



PSYCH 335
Psychological Disorders

Chapter 12
Substance Related and Addictive
Disorders



Outline/overview

- General statistics
- Conceptual issues
- DSM 5 criteria
- Substances of abuse
- Treatments – types & overall efficacy



Substance Abuse

- economic and public health problem
- approx. \$559 billion annual costs to gov't alone, increasing
- many forms of drug use socially accepted
- fairly widely used overall, about 32% of Americans have used an illegal drug, about 22% of H.S. seniors have used an illegal drug in last month
- prohibitions - fairly recent



Conceptual Models

- addictions represent failure of self-control
- addict as a victim of a disease
- disease model not universally agreed upon
 - many feel it is counterproductive
 - excusing excesses by removal from control
 - neither explanation alone is sufficient
- holistic approach
- about 9.4% of adults in any year – few (about a quarter) receive treatment from a MH professional



DSM criteria: Substance Use Disorders

- 11 criteria, 2-3=mild, 4-5=moderate, 6+ severe
- 1. Symptoms of impaired control
- 2. Symptoms of social impairment
- 3. Risky use of the substance
- 4. Pharmacological criteria



Substance Induced Disorders

- Substance Intoxication
 - reversible changes following ingestion of a substance
 - effect on central nervous system
- Substance Withdrawal
 - substance specific syndrome
 - involves behavioral, psychological, and cognitive changes
 - following cessation of use



Alcohol



- all depressants reduce CNS activity
- alcohol binds to GABA receptors
 - Initially relaxing (.06), intoxicating (.09), very intoxicated (.20), likely to pass out (.30+), .40=LD₅₀(?)
- alcohol assoc. w/>half of deaths & serious injuries in auto crashes yearly.
- cirrhosis of the liver
- Wernicke Korsakoff Syndrome



Cocaine



- Cocaine
 - Anesthetic for surgical procedures & in medications for children – Coca Cola
 - increased tremendously from 1975 to mid 80's, sharp drop then gradual increase
 - cheap, readily available, crack
 - complications - heart failure/stroke, psychosis



Marijuana

- Chinese herbal compendiums 2737 BC
- large epidemiological survey estimates about 1/3 have used
- 14,000,000 use in US in any month, 12% of users almost daily
- effects of use
- efforts to legalize/medical marijuana use
- gateway drug
- Shedler and Block "social users"

Treatments

- o 12 step programs
- o psychotherapies, flexible team approaches
- o behavioral therapies
- o CBT – BCST – learning cues for drinking
- o biological treatments – detox, medications (antabuse, naltrexone, methadone, buprenorphine)
- o complete abstinence vs. controlled use
- o “innovative treatments”

Treatment Effectiveness?

- o Two yr. CA study – Each \$1.00 spent saves \$7.00 later
- o Data from O’Brien & McClellan (1996) Lancet.

| Addiction/Illness | Compliance with treatment | Relapse rate |
|--|---------------------------|------------------|
| Alcohol | 30-50% | 50% |
| Opiate | 30-50% | 40% |
| Cocaine | 30-50% | 45% |
| Nicotine | 30-50% | 70% |
| Insulin Dep Diabetes–meds foot care | < 50% < 50% | 30-50% 30-50% |
| HTN – meds diet | < 30% < 30% | 50-60% 50-60% |
| Asthma meds | < 30% | 60-80% |
