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SUBSTANCE-RELATED, ADDICTIVE AND IMPULSE- CONTROL DISORDER

Perspectives on Substance-Related Disorders:

- Substance related and addictive disorders include problems with the use of depressants (alcohol, barbiturates, and benzodiazepines), stimulants (amphetamines, cocaine, nicotine, and caffeine), opiates (heroin, codeine, and morphine), and hallucinogens (cannabis and LSD) as well as gambling.
- Specific diagnoses are further categorized as substance intoxication and substance withdrawal.
- Nonmedical drug use in the United States has declined in recent times, although it continues to cost billions of dollars and seriously impairs the lives of millions of people each year.

Depressants, Stimulants, Opioids, and Hallucinogens:

- Depressants are a group of drugs that decrease central nervous system activity. The primary effect is to reduce our levels of physiological arousal and help us to relax. Included in this group are alcohol and sedative, hypnotic, and anxiolytic drugs, such as those prescribed for insomnia.
- Stimulants most commonly consumed psychoactive drugs, include caffeine (in coffee, chocolate, and many soft drinks), nicotine (in tobacco products such as cigarettes), amphetamines, and cocaine. In contrast to the depressant drugs, stimulants makes us more alert and energetic.
- Opiates include opium, morphine, codeine, and heroin; they have a narcotic effect-relieving pain and inducing sleep. The broader term opioids is used to refer to the family of substances that includes these opiates and synthetic variations created by chemists (eg., methadone) and the similarly acting substances that occur naturally in our brains (enkephalins, beta-endorphins, dynorphins).
- Hallucinogens essentially change the way the user perceives the world. Sight, sound, feelings, and even smell are distorted, sometimes in dramatic ways, in a person under the influence of drugs such as cannabis and LSD.

Causes and Treatment of Substance-Related Disorders:

- Most psychotropic drugs seem to produce positive effects by acting directly or indirectly on the dopaminergic mesolimbic system (the pleasure pathway). In addition, psychosocial factors addition, such as

expectations, stress, and cultural practices interact with the biological factors to influence drug use.

- Substance dependence is treated successfully only in a minority of those affected, and the best results reflect the motivation of the drug user and a combination of biological and psychosocial treatments.
- Programs aimed at preventing drug use may have the greatest chance of significantly affecting the drug problem.

Gambling Disorder:

Problem gamblers display the same type of cravings and dependence as persons who have substance-related disorders.

Impulse-control disorders:

Impulse control disorders include three types of disorders: intermittent explosive disorder, kleptomania, and pyromania.

