

**DEREE COLLEGE SYLLABUS FOR
PS 4744 ADDICTIVE BEHAVIOURS AND MENTAL HEALTH**

3/0/3

(Updated Fall 2023)

**LEVEL 6
UK CREDITS: 15**

PREREQUISITES:

PS 1000 Psychology as a Natural Science – L4
PS 1001 Psychology as a Social Science – L4
PS 2236 Human Learning & Memory – L4
PS 2260 Introduction to Statistical Thinking-L4
PS 2347 Analysis of Quantitative Data -L4
PS 3630 Biological Psychology – L5
BI 1000 Introduction to Biology I – L4

**CATALOG
DESCRIPTION:**

Overview of the field of substance abuse/dependence as well as behavioural addictions. A mental health perspective is employed whereby addictive behaviours are seen within the frame of a wider psychological vulnerability which results in comorbidity. Prevention and treatment protocols.

RATIONALE:

This module exposes students to a wide range of addictive behaviours that include both substance abuse (e.g., alcohol, cannabis, opium) and behavioural patterns (e.g., internet/online gaming addictions, eating disorders, gambling, sexual addictions). The module is intended for students who plan to pursue graduate studies in the areas of clinical/counselling and addictions.

LEARNING OUTCOMES:

Upon completion of this module, the student should be able to:

1. Critically evaluate how the early years affect resilience/vulnerability towards the later development of an addictive behaviour.
2. Evaluate the relationship between addiction and co-occurring mental health problems.
3. Critically appraise the theory and application of biological, psychological, and sociocultural interventions on addiction.
4. Demonstrate in depth knowledge of the interaction among addiction, mental health and broader structures in society, including but not limited to culture, gender, discrimination/social marginalization.

**METHOD OF TEACHING AND
LEARNING:**

In line with the teaching and learning strategy of the college, the following tools are used:

- Classes consist of lectures, class discussions, video presentations, and demonstrations of the material presented
- In class discussions of case studies and relevant articles
- Use of Blackboard site
- Office hours

ASSESSMENT:	<p>Summative:</p> <table border="1"> <tr> <td>1st assessment: Critically Review Paper Current issues and debates.</td><td>40%</td></tr> <tr> <td> Final assessment: <ul style="list-style-type: none"> Clinical Case Report: students are required to write a “reaction” report to a clinical case study </td><td>60%</td></tr> </table> <p>The 1st assessment paper tests Learning outcome 1. The final assessment tests Learning outcomes 2,3,4.</p> <p>Students are required to resit failed assessments in this module.</p>	1st assessment: Critically Review Paper Current issues and debates.	40%	Final assessment: <ul style="list-style-type: none"> Clinical Case Report: students are required to write a “reaction” report to a clinical case study 	60%
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Final assessment: <ul style="list-style-type: none"> Clinical Case Report: students are required to write a “reaction” report to a clinical case study 	60%				
INDICATIVE READING:	<p>REQUIRED READING:</p> <p>Nick Heather, Matt Field, Antony C. Moss, Sally Satel (2022). Evaluating the Brain Disease Model of Addiction, Routledge https://www.perlego.com/book/2777789/the-essential-handbook-of-treatment-and-prevention-of-alcohol-problems-pdf</p> <p>DeLeon, G. (2000). The Therapeutic Community: theory, model and method. Springer https://www.perlego.com/book/1446651/the-therapeutic-community-theory-model-and-method-pdf (Part I, II and V)</p> <p>Sanyal, S. B. (2012) Understanding Addictions. Roli Books https://www.perlego.com/book/2306861/understanding-addictions-pdf (Section I, II and III)</p> <p>Cavaiola, A., Giordano, A. & Golubovic, N. (2021). Addiction Counselling: a practical approach. Springer. https://www.perlego.com/book/3055468/addiction-counseling-a-practical-approach-pdf</p> <p>Gossop, M. (2017) Living with Drugs https://www.perlego.com/book/1499065/living-with-drugs-pdf Chapters 5 through 9</p> <p>Tober, G. & Raistrick, D. (2014) Motivational Dialogue https://www.perlego.com/book/1549400/motivational-dialogue-preparing-addiction-professionals-for-motivational-interviewing-practice-pdf Chapters 1 and 2</p> <p>Additional journal articles will be assigned.</p>				

