



MODULE SPECIFICATION

Code: USPJE7-20-3 **Title:** PSYCHOLOGY OF ADDICTION **Version:** 4

Level: 3 **UWE credit rating:** 20 **ECTS credit rating:** 10

Module type: Standard

Owning Faculty: Health and Life Sciences **Department:** Psychology

Faculty Committee approval: Quality and Standards Committee **Date:** March 2011

Approved for Delivery by: N/A

Valid from: September 2011 **Discontinued from:**

Pre-requisites:

USPJLD-30-2 Biological Psychology and Individual Differences 2 or USPJLY-20-2 Individual Differences and Biological Psychology

Co-requisites:

None

Entry Requirements:

N/A

Excluded Combinations:

None

Learning Outcomes:

The student will be able to:

- demonstrate an understanding of the aetiology and historical perspective of addictive behaviours;
- critically evaluate the current models of addiction;
- apply these models to eating, gambling and excessive exercise behaviours;
- evaluate 'control' in the context of addiction;
- appreciate the biopsychosocial nature of addictive behaviours;
- evaluate the contributions made by the various treatment models to our understanding of behaviour change and relapse.

Syllabus Outline:

Socialisation Versus the Disease Model

An historical approach to the development of the disease model of addiction. The Temperance movement, drug prohibition, smoking acceptability and the onset of the Western period of decadence. Genetic predisposition. Social learning theory as part of the socialisation perspective. Sociopolitical view of addiction.

Models of Addiction

Classical conditioning, cue exposure, relapse prevention, situational models, self-efficacy theory, Stages theory (Prochaska and Di Clemente, 1982), Abstinence-restraint theory and disinhibition.

Drug Use, Misuse and Abuse

Definitions of 'use misuse and 'abuse'. Psychosocial and psychophysiological causes. Epidemiology, prevalence, consequences, (drugs and HIV; from cannabis to opiates.) Smoking as the acceptable face of addiction. Alcohol is it physiological or psychological addiction?

Are there distinct differences for women and adolescents who are involved with addictive behaviours? Exploring our own attitudes and beliefs about addiction.

Eating Disorders (anorexia, bulimia and compulsive eating), Excessive Exercising, Gambling
Are they addictions or obsessive-compulsive disorders? How do the models of addiction relate to eating, exercise and gambling?

Cessation and Treatment interventions

Controlled behaviour versus total abstinence. The AA, NA, GA and EA perspective, its problems, dangers and successes. Minnesota model (12 Step). Current theories of intervention to promote complete withdrawal and the prevention of relapse. Motivational interviewing. Cognitive-behavioural therapy. Psychodynamic, humanistic perspectives. Issues of codependency.

Teaching and Learning Methods:

Lectures, seminars and workshops.

Reading Strategy:

All students will be encouraged to make full use of the print and electronic resources available to them through membership of the University. These include a range of electronic journals and a wide variety of resources available through web sites and information gateways. The University Library's web pages provide access to subject relevant resources and services, and to the library catalogue. Many resources can be accessed remotely. Students will be presented with opportunities within the curriculum to develop their information retrieval and evaluation skills in order to identify such resources effectively.

Any **essential reading** will be indicated clearly, along with the method for accessing it, e.g. students may be expected to purchase a set text, be given or sold a print study pack or be referred to texts that are available electronically, etc. This guidance will be available either in the module handbook, via the module information on Blackboard or through any other vehicle deemed appropriate by the module/programme leaders.

If **further reading** is expected, this will be indicated clearly. If specific texts are listed, a clear indication will be given regarding how to access them and, if appropriate, students will be given guidance on how to identify relevant sources for themselves, e.g. through use of bibliographical databases.

Indicative Reading List:

Bonner A., and Waterhouse J. (1996) *Addictive Behaviour: Molecules to Mankind*.

Davies J. (2000) *The Myth of Addiction*.

Donaldson S I, Graham J W & Hansen W B (1994) Testing the generalisability of intervening mechanism theories: understanding the effects of adolescent drug use prevention interventions *Journal of Behavioural Medicine* 17, 2, 195-216

Doweiko H (1993) *Concepts of Chemical Dependency* Brooks/Cole

Fields R (1992) *Drugs and Alcohol in Perspective* W C Brown

Goldstein A (1993) *Addiction, from Biology to Drug Policy* Freeman & Co

Gossop M. (2000) *Living with Drugs* 5th Edition. Ashgate.

Jarvis T.J., Tebutt J., Mattick R.P (1995) *Treatment Approaches for Alcohol and Drug Dependence. An Introductory Guide*. J.Wiley

Miller W R (1989) *The Addictive Behaviours* Pergamon Press

Orford J (1990) *Excessive appetites. A psychological view of Addictions* J Wiley

Petersen T., (2002) *Working with Substance Misusers*.

Plant M & Plant M (1992) *Risk Takers. Alcohol, Drugs, Sex and Youth* Routledge

Trends in Pharmacological Science (May 1992) Neurobiological perspectives on drugs of abuse 13, 169-219 Elsevier

Washton A.M. (1995) Psychotherapy and Substance Abuse. Guildford Press.

Articles from the following journals will be recommended for additional reading and to support their critique:

Addiction
Addictive Behaviours
Br.J.Addiction
Br.J.Clin Psychol
Br.J.Psychiatry
Health Education Journal
Health Education Research
J. Counselling and Clinical Psychology
J.Health and Social Behav.
J.Substance Abuse
Socia; Science and Medicine.

Assessment:

Weighting between components A and B (standard modules only) A: 40% B: 60%

FIRST ATTEMPT

First Assessment Opportunity

Component A (*controlled*)

Description of each element

TE Timed Essay

Element Wt (Ratio)

(*within Component*)

1

Component B

Description of each element

SM1 Seminar Presentation
BR Critique of Research Paper Presented

Element Wt (Ratio)

(*within Component*)

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Second Assessment Opportunity (Resit) further attendance at taught classes is not required

Component A (*controlled*)

Description of each element

TE Timed Essay

Element Wt (Ratio)

(*within Component*)

1

Component B

Description of each element

CW1 Critique of Novel/New Research Paper
BR Critique of Research Paper

Element Wt (Ratio)

(*within Component*)

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EXCEPTIONAL SECOND ATTEMPT Attendance at taught classes is required.

Specification confirmed byDate

(Associate Dean/Programme Director)