

Grace Kim

Dr. Stephen Maret

PSY 342

4 April 2023

Chapter 10:

2. Alcohol causes physical and psychological dependence when the body begins to associate the effects of alcohol with stress and anxiety relief. For example, if at the end of every bad day an individual drinks alcohol, feels relief and pleasure – the body begins to physically depend on alcohol for pleasure. In addition, that physical dependence inevitably becomes a psychological dependence as well. In the long run, alcohol abuse permanently changes the neuro pathways and chemical balances in the brain. For example, individuals that abuse alcohol are more likely to have issues with memory, concentration, and sound decision making. Furthermore, alcohol abuse leads to liver disease and eventually liver failure with repeated abuse. One widely used form of therapy for those struggling with alcohol abuse is cognitive-behavioral therapy (CBT). This form of therapy has been used with a vast number of disorders in past chapters. Essentially this form of therapy works on identifying the root issue of the disorder, and changing the negative cycles/patterns associated with alcohol abuse. Slowly, this therapy works on adjusting negative patterns with new and healthier patterns.

4. The effects of tobacco use disorder are tremendous in terms of its detrimental cardiovascular and respiratory repercussions. A singular cigarette causes vasoconstriction of the vessels for 30 minutes, and as the individual prolongs the use of cigarettes, the blood vessels begin to harden

from the chemical trauma. From such hardened vessels, there is decreased perfusion of the major organs – and an immense amount of consequences follow. The individual has a very high risk of a multitude of lung disorders, heart disease, stroke, cancer, etc. In addition, oral hygiene significantly decreases with yellowing/decay of teeth, and gum disease. Even though individuals know that these are the consequences, tobacco use disorder is so difficult to treat due to the nature of the drug and its availability. Nicotine in general is a highly addictive chemical, and withdrawal symptoms can be difficult to deal with. Nicotine is also available in many and various forms that are available at the gas stop, corner stores, convenience stores, etc. In recent times, the electronic use of nicotine has only increased the amount of individuals addicted to nicotine. Two treatments for tobacco use disorder are Nicotine replacement therapy and Behavioral therapy.

13. College binge drinking has almost been the norm when students enter college. College binge drinking is also a huge social aspect through fraternities and sororities, and essentially can not be in that circle if a student does not drink. It brings attention to a very problematic behavior with potentially fatal consequences. Firstly, alcohol poisoning with binge drinking is a major issue. The individual becomes unconscious, vomits, seizes, and impairs breathing. In an environment where others' judgments are clouded – drunk students may not recognize this, and not call for the help that is needed. On the same line with impaired judgment, drunk students may drive under the influence. This may result in injuries or deaths of innocent victims in a drunk driving accident. Lastly, college binge drinking definitely causes academic, physical, and mental problems for the individual.

14. Opioid use is arguably the most detrimental when it comes to its abuse. Although opioids are regularly prescribed for managing pain after surgery, it usually becomes the root of addiction for many individuals. As expected, opioids are highly addictive, and the cravings/withdrawal symptoms are extreme compared to alcohol or nicotine. Withdrawal is often described as an extreme flu, and that it is just easier to take another pain pill than to endure through – despite how much opioids impair the individual. In addition to its addictive nature, opioids are extremely deadly in its overdose. And as people gain a tolerance for opioids, they begin increasing their doses to fully feel its effects. Additionally, as people look for opioids from the streets, it is laced with different substances that may drive the person into overdose with a lower dose. The respiratory depression eventually becomes fatal to individuals who overdose.

Chapter 11:

19. First, erectile disorder is when the male consistently fails at attaining and/or maintaining an erection during sexual activity for 6 months or more. About 10% of men are affected by erectile disorder, and affect individuals over the age of 50. The main cause of erectile disorder is suspected to be associated with ailments and diseases associated with increased age. However, in general, more than half of all adult men experience erectile difficulty during intercourse at least some of the time. If not caused by ailments associated with increased age, it is a result of many biological, psychological, and sociocultural factors. Secondly, early ejaculation is when a male persistently reaches orgasm and ejaculates within one minute of beginning sexual activity with a partner. This is a lot more common among young, sexually inexperienced men, who have not developed the self control to slow down and control the arousal. Lastly, female orgasmic disorder is when women persistently fail to reach an orgasm, or experience the orgasm at a very low

intensity. This affects a little over twenty percent of women, and appears to be more common among single women. The most prominent cause for this disorder is arousal difficulties, and generally a combination of biological, psychological, and sociocultural factors.

22. Three approaches to treating erectile disorder are tease technique, medication, or the vacuum erection device. The tease technique is a sensate-focus technique where the partner consistently caresses the man, but the moment the man gets an erection – the partner stops until the erection goes away. The point of the exercise is to reduce the pressure of performance. The second line of treatment is medication. The most common is sildenafil (Viagra). The drug increases blood flow to the penis within one hour of ingestion, and relieves the issue of not being able to maintain an erection during sexual intercourse. Lastly, if the tease technique or medication approach does not work – individuals may turn to procedures like gel suppositories, injection of drugs, or a vacuum erection device.

23. The best treatment for female orgasmic disorder is directed masturbation training. The woman is taught in detail how to masturbate effectively. The goal is to eventually reach orgasm during sexual interactions. The woman is taught through diagrams, reading material, private self-stimulation, erotic material/fantasies, “orgasm triggers”, etc. This program is extremely effective, where over 90 percent of females learn and are able to reach orgasm during masturbation, around 80 percent being caressed by their partners, and around 30 percent during intercourse. The “controversial” issue with female orgasmic disorder is that a female orgasm is not necessarily mandatory in order for procreation to occur.

33. In my personal opinion I think sexual dysfunction drugs should only be used to correct sexual disorders rather than the general population to use to improve sexual experience and performance. I would anticipate for it to create an unhealthy dependence when the drug in general is used to improve sexual experience and performance. I would draw parallel to how adderall is used to improve focus in individuals with ADHD, and but should not be used to further enhance focus in individuals who do not have ADHD. The research on sexual dysfunction drugs, and this constant push for a better drug definitely reveals the insecurity of male sexuality across the lifespan. I feel like there's this stigmatized, yet immense pressure on males to perform a certain way during sexual intercourse, that sexual dysfunction drugs for regular use definitely have been exploited. I do not think drugs should be used to eliminate all negative emotions if possible. I understand that medications can relieve symptoms of negative emotions, but it also masks the root cause of the issue. If drugs were to be used to eliminate all negative emotions – it would not be a surprise to see an immense amount of individuals addicted to the drug. Medication should always be an adjunct to a lifestyle modification, not the sole entire treatment.