	<p>RECOMMENDED READING:</p> <p>Alavi S., Ferdosi M., Jannatifard F., Eslami M., Alaghemandan H., & Setar M. (2012) Behavioural Addiction versus Substance Addiction: Correspondence of Psychiatric and Psychological Views. <i>International Journal of Preventive Medicine</i>, 3(4), 290-294</p> <p>Doumas D.M, Midgett, A Johnston, A.D (2017). Substance Use and Bullying Victimization Among Middle and High School Students: Is Positive School Climate a Protective Factor? <i>Journal of Addictions & Offender Counseling</i>, 38, 2-15</p> <p>Hall W, Carter A & Forlini, C (2015). The brain disease model of addiction: is it supported by the evidence and has it delivered on its promises? <i>Lancet Psychiatry</i>, 2, 105-110.</p> <p>Kliwer, W & Murrelle L (2007). Risk and Protective Factors for Adolescent Substance Use: Findings from a Study in Selected Central American Countries. <i>Journal of Adolescent Health</i> 40(5):448-55</p> <p>Lander L, Howsare J & Byrne M (2013). The Impact of Substance Use Disorders on Families and Children: From Theory to Practice. <i>Social Work and Public Health</i>, 28(0): 194–205</p> <p>Macleod J & Hickman M (2010). How ideology shapes the evidence and the policy: what do we know about cannabis use and what should we do? <i>Addiction</i>, 105, 1326–1330</p> <p>Stavropoulos V, Kuss, D Griffiths, M & Motti-Stefanidi, F (2016). A Longitudinal Study of Adolescent Internet Addiction: The Role of Conscientiousness and Classroom Hostility. <i>Journal of Adolescent Research</i>, 31(4), 442–473</p> <p>Taylor G, McNeill A, Girling A, Farley A, Lindson-Hawley N & Aveyard P2 (2014). Change in mental health after smoking cessation: systematic review and meta-analysis. <i>British Medical Journal</i>, 348, 1-22</p> <p>Wood R and Griffiths, M (2007). A qualitative investigation of problem gambling as an escape-based coping strategy. <i>Psychology and Psychotherapy: Theory, Research and Practice</i>, 80, 107–125</p>
<p>INDICATIVE MATERIAL: (e.g. audiovisual, digital material, etc.)</p>	<p>REQUIRED MATERIAL: N/A</p> <p>RECOMMENDED MATERIAL: <i>Addictions</i>. Journal of the Society for the Study of Addictions, Wiley –Blackwell Editions. <i>Addictive Behaviours</i>, Science Direct, Elsevier.</p>
<p>COMMUNICATION REQUIREMENTS:</p>	<p>Project submitted in Word; Academic use of English, both oral and written. APA Style</p>

SOFTWARE REQUIREMENTS:	Blackboard LMS, MS Office, search engines
WWW RESOURCES:	<p>The European Monitoring Network for Drugs and Drug Addiction</p> <p>Reports (indicative):</p> <ul style="list-style-type: none"> i. NIDA Publications on Drug Addiction Treatment (www.drugabuse.gov) ii. SAMHSA Publications (www.samhsa.gov) iii. ISSUP- International Society for Substance Use Professionals (www.issup.net) iv. UNODC - World Drug Report and other publications (www.unodc.org) v. Exartiseis -Scientific Greek peer- reviewed journal on addictions vi. nationwide Greek Drug treatment organisations reports (OKANA, KETHEA etc.) vii. NIDA Publications on Drug Addiction Treatment (www.drugabuse.gov) viii. SAMHSA Publications (www.samhsa.gov) ix. ISSUP- International Society for Substance Use Professionals (www.issup.net) x. UNODC - World Drug Report and other publications (www.unodc.org) xi. Exartiseis -Scientific Greek peer- reviewed journal on addictions xii. nationwide Greek Drug treatment organisations reports (OKANA, KETHEA etc.)
INDICATIVE CONTENT:	<ul style="list-style-type: none"> 1. Current definitions and debates in understanding addiction 2. Theoretical models 3. Substance Abuse as a Social Problem 4. Risk and resilience factors in the development of addictions 5. Drug Policies and Effectiveness 6. Preventive and Treatment Approaches 7. Disorders co-occurring with substance abuse 8. Nonsubstance related addictive behaviours 9. Addictive features in the context of feeding and eating disorders 10. Ethical considerations