

Thombs questions – 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.

One of the ways in which this can be applied to substance abuse and dependence is the host, the host factor in substance abuse and addiction refers to the individual who is the one using the substance. There are factors such as genetics, mental health and personality traits that can increase the risk or likelihood of developing addictions, for example someone who has a family history of substance abuse.

2. Does existing scientific evidence support the view that marijuana use is a gateway to other illegal drug use? Explain.

This has been a debate for decades and after reviewing the existing scientific evidence, it can suggest that while there can be some association between marijuana and further and other drug use, the relationship between the two is complexed and is actually influenced by a lot of factors. There are some studies which have found that the use of marijuana that is frequent and used early on in life that this can increase the chances of later drug use which is more common upon young . However, there are also other studies which have found that the relationship between marijuana and other drug use is rather influenced by factors such as the environment that the individual is in, the access to drugs that they have and also their individual characteristics.

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.

Addiction prevention programs are designed to prevent or reduce the risk of substance abuse and addiction by educating individuals who are normally younger on the risks associated with substance use and promoting healthy alternatives.

Three strengths of these programs include early intervention, these programs are designed to target individuals before they begin to use drugs and alcohol which can actually be an effective way to prevent addiction and by educating young people this can help them to make more informed choices. Another strength is the comprehensive approach, they do this by addressing a range of risk factors and then promoting better behaviors. This can include teaching coping skills and stress management techniques. Another strength is empowerment, this can help young individuals to make healthy choices and feel empowered to not give into peer pressure.

4. Describe the substance abuse program DARE. Explain why it is the most widely used substance abuse prevention in the USA.

This is a highly successful school based program in which aims to prevent the use of drugs by educating children on how to resist peer pressure, make healthy choices and cope with stress in healthy ways. The program includes the uses of interactive classroom activities and group discussions to help to engage the students and help them to understand on a deeper level the substance abuse and its effects on health.