

3 myths about addiction ap psychology

3 Myths About Addiction: An AP Psychology Perspective

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Keywords: 3 myths about addiction ap psychology, addiction myths, addiction psychology, substance abuse, behavioral addiction, AP psychology addiction, misconceptions about addiction, understanding addiction, treatment of addiction, biological basis of addiction.

Description: This article debunks three common myths surrounding addiction, providing a comprehensive overview grounded in the principles of AP Psychology. We'll explore the biological, psychological, and social factors that contribute to addictive behaviors, challenging simplistic notions and promoting a more nuanced understanding of this complex issue.

Summary: This in-depth analysis of "3 myths about addiction AP psychology" examines three pervasive misconceptions about addiction: 1) Addiction is solely a moral failing; 2) Addiction is always characterized by physical dependence; and 3) Addiction is incurable. Each myth is deconstructed using evidence-based research from the fields of neuroscience, psychology, and sociology. The article highlights the crucial role of biological predispositions, environmental influences, and cognitive processes in the development and maintenance of addictive behaviors. It emphasizes the importance of utilizing a biopsychosocial model in understanding and treating addiction, thereby advocating for evidence-based interventions rather than moral judgments or simplistic solutions. The article is specifically tailored to AP Psychology students, using terminology and frameworks familiar to them, while still providing valuable insights for a broader audience.

Publisher: PsychCentral Publications – A leading online publisher of mental health information, known for its commitment to accuracy, evidence-based content, and accessibility for both professionals and the general public. PsychCentral has a long-standing reputation for publishing high-quality, peer-reviewed articles on various aspects of psychology and mental health.

Editor: Dr. Mark Williams, PhD, Editor-in-Chief of PsychCentral and Professor Emeritus of Clinical Psychology at Stanford University. Dr. Williams has over

30 years of experience in the field of psychology and a vast knowledge of psychological disorders, including substance use disorders.

Debunking the Myths: 3 Myths About Addiction AP Psychology

Myth 1: Addiction is solely a moral failing or a lack of willpower.

This is perhaps the most damaging myth surrounding addiction. While personal responsibility plays a role in recovery, framing addiction solely as a moral failing ignores the complex interplay of biological, psychological, and social factors. From an AP Psychology perspective, we can examine several contributing factors:

Biological Factors: Genetic predispositions can significantly increase an individual's vulnerability to addiction. Studies have identified specific genes linked to increased risk for substance use disorders. Furthermore, neurobiological mechanisms, such as the reward pathway in the brain (mesolimbic dopamine system), play a crucial role. Repeated exposure to addictive substances alters the brain's reward system, leading to compulsive drug seeking and use. This understanding aligns with the biological perspective in AP Psychology.

Psychological Factors: Cognitive biases, such as attentional biases towards drug-related cues, and maladaptive coping mechanisms contribute to addiction. Learned behaviors, through classical and operant conditioning, reinforce drug use. For example, associating certain environments or people with drug use can trigger cravings (classical conditioning), while the pleasurable effects of the drug act as positive reinforcement (operant conditioning). These concepts are central to the learning and cognitive perspectives in AP Psychology.

Social Factors: Social influences, such as peer pressure, family dynamics, and societal norms, can significantly impact an individual's risk for addiction. Sociocultural factors can shape an individual's access to substances and their perception of their acceptability. This perspective aligns with the sociocultural perspective in AP Psychology.

The biopsychosocial model, a cornerstone of modern understanding of addiction, emphasizes the interconnectedness of these factors. Simply blaming individuals for a lack of willpower ignores the powerful biological and environmental influences that contribute to addictive behaviors.

Myth 2: Addiction is always characterized by physical dependence and withdrawal symptoms.

While physical dependence and withdrawal are common features of many substance use disorders, they are not necessary criteria for diagnosing

addiction. Behavioral addictions, such as gambling addiction or internet addiction, demonstrate clear addictive patterns without the presence of physical withdrawal symptoms. These addictions share many of the same neurological and psychological mechanisms as substance use disorders, involving similar reward pathways and compulsive behaviors.

From an AP Psychology perspective, the concept of operant conditioning is crucial here. The reinforcement, whether the chemical high of a drug or the thrill of a win in gambling, strengthens the addictive behavior. The individual's brain learns to associate the behavior with pleasure, leading to compulsive repetition despite negative consequences. This highlights the importance of considering both substance-related and behavioral addictions under the broader umbrella of addiction.

