# STUDY GUIDE

## CHAPTER 11

1. Define these basic terms: addiction, abuse, dependence, tolerance, and withdrawal.
2. What are depressants? What effects do they have on people?
3. Explain the psychological and physical effects of alcohol.
4. Describe the following alcohol-related issues: alcoholism, binge drinking, fetal alcohol syndrome, delirium tremens, cirrhosis, and Korsakoff syndrome.
5. Distinguish barbiturates from benzodiazepines. Explain why they are sedative-hypnotics.
6. What are stimulants? What effects do they have on people?
7. Outline the psychological and physical effects of cocaine and crack, as well as different ways people take them.
8. What are amphetamines? Describe different types of amphetamines and how they affect people.
9. What are the effects of and delivery methods for taking nicotine? What are its health risks?
10. What are the effects of caffeine? In what natural substances is it found? How dangerous is it usually considered to be?
11. What are opioids? What effects do they have on people?
12. Describe different kinds of natural, semisynthetic, and synthetic types of opioid drugs. How do they work? What are their addictive properties?
13. What are hallucinogens? What effects do they have on people?
14. Describe three different types of hallucinogens and their psychological and physical effects.
15. What is cannabis? How is it derived? What is its active ingredient? How does it affect people?
16. What are arguments for and against legalizing cannabis?
17. Describe polydrug use, cross-tolerance, and synergistic effects.
18. What are behavioral addictions? What arguments are made for and against them being disorders?
19. How does the *DSM-5* define substance use disorder? Name the types of substance use disorder that it includes.
20. Describe the distinction made in *ICD-10* and *ICD -11* between abuse and dependence disorders. Name the types of substance abuse and dependence these manuals include.
21. Name and define the *DSM-5*, *ICD-10*, and *ICD-11* disorders pertaining to gambling.
22. What is gaming disorder and what is its current status in *DSM* and *ICD*?
23. What arguments are made in the debate over whether the *DSM* and *ICD* should retain the abuse–dependence distinction.
24. Outline arguments for adding or not adding more behavioral addictions to the *DSM* and *ICD*.
25. Explain the moral and illness models of substance addiction.
26. What is the history of Alcoholics Anonymous?
27. What is the dopamine hypothesis of addiction? Describe two theories that grow out of this hypothesis.
28. Describe how other neurotransmitters besides dopamine are suspected of playing roles in substance addiction.
29. How are behavioral addictions suspected of being neurochemically similar to substance addictions? How does this fit with the RDoC perspective?
30. What is detoxification?
31. What drug interventions are commonly used to treat substance addiction?
32. What is drug replacement therapy? Outline two specific types.
33. What brain structures are implicated in substance addiction?
34. How heritable are substance and behavioral addictions? What genes have been identified as potentially relevant? What are the limitations of genetic research on addiction?
35. Outline three evolutionary hypotheses of addiction, along with the limits of evolutionary explanations.
36. How is the immune system implicated in addictions?
37. What criticisms are lodged against illness models of addiction?
38. Sketch the attachment theory and self-medication hypothesis explanations of addiction. How do these psychodynamically informed ideas translate into psychotherapy for addiction?
39. What is the addictive personality? What is its current standing in the field?
40. How do cognitive and behavioral perspectives conceptualize addiction? What is the role of reinforcement? What is the role of thinking?
41. How do contingency management, social skills training, relapse prevention, and cognitive therapy conceptualize and treat addictions? What is the research support for them?
42. What is motivational interviewing? How is it humanistic? What is its research base?
43. What are the strengths and weaknesses of the research on psychological therapies for addiction?
44. What is the relationship between socioeconomic status and substance use?
45. Define prevention and early intervention programs, as well as therapeutic communities. How do these approaches take into account social factors in their approach to addiction? Is there research support for them?
46. Outline the importance of stigma in thinking about substance use and behavioral addictions.
47. What is the basic philosophy of 12-step programs such as Alcoholics Anonymous? How prevalent are 12-step programs? What evidence is there that they work?
48. What is multidimensional family therapy (MDFT) and what evidence is there to support it?
49. What are the strengths and limitations of sociocultural perspectives on addiction?
50. What is the AUDIT test and how is it used?