

PSYb2920 Psychology of Addictions

Syllabus (Spring 2021)

When and where: Fridays 10:00–11:40 via MS Teams

Lecturer: Lukas Blinka, Ph.D. et Ph.D. (lukasblinka@gmail.com)

The course introduces understanding of addictions - excessive involvement in substance use and other addictive behaviours. The first half of the course is about models of addictions – how various fields of knowledge understand and conceptualize addictions (from the perspectives of behaviourism, psychodynamics, behavioural biology, neuropsychology, evolutionary biology, etc.). The second half of the course is about specific drugs and behaviours, both legal and illicit substances (e.g., caffeine, alcohol, tobacco, amphetamines, opioids) and excessive behaviours (e.g., gambling, gaming, pornography use). The course ends with discussing whether and in what conditions we can do something with addictions and addictive behaviours (prevention, therapy, harm reduction).

EVALUATION

- 1) **Test:** At the end of the course, there will be an online test (with both open and multiple-choice type of questions). Result of at least 60% of correct answers is needed to successfully finish the course. Information from both presentations and compulsory reading will be part of the test.
- 2) **Presentation:** Last two meetings will be dedicated to oral presentations. Instructions: Work in group of 2-3 people. Choose a narrow topic related to the course subject. Find 3 empirical research articles published within last 10 years and make a presentation about them (i.e., what research was done and how, what are the findings, what is the overall conclusion of all chosen papers). All group members must be active. Presentation length: 10 minutes. PPT or PDF must be uploaded into the information system prior the actual presentation.

CONTENT AND READING

1) **Historical development and understanding of substance use and addiction. Moral-criminal model of addiction. Illness-personality disorder model of addiction**

Readings:

Westermayer, J. (2013) Historical understanding of addiction. In Miller, P. (Ed) Principles of Addiction.

2) **Biological basis of addiction. Addiction as a brain disease (disease model of addiction); genetic factors in addiction; reward deficiency syndrome**

Readings:

Pinel, D. (2010). Drug addiction and the brain's reward circuits. Biopsychology. Pages 399-410

Blume, A., Rudisill, D., Hendricks, S., Santoya, N. (2013). Disease model. In Miller, P. (Ed) Principles of Addiction.

Blum, K., Chen, A. L., Giordano, J., Borsten, J., Chen, T. J., Hauser, M., ... & Barh, D. (2012). The addictive brain: all roads lead to dopamine. Journal of Psychoactive Drugs, 44(2), 134-143.

3) **Psychological basis of addiction. Addiction as learned and imitated behaviour. Addictions as mood management. Comorbidity model of addiction**

Readings:

Skewes, M., Gonzales, V. (2013). The biopsychosocial model of addiction. In Miller, P. (Ed) Principles of Addiction.

4) **Summarizing definition of addiction. Diagnostics. DSM V; ICD 11**

Readings:

Griffiths, M. (2005). A 'components' model of addiction within a biopsychosocial framework. Journal of Substance Use, 10(4), 191-197.

West, K. (2013). Models of addictions. European Monitoring Centre for Drugs and Drug Addictions. Pages 22-28.

http://www.emcdda.europa.eu/attachements.cfm/att_213861_EN_TDXD13014ENN.pdf

5) **Legal drugs. Alcohol; tobacco; caffeine; prescription drugs**

Readings:

Blume, A. (2004). Understanding and diagnosing substance use addiction. In Coombs R (Ed.) Handbook of Addictive Disorders

Drug addiction and the brain's reward circuits. In Pinel, D. (2010). Biopsychology. Page 384-398

European Drug Report 2020: Trends and Developments (2020). European Monitoring Centre for Drugs and Drug Addictions. https://www.emcdda.europa.eu/edr2020_en

6) **Illicit drugs. Cannabis; heroin & opioids; amphetamines**

Readings:

Pinel, D. (2010). Drug addiction and the brain's reward circuits. Biopsychology. Page 384-398

European Drug Report 2020: Trends and Developments (2020). European Monitoring Centre for Drugs and Drug Addictions. https://www.emcdda.europa.eu/edr2020_en

7) Behavioural addictions. Gambling; eating disorders; excessive working-out, Sex and pornography; internet gaming disorder; excessive internet use/mobile phone use/use of social networking sites; other behavioural addictions

Readings:

Grant, J. E., Potenza, M. N., Weinstein, A., & Gorelick, D. A. (2010). Introduction to behavioral addictions. *The American Journal of Drug and Alcohol Abuse*, 36(5), 233-241.

Ashley, L. L., & Boehlke, K. K. (2012). Pathological gambling: A general overview. *Journal of Psychoactive Drugs*, 44(1), 27-37.

de Alarcón, R., de la Iglesia, J. I., Casado, N. M., & Montejo, A. L. (2019). Online porn addiction: What we know and what we don't—A systematic review. *Journal of clinical medicine*, 8(1), 91.

Király, O., Nagygyorgy, K., Griffiths, M., Demetrovics, Z. (2014). Problematic online gaming In Kenneth Paul Rosenberg, Laura Curtiss Feder (eds) *Behavioral addictions: Criteria, evidence, and treatment*. Academic Press

Griffiths, M.D., Kuss, D.J., Demetrovics, Z. (2014) Social networking addiction: An overview of preliminary findings. In Kenneth Paul Rosenberg, Laura Curtiss Feder (eds) *Behavioral addictions: Criteria, evidence, and treatment*. Academic Press

8) Change in addictions. Prevention. Therapy. Stages of change. Harm reduction

Readings:

Thombs, D.L. (2006). Introduction to Addictive Behaviors. Chapter 10: Conditions That Facilitate and Inhibit Change in Addictive Behavior