

Introduction to Addictive Behaviors
Chapter Questions

Directions: Choose 3 of the following chapters: 2, 3, 5, 6, 7, 9. Answer the questions assigned for each of the chapters. Each Chapter should be at least 2 double-spaced pages, for a total of 6 double-spaced pages.

Chapter 1: Conceptualization of Addictive Behavior

1. How does a theory contribute to a) new knowledge b) science, and c) practice?
2. List and explain what is the purpose of a theory?
3. List and explain 2 characteristics of each of the three perspectives on addictions that make them distinctive and logically exclusive of one another. List and explain 1 advantage and 1 disadvantage of each view.

Chapter 2: The Disease Models

1. List and explain 2 reasons that the disease models of addiction are controversial?
2. List and explain 1 issue that is meant by addiction as a “primary disease.”
3. List and describe 1 research finding that disputes the concept of alcoholism as a progressive disease.
4. List and describe 2 strengths and 2 weaknesses of the disease models.

Chapter 3: Public Health

1. List and describe 1 way in which the triad model of causation can be applied to substance abuse and dependence.
2. Does existing scientific evidence support the view that marijuana use is a gateway to other illegal drug use? Explain.
3. Describe what are addiction prevention programs. Describe an example of a prevention program. How have prevention programs been shown to reduce substance use in youth. Explain. List and explain 3 strengths of prevention programs.
4. Describe the substance abuse program DARE. Explain why it is the most widely used substance abuse prevention in the USA.

Chapter 4: Understanding Co-Occurrence

1. What is meant by the term **comorbid**? What is meant by the term **dual diagnosis**? List and describe one way in which these two terms are similar. List and describe two ways in which the terms **comorbid conditions** and **dual diagnosis** are used in different ways? Give an example. Explain.
2. How common is it for persons with alcohol disorders and drug use disorders to seek treatment? List and explain two reasons they seek treatment. Give an example.
3. List and explain two reasons that cannabis dependence is associated with a lifetime risk of alcohol dependence and mental disorders. Describe an example.

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4. List and describe two associations between adolescent cannabis use and subsequent subclinical psychotic symptoms found in the study conducted by Bechtold and colleagues. Explain.
5. List and explain 2 characteristics of integrated treatment for persons with dual diagnosis. List and describe an example

Chapter 5: Psychoanalytic Formulations

1. List and describe 2 major features of the psychoanalytic therapy. Describe an example.
2. List and explain 2 ways in which defense mechanisms are related to anxiety and the unconscious. Describe an example.
3. Explain what is meant by abuse as an *affect defense*.
4. Explain the term *self-medicating* as it relates to addictions.
5. List and describe two reasons that addicts do not recognize the risks associated with their compulsive use.
6. List and describe the three stages of contemporary psychoanalytic treatment. Describe an example.

Chapter 6: Conditioning Models

1. List and describe 2 ways respondent and operant conditioning differ?
2. List and describe the 3 general classes of reinforcers in addiction.
3. In behavioral terms, list and describe 2 ways in which relapse can be expected among those in early recovery.
4. What is behavioral self-control training? Who are good candidates for this training?

Chapter 7: Cognitive Models

1. List and describe 2 ways that **expectancies** and **modeling** relate to one another.
2. List and describe 2 aspects of **self-efficacy**. List and describe 2 ways that self-efficacy influenced.
3. List and describe 1 cognitive pattern that leads to relapse. What is the significance of feeling deprived?
4. What is the abstinence violation effect?

Chapter 8: The Family System

1. List and describe the four **principles of systems theory**.
2. List and describe 2 ways in which substance misuse in a family unit serve to regulate or to stabilize the functioning of family members.
3. Identify 2 adverse childhood events or experiences. Describe how these are associated with later addictive behavior?
4. Describe the concept of **addiction as a family disease**.

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5. List and describe the five family roles that are associated with the family disease model. How might identifying with one of these roles assist a family member to understand their own patterns of interpersonal relationships?

Chapter 9: Social and Cultural Foundations

1. List the 5 basic sociological functions of substance use. Describe 2 ways in which they explain substance use and substance misuse.
2. List and describe 2 effects of **addiction stigma** for persons struggling with substance use. Describe one way to reduce addiction stigma among health care professionals.
3. What is meant by the term **interventions**? Describe one way in which professionals promote the practice of interventions.

Chapter 10: the Controversial Science of Behavioral Addiction

1. In the past decade, which features of addiction have been given more emphasis and which have been deemphasized?
2. Which non-substance-related behaviors, claimed to be addictive, have at least some scientific evidence to back them? Explain.
3. List and describe 2 important challenges to the concept of behavioral addiction.

Chapter 11: Promoting Motivation

1. List and describe 2 aspects of how motivation is defined. Explain the importance of the present moment to purposeful behavior.
2. List and describe 2 ways in which a person's values influence motivation. Discuss 1 way in which a prevention specialist can make use of a person's values to facilitate motivation for that person.
3. Define harm reduction. List and describe 2 examples of harm-reduction. How do these practices promote autonomy?

Chapter 12: Linking Theory, Evidence, and Practice

1. List and describe 2 societal forces that have helped to usher in evidence-based practice (EBP) in the professions of health and human services?
2. List and describe 2 standards for evaluating evidence? Why are these important?
3. How is EBP defined in psychology and public health?
4. List and describe 2 conditions that impede and 2 conditions that facilitate the adoption and implementation of EBP.