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Abnormal Psychology  
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Unit Five/Chapter Ten

**2. Alcohol use and misuse have become some of society's greatest problems. How does alcohol cause physical and psychological dependence? What are the long-term problems associated with alcohol abuse? Describe one widely used form of therapy for those struggling with alcohol abuse.**

Alcohol causes physical dependency because the body builds up a tolerance where one needs to consume more alcohol. Comer (2016) mentioned that, "As their bodies build up a tolerance for alcohol, they need to drink even larger amounts to feel its effects" (p. 314). Some of the long-term physical effects of alcohol abuse consist of cancer, cirrhosis of the liver, strokes, and heart attacks. The psychological dependency is normally based on one's self-esteem. Most people consume alcohol because they believe it makes them more sociable, which can often create a dependency based on a false sense of oneself. Comer (2016) mentions that, "At first ethyl alcohol depresses the areas of the brain that control judgement and inhibition; people become looser, more talkative, and often more friendly" (p.312). The long-term psychological effects of alcohol abuse consist of depression and anxiety. The widely used form of therapy for alcohol abuse would be aversion therapy, which is used to have a counter effect on alcohol use. The purpose of the therapy is to take away the alcohol craving.

**13. Explain the problematic behavior of college binge drinking.**

The problematic behavior with college binge drinking would be students engaging in activities that result in them getting arrested. The other behavior would be the sexual assaults that occur on campus resulting in young women being raped.

**14. Explain the dangers of opioid use?**

One of the dangers that contribute to opioid use would be drug overdose. Comer (2016) mentions that, "Each year approximately 2 percent of those addicted to heroin and other opioids die under the drug's influence, usually from an overdose" (318). The other danger would be the mixing of opioids with other harmful substances. The last danger is the spread of infectious diseases, due to the sharing needles. Comer (2016) states that, "In some areas of the United States, the HIV infection rate among active heroin users is reported to be as high as 60 percent" (p. 318).

**15. Watch the video “Mentally Ill Chemical Abusers” below and then answer the following questions: To what degree do you believe Larry is responsible for his conduct? Explain your answer. How should society deal with its “Larry’s?” Do you believe there is any alternative to either a prison or a psychiatric hospital for Larry? Explain your answer.**

After watching the video, I don't believe that Larry is responsible for his conduct. I believe that between the head injury and maybe PTSD from serving in the Armed forces could be the cause of his behavior. I also believe that the behavior and the drugs are not the root of the problem, instead I believe that the brain injury or PTSD may be responsible for the behaviors and the drug use. I also don't think that society should put Larry in prison, I do believe that the psychiatric hospital should do some further test to help Larry's mental state. The hospital could also provide or refer Assertive Community Treatment services for Larry prior to him being released from the hospital. The ACT team could provide wrap around services to get Larry help at his own pace.

## Reference

Comer, J. & Comer R.J. (2016). *Fundamentals of abnormal psychology (9<sup>th</sup> Ed.)*. New York: Worth Publishers.