

Nissi Flores

Professor Stephen Maret

PSY342

April 3, 2023

Chapter 10

4. The "severe health dangers" and "smoking-related diseases" have been connected to tobacco use disorder. Nicotine is said to be as dependent as those substances and heroin, stimulating the central nervous system and acting on the same neurotransmitters and reward regions in the brain. This makes tobacco use disorder difficult to treat. However, there are numerous approaches for coping with tobacco use disorder. One method is known as "rapid smoking," in which the smoker draws on a cigarette frequently and quickly until they feel sick. Using over-the-counter items like nicotine gum, patches, nasal sprays, and lozenges that deliver nicotine in regulated quantities was another suggestion. Antidepressants, which have been shown to decrease cravings, and self-help organizations, which provide psychological and social support, are other treatments for tobacco use disorder.

5. If you were looking into a new hallucinogenic drug, you would probably want to use the same approaches used to investigate other street drugs like MDMA to learn more about the substance and its effects on society. You might want to start by learning more about how the medication affects the brain. This information would educate you of the drug's immediate effects as well as the long-term, persistent effects of prolonged use. You could learn about the drug's influence in terms of its appeal and effects, as well as outline the potential imminent risks of the new drug, by utilizing both user reports and your own studies of user neurological mechanisms. Consider

looking at drug use frequency across groups (high school versus young adult use, etc.), drug use techniques, circumstances where the drug is most used, risk factors, and hospitalization rates when examining its impact on society. To investigate the effects of a novel street drug, however, there aren't any clear-cut techniques yet.

6. Psychological issues like confusion, depression, difficulty sleeping, anxiety, and paranoia are three risks of using MDMA, also known as Ecstasy - which may go away right away or last for weeks. The substantial weakening of memory and cognitive skills is a second issue with Ecstasy use. Physical symptoms like blurred vision, nausea, tense muscles, teeth biting, elevated heart rate and blood pressure, decreased sweating, and possible liver harm constitute the third issue. Serotonin and (to a lesser degree) dopamine are produced throughout the brain because of MDMA's action on the brain. These chemicals are initially overflowed when using MDMA, and then they are eventually depleted. The fall of depression and anxiety that many people experience after their high is brought on by the early depletion of neurotransmitters. Chronic anxiety and depression are related to substance use that causes the brain to generate less of these neurotransmitters generally in the brain.

15. Potential overdose is one of the primary risks associated with opioid use. When people abuse opioids, their brain's respiratory system shuts down, making respiration difficult. Often, this results in death. Because they cannot actively labor to breathe while they are sleeping, death is more likely to happen to them. In addition to overdose, another risk is that opiates are frequently mixed with less expensive or even lethal substances by dealers. Using contaminated needles or tools can spread diseases like AIDS, hepatitis C, and cutaneous abscesses.

17. Based on this film, I would support the use of marijuana for medicinal purposes—but only under the doctor's close supervision. The potential exists for marijuana misuse to serve purposes other than satisfying a person's basic needs. People mistreat objects they don't comprehend. What are the chances of individuals selling it if it is not strictly regulated? Medical therapy is developed through scientific research and clinical testing, according to the film. Marijuana originates from the ground, the earth, so I believe it has vital healing qualities. I believe that because of marijuana's positive health effects, society should legalize it. Marijuana is a plant, not a substance that has been chemically treated in a facility. It most likely lacks the negative adverse effects that come with pharmaceutical company-produced medicine. Pharmaceutical drugs can have a wide range of side effects and bad responses. As I've already stated, I support the use of marijuana for medicinal purposes, and I believe society should address this by carefully regulating who uses marijuana for medical purposes. The prescriptions for marijuana provided to patients for medicinal needs or for other reasons should be taken into consideration by physicians who recommend it. The patients who would profit from the use the most should be the focus of doctors' accountability.

Chapter 11

29. When addressing disorders of desire, therapists typically combine various therapy methods. Affectual awareness, cognitive self-instruction training, and behavioral strategies are all used as techniques. Additional forms of treatment are required if the disorder of sexual desire is brought on by sexual abuse or child rape. Clients may be urged to reflect on the incident repeatedly until

memories no longer evoke fear. Additionally, hormone-based biological therapies have been utilized.

30. Both behavioral methods and SSRIs, which are depressive drugs that increase serotonin, have been effective in treating **premature ejaculation**. These medications help men who battle with premature ejaculation by lowering sexual arousal and orgasm. Studies examining this treatment's efficacy have shown encouraging results. Reducing performance anxiety and boosting stimulation are used to address **delayed ejaculation**. If physical variables are the cause of delayed ejaculation, therapy options may include taking drugs to arouse the sympathetic nerve system more. However, no studies have examined how successful this therapy is.

31. The potential double standard is one of the problems regarding Viagra and the Pill. For instance, in 1999, Viagra was almost immediately approved in Japan. But it took Japan almost 40 years to authorize female use of the Pill. When it comes to insurance coverage, the United States has experienced a comparable problem. Numerous insurance firms did not pay the Pill prior to the release of Viagra. However, insurance firms had no trouble covering Viagra when it first entered the market. Insurance companies didn't start paying for the use of the Pill until women began to voice their concerns.

32. Sending sexually graphic content to others over a cell phone or other digital device is known as "sexting." Sexting is prevalent; 20% of those who use cell phones have shared sexually explicit photos of themselves, and 40% have received such a message. Most people who engage in sexting are aware that doing so could result in emotional or legal issues. Males between the

ages of 18 and 24 are more likely to engage in sexting than females. Sexting can sometimes be viewed as abnormal. The definition of exhibitionistic condition applies to some sexters.

Additionally, sending sexts to people who are not in committed relationships is frequently a precursor to adultery. Sexting to someone you are not in a relationship with is viewed by some clinicians as an act of infidelity, even though there has been no physical interaction. Divorce has also been brought on by sexting. Sexting can also be normal and, in some circumstances, even beneficial. Sexting is a common method used by couples to spark their relationship. This can truly strengthen the physical connection between two people who are romantically involved.