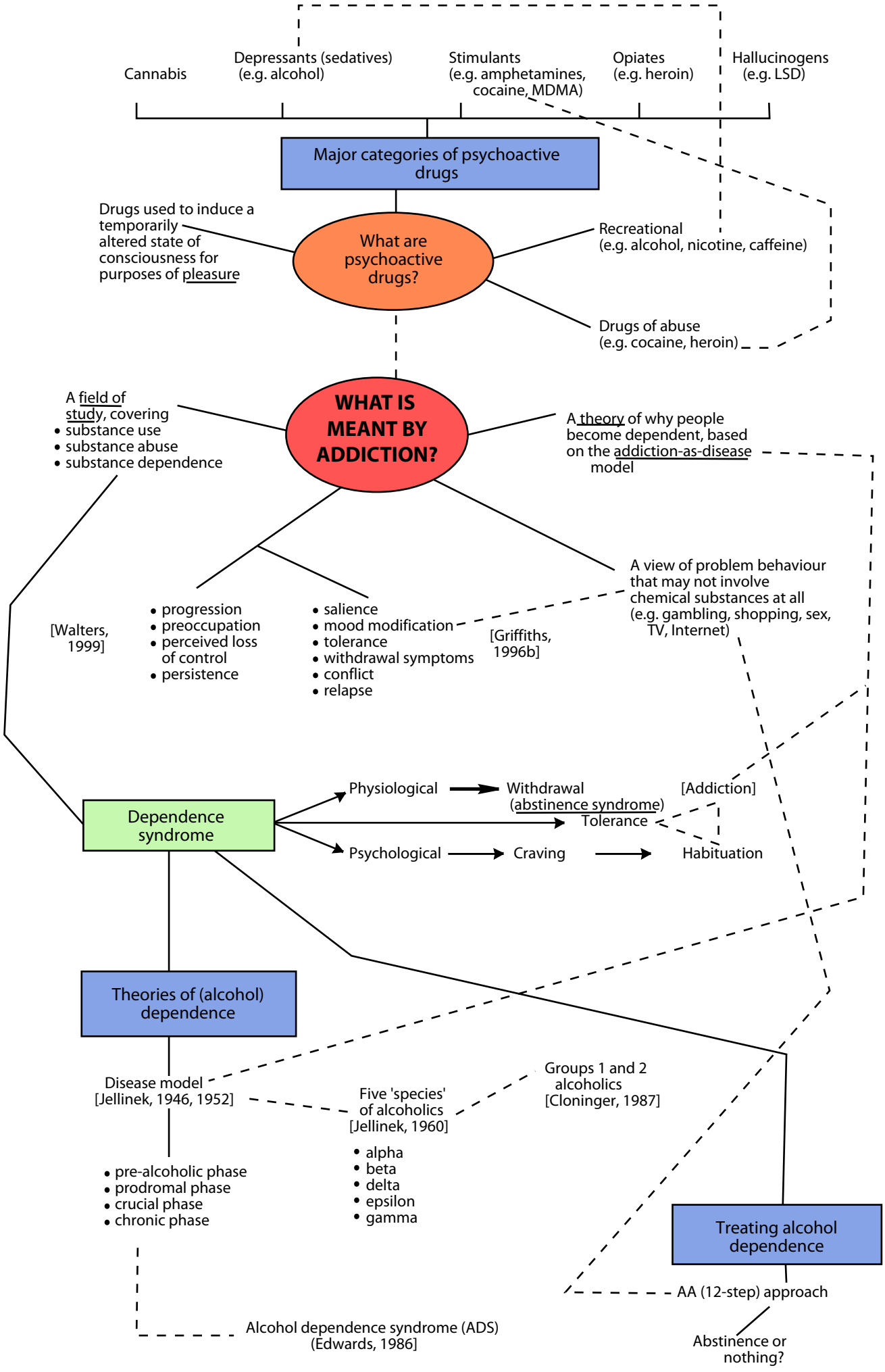
Cannabis
Depressants (sedatives) (e.g. alcohol)
Stimulants (e.g. amphetamines, cocaine, MDMA)
Opiates (e.g. heroin)
Hallucinogens (e.g. LSD)
Major categories of psychoactive drugs
Drugs used to induce a temporarily altered state of consciousness for purposes of pleasure
What are psychoactive drugs?
Recreational (e.g. alcohol, nicotine, caffeine)
Drugs of abuse (e.g. cocaine, heroin)
WHAT IS MEANT BY ADDICTION?
A field of study, covering
• substance use
• substance abuse
• substance dependence
A theory of why people become dependent, based on the addiction-as-disease model
A view of problem behaviour that may not involve chemical substances at all (e.g. gambling, shopping, sex, TV, Internet)
[Walters, 1999]
• progression
• preoccupation
• perceived loss of control
• persistence
• salience
• mood modification
• tolerance
• withdrawal symptoms
• conflict
• relapse
[Griffiths, 1996b]
Dependence syndrome
Physiological
Withdrawal (abstinence syndrome)
Tolerance
Psychological
Craving
Habituation
[Addiction]
Theories of (alcohol) dependence
Disease model [Jellinek, 1946, 1952]
Five 'species' of alcoholics [Jellinek, 1960]
Groups 1 and 2 alcoholics [Cloninger, 1987]
• pre-alcoholic phase
• prodromal phase
• crucial phase
• chronic phase
• alpha
• beta
• delta
• epsilon
• gamma
Treating alcohol dependence
AA (12-step) approach
Abstinence or nothing?
Alcohol dependence syndrome (ADS) (Edwards, 1986)