

Chapter 7 The Use and Abuse of Psychoactive Drugs

Hlth 2 Health and Wellness
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Learning Objectives

1. Define the following terms: drug, psychoactive drug, intoxication, addictive behavior, substance abuse, dependence (substance, physical), tolerance, withdrawal, dose-response function, depressant, hallucinogen, codependency, caffeine, over-the-counter medication.
2. Discuss the concepts of addictive behavior, substance abuse, and substance dependence.
3. Explain factors contributing to drug use and dependence.
4. List the major categories of psychoactive drugs and describe their effects, methods of use, and potential for abuse and dependence.
5. Discuss social issues related to psychoactive drug use and its prevention and treatment.

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Definitions

Drug- any chemical other than food intended to affect the structure or function of the body

Psychoactive drug- a chemical that can alter a person's consciousness or experience

Addictive behavior- any habit that had gotten out of control, resulting in a negative effect on one's health.

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Illicit Drugs Statistics 2004-5 (18-25 yr olds)

Illicit Drugs	Lifetime		Past Year	
	2004	2005	2004	2005
Marijuana and Hashish	52.8	52.4	27.8	28.0
Cocaine	15.2	15.1	6.6	6.9
Crack	3.5	3.5	0.8	1.0
Heroin	1.6	1.5	0.4	0.5
Hallucinogens	21.3	21.0	6.0	6.3
LSD	12.1	10.5	1.0	1.0
PCP	2.3	2.2	0.3	0.2
Ecstasy	13.8	13.7	3.1	3.1
Inhalants	14.0	13.3	2.1	2.1

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Prescription Medications 2004-5 (18-25 yr olds)

	Lifetime		Past Year	
	2004	2005	2004	2005
Pain Relievers	24.3	25.5	11.9	12.4
OxyContin	4.3	5.0	1.7	1.7
Tranquilizers	12.2 ^b	13.4	5.2	5.5
Stimulants	10.6	11.1	3.7	3.6
Methamphetamine	5.2	5.2	1.6	1.5
Sedatives	1.9	2.0	0.5	0.6

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What is Addiction?

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Characteristics of Addictive Behavior

- **Reinforcement**- behavior produces pleasurable physical/emotional states
- **Compulsion or craving**
- **Loss of control**
- **Escalation**- need more drug or engage in activity more (e.g., gambling, shopping, Internet, eating, watching TV, sex)
- **Negative consequences**- school, job, family life, etc.

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When is the Addiction Getting Out of Hand?

- Failure to fulfill major responsibilities
- Use in physically hazardous situations
- Legal problems related to use
- Persistent social or interpersonal problems

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Substance Dependence Characteristics

If a person experiences three or more of the following symptoms during a 12-month period:

1. Developing a tolerance to the substance
2. Experiencing withdrawal syndrome
3. Using larger amounts or for longer than first intended
4. Expressing a persistent desire to cut down
5. Spending a great deal of time in pursuit or use of the substance
6. Giving up important activities because of use
7. Continuing use despite realizing that the substance is causing problems

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Characteristics of Young People Who Are At High Risk for Trying Drugs

1. being male
2. low self-image
3. lack self-control
4. aggressive, impulsive, or moody
5. suffers from ADHD
6. thrill-seeking or risk-taking personality
7. having a peer group or family that accepts or rewards drug use

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Risk Factors for Dependence

Physical factors

- Being chemically or metabolically predisposed
- Being exposed to drugs while still in the womb
- Suffering from chronic pain

Psychological factors

- Difficulty in controlling impulses and a strong need for excitement, stimulation, or instant gratification.
- Experiencing a variety emotional states that require coping
- Having a mental illness

Social factors

- Growing up in a family where drug abuse occurs
- Belonging to a peer group that emphasizes drug use
- Being a health care professional

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Characteristics of Young People Who Are At High Risk for Trying Drugs

1. Having a chaotic home, dysfunctional family, or parental risk
2. Living in a disadvantaged areas* increases the risk of being offered drugs
3. Come from a single parent family
4. Having parents who failed to complete high school*
5. Being disinterested in school and earning poor grades

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Characteristics of Those Who DO NOT Use Drugs

1. Perceive drug use as risky and disapprove of it
2. Positive self-esteem and self-concept
3. Strong families that have clear policies on drug use
4. Open communication with parents or significant others

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Risks of Drug Use

- Dependence
- Unsafe because of impaired functioning
- Various health problems, even death
- Fines and/or imprisonment

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The Major Psychoactive Drugs

1. **Opioids** (opium, morphine, heroin, methadone)
2. **CNS depressants** (alcohol, barbs, Valium)
3. **CNS stimulants** (cocaine, amphetamines, nicotine, ephedrine)
4. **Cannabis** (marijuana, hashish)
5. **Hallucinogens** (LSD, PCP, ecstasy, ketamine)
6. **Inhalants** (aerosols, nitrites, nitrous oxide)

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Costs of Drug Abuse to Society

- Economic - \$100B lost time, crime, drug testing, etc.
- Families – Waste money, codependency
- Children – No savings accounts and college funds, witness parents doing drugs
- Legalization – larger criminal justice system
- Medical – need for more treatment centers

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Factors Contributing to Drug Use and Dependence

The Role of the Enabler

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Characteristics of an Enabler

- Have given someone one more chance, then another and another...
- Made excuses or lied for someone to cover up
- Joined in with drug use, then blamed someone else
- Loaned money so someone could continue to use
- Stayed up late or searched for a known user
- Felt embarrassed or anger about a users actions
- Ignored drug use because the user got defensive when you brought it up
- Avoided confrontation with a "high" user

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Intervention Video

You are watching the video to witness and analyze the behaviors of two addicts. Two factors must be present to promote addiction: ACCESS and AFFORDABILITY.

The main point of watching the video, however, is to examine the relationship between the addict and the enablers. Addicts are selfish and manipulative people who know exactly how to get what they want. Its about them, and no one else. If they are parents, their pleasures come first before the well-being of their children.

Enablers are partly responsible for the addict continuing in their behaviors.

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Intervention Video *cont.*

Alyssa

1. Addicted to gambling.
2. Lives with boyfriend who works three jobs to support her while Alyssa does not work.
3. Parents bail her out when she needs more money.
4. Alyssa thinks that by playing the slot machines, she will "hit the big one," striking it rich.
5. Alyssa is "Daddy's little girl."
6. Alyssa knows EXACTLY how to manipulate people around her to continue her addiction.

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Intervention Video *cont.*

Brian

1. Addicted to sex and methamphetamine.
2. Lives with boyfriend who makes threats to kick him out, but does not follow through.
3. Brian has tried to drug treatment programs but failed.
4. Brian knows EXACTLY how to manipulate people around him to continue his addictions.

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