

Substance-Related and Addictive Disorders

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1. Overview

- These disorders involve the continued use of a substance (or engagement in a behavior) despite significant harm.

2. Key Concepts

- **Tolerance**: needing more of a substance to achieve the same effect.
- **Withdrawal**: unpleasant physical/psychological symptoms when use stops.
- **Dependence**: compulsive use despite negative consequences.

3. Commonly Involved Substances

- Alcohol, cannabis, opioids, stimulants (cocaine, amphetamines), and nicotine.

4. Behavioral Addictions

- Gambling disorder is recognized in DSM-5 as sharing similar reward-pathway mechanisms with substance addiction.

5. Causes

- Genetic predisposition, the brain's reward (dopamine) system, environmental stress, and social/peer influence.

6. Treatment Approaches

- Detoxification, motivational interviewing, CBT, support groups (e.g., 12-step programs), and in some cases medication-assisted treatment.