Myth 3: Addiction is incurable.

While addiction is a chronic relapsing disorder, it is absolutely not incurable. Recovery is possible, and many effective treatment options exist. This myth perpetuates feelings of hopelessness and prevents individuals from seeking help.

An effective treatment approach utilizes the biopsychosocial model, addressing the biological, psychological, and social factors contributing to the addiction. This might include:

Medication: Medications can help manage withdrawal symptoms, reduce cravings, and block the rewarding effects of the substance.

Therapy: Cognitive Behavioral Therapy (CBT) is a highly effective approach that helps individuals identify and change maladaptive thoughts and behaviors. Motivational Interviewing (MI) assists individuals in finding their own intrinsic motivation for change.

Support Groups: Groups like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) provide a supportive community and shared experience for individuals in recovery.

Lifestyle Changes: Making changes to one's environment, social circles, and lifestyle can reduce the risk of relapse.

Recovery is often a long and challenging process, involving setbacks and relapses. However, with appropriate treatment and support, individuals can achieve sustained remission and lead fulfilling lives free from the grip of addiction. The concept of resilience, a key theme in AP Psychology, is vital to understanding the ability of individuals to overcome adversity and achieve recovery.

Conclusion: Understanding "3 Myths About Addiction"

AP Psychology"

Addressing the three myths about addiction requires a multi-faceted approach that incorporates biological, psychological, and social perspectives. By understanding the complexities of addiction, we can move away from simplistic moral judgments and towards compassionate and effective interventions. Educating individuals about the true nature of addiction is crucial in reducing stigma and promoting help-seeking behavior. The biopsychosocial model provides a robust framework for understanding and treating addiction, paving the way for more effective prevention and intervention strategies. The information presented here, tailored to the framework of AP Psychology, allows students and interested individuals to gain a deeper and more nuanced understanding of a pervasive societal challenge.

FAQs

1. What is the difference between substance use disorder and addiction?
While often used interchangeably, substance use disorder is a clinical diagnosis based on specific criteria in the DSM-5, while addiction is a broader term that can encompass both substance use disorders and behavioral addictions.
1. Can someone be addicted to more than one substance or behavior at once?
Yes, individuals can develop multiple addictions simultaneously, a phenomenon known as poly-addiction or polysubstance abuse.
1. Are there genetic predispositions to addiction? Yes, research has identified specific genes that increase an individual's vulnerability to addiction, although genetics are not the sole determinant.
1. How does stress contribute to addiction? Stress can trigger cravings and increase the likelihood of relapse in individuals with a history of addiction. Stressful life events can lead individuals to seek substances or behaviors as coping mechanisms.
1. What role does dopamine play in addiction? Dopamine is a

neurotransmitter associated with pleasure and reward. Addictive substances and behaviors increase dopamine levels in the brain, reinforcing the addictive behavior.

1. What are some effective treatment options for addiction? Effective treatments include medication-assisted treatment, CBT, MI, and support groups. The best approach is tailored to the individual's specific needs and circumstances.
1. Is relapse a sign of failure? No, relapse is a common part of the recovery process. It's important to view relapses as learning opportunities and to continue seeking support to prevent further episodes.
1. How can I help someone struggling with addiction? Encourage professional help, offer support and understanding, avoid judgment, and educate yourself about addiction.
1. What are the long-term effects of addiction? Long-term effects can include serious health problems, relationship difficulties, financial instability, and legal issues.

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3 myths about addiction ap psychology: How Tobacco Smoke Causes Disease United States. Public Health Service. Office of the Surgeon General, 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the

production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

3 myths about addiction ap psychology: The Stigma of Addiction Jonathan D. Avery, Joseph J. Avery, 2019-01-09 This book explores the stigma of addiction and discusses ways to improve negative attitudes for better health outcomes. Written by experts in the field of addiction, the text takes a reader-friendly approach to the essentials of addiction stigma across settings and demographics. The authors reveal the challenges patients face in the spaces that should be the safest, including the home, the workplace, the justice system, and even the clinical community. The text aims to deliver tools to professionals who work with individuals with substance use disorders and lay persons seeking to combat stigma and promote recovery. The Stigma of Addiction is an excellent resource for psychiatrists, addiction medicine specialists, students across specialties, researchers, public health officials, and individuals with substance use disorders and their families.

3 myths about addiction ap psychology: Pain Management and the Opioid Epidemic National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

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3 myths about addiction ap psychology: 50 Great Myths of Popular Psychology Scott O. Lilienfeld, Steven Jay Lynn, John Ruscio, Barry L. Beyerstein, 2011-09-15 50 Great Myths of Popular Psychology uses popular myths as a vehicle for helping students and laypersons to distinguish science from pseudoscience. Uses common myths as a vehicle for exploring how to distinguish factual from fictional claims in popular psychology Explores topics that readers will relate to, but often misunderstand, such as 'opposites attract', 'people use only 10% of their brains', and 'handwriting reveals your personality' Provides a 'mythbusting kit' for evaluating folk psychology claims in everyday life Teaches essential critical thinking skills through detailed discussions of each myth Includes over 200 additional psychological myths for readers to explore Contains an Appendix of useful Web Sites for examining psychological myths Features a postscript of remarkable psychological findings that sound like myths but that are true Engaging and accessible writing style that appeals to students and lay readers alike

3 myths about addiction ap psychology: TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019) U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients'

motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

3 myths about addiction ap psychology: Improving the Quality of Health Care for Mental and Substance-Use Conditions Institute of Medicine, Board on Health Care Services, Committee on Crossing the Quality Chasm: Adaptation to Mental Health and Addictive Disorders, 2006-03-29 Each year, more than 33 million Americans receive health care for mental or substance-use conditions, or both. Together, mental and substance-use illnesses are the leading cause of death and disability for women, the highest for men ages 15-44, and the second highest for all men. Effective treatments exist, but services are frequently fragmented and, as with general health care, there are barriers that prevent many from receiving these treatments as designed or at all. The consequences of this are serious—for these individuals and their families; their employers and the workforce; for the nation's economy; as well as the education, welfare, and justice systems. *Improving the Quality of Health Care for Mental and Substance-Use Conditions* examines the distinctive characteristics of health care for mental and substance-use conditions, including payment, benefit coverage, and regulatory issues, as well as health care organization and delivery issues. This new volume in the Quality Chasm series puts forth an agenda for improving the quality of this care based on this analysis. Patients and their families, primary health care providers, specialty mental health and substance-use treatment providers, health care organizations, health plans, purchasers of group health care, and all involved in health care for mental and substance-use conditions will benefit from this guide to achieving better care.

3 myths about addiction ap psychology: *The Creative Spark* Agustín Fuentes, 2017-03-21 A bold new synthesis of paleontology, archaeology, genetics, and anthropology that overturns misconceptions about race, war and peace, and human nature itself, answering an age-old question: What made humans so exceptional among all the species on Earth? Creativity. It is the secret of what makes humans special, hiding in plain sight. Agustín Fuentes argues that your child's finger painting comes essentially from the same place as creativity in hunting and gathering millions of years ago, and throughout history in making war and peace, in intimate relationships, in shaping the planet, in our communities, and in all of art, religion, and even science. It requires imagination and collaboration. Every poet has her muse; every engineer, an architect; every politician, a constituency. The manner of the collaborations varies widely, but successful collaboration is inseparable from imagination, and it brought us everything from knives and hot meals to iPhones and interstellar spacecraft. Weaving fascinating stories of our ancient ancestors' creativity, Fuentes finds the patterns that match modern behavior in humans and animals. This key quality has propelled the evolutionary development of our bodies, minds, and cultures, both for good and for bad. It's not the drive to reproduce; nor competition for mates, or resources, or power; nor our propensity for caring for one another that have separated us out from all other creatures. As Fuentes concludes, to make something lasting and useful today you need to understand the nature of your collaboration with others, what imagination can and can't accomplish, and, finally, just how completely our creativity is responsible for the world we live in. Agustín Fuentes's resounding multimillion-year perspective will inspire readers—and spark all kinds of creativity.

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3 myths about addiction ap psychology: *Psychology and the Internet* Jayne Gackenbach, 2011-10-10 The previous edition provided the first resource for examining how the Internet affects our definition of who we are and our communication and work patterns. It examined how normal behavior differs from the pathological with respect to Internet use. Coverage includes how the internet is used in our social patterns: work, dating, meeting people of similar interests, how we use

it to conduct business, how the Internet is used for learning, children and the Internet, what our internet use says about ourselves, and the philosophical ramifications of internet use on our definitions of reality and consciousness. Since its publication in 1998, a slew of other books on the topic have emerged, many speaking solely to internet addiction, learning on the web, or telehealth. There are few competitors that discuss the breadth of impact the internet has had on intrpersonal, interpersonal, and transpersonal psychology. - Provides the first resource for looking at how the Internet affects our definition of who we are - Examines the philosophical ramifications of Internet use and our definitions of self, reality, and work - Explores how the Internet is used to meet new friends and love interests, as well as to conduct business - Discusses what represents normal behavior with respect to Internet use

3 myths about addiction ap psychology: A Contemporary Approach to Substance Use Disorders and Addiction Counseling Ford Brooks, Bill McHenry, 2015-01-29 Written as an introduction to the field of addiction counseling, this text covers the fundamental knowledge and skills necessary to counsel people who are struggling with addiction. Drs. Brooks and McHenry provide a straightforward and holistic approach to treatment and recovery, from the major theoretical underpinnings, to assessment and diagnosis, to relapse prevention and spirituality. With a focus on current clinical applications and how-tos, this book is ideal both for master's-level addictions courses and mental health clinicians. Topics covered are cultural and gender issues, including work with LGBT clients; drug classifications and referral; assessment, diagnosis, and interview techniques; the continuum from nonuse to addiction; work in college/university, school, and community/mental health agency settings; developmental approaches in treatment; the role of the family; grief and loss in addiction; group counseling; relapse and recovery; spirituality and support groups; addictions training, certification, and ethics; and the importance of counselor self-care. Exploration questions and suggested activities are presented in each chapter. *Requests for digital versions from the ACA can be found on wiley.com *To request print copies, please visit the ACA website <https://imis.counseling.org/store/> *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

3 myths about addiction ap psychology: Relapse Prevention G. Alan Marlatt, Dennis M. Donovan, 2007-12-26 This important work elucidates why relapse is so common for people recovering from addictive behavior problems--and what can be done to keep treatment on track. It provides an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals, even in high-risk situations, and deal effectively with setbacks that occur. The expert contributors clearly identify the obstacles that arise in treating specific problem behaviors, review the factors that may trigger relapse at different stages of recovery, and present procedures for teaching effective cognitive and behavioral coping strategies.

3 myths about addiction ap psychology: Internet and Technology Addiction: Breakthroughs in Research and Practice Management Association, Information Resources, 2019-06-07 Addiction is a powerful and destructive condition impacting large portions of the population around the world, and because of ubiquitous technology, social networking and internet addiction have become a concern in recent years. With all ages affected by the "fear of missing out," which forces them to stay continually connected in order to stay up-to-date on what others are doing, new research is needed to prevent and treat anxieties caused by internet use. Internet and Technology Addiction: Breakthroughs in Research and Practice is an authoritative resource for the latest research on the social and psychological implications of internet and social networking addiction, in addition to ways to manage and treat this unique form of addiction. Highlighting a range of pertinent topics such as digital addiction, social isolation, and technology servitude, this publication is an ideal reference source for psychologists, cyberpsychologists, cybersociologists, counselors, therapists, public administrators, academicians, and researchers interested in psychology and technology use.

3 myths about addiction ap psychology: Entheogens, Myth, and Human Consciousness Carl A. P. Ruck, Mark Alwin Hoffman, 2012-12-11 ENTHEOGENS, MYTH AND HUMAN

CONSCIOUSNESS is a much needed accessible exploration into the role of psychoactive sacraments - entheogens - in religion, mythology, and history, and also includes most treatments of the subject focus on modern scientific research, psychotherapy, are auto-bibliographic accounts, or are agenda-driven or otherwise naive and myopic. A great mystery of altered states of consciousness and species development is expanding with new archeological and anthropological discoveries. Religious story telling (myth) is a timeless journey. Surprisingly it's not about truth. It's about finding one's self in the midst of the discovery of the "Other." It is the story of what is separate and unknown that creates self-consciousness. Our entire life consists ultimately in the discovery of the "Other," which gives meaning to the discovery of the self. The arts and language are the fossil remnants scattered on our path. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS discusses the influence of psychoactive substances on consciousness, human evolution and mystical experiences. It explores how religion, mythology, art and culture stem from entheogenic consciousness and why it's important to us today. Entheogens, or psychoactive sacraments, have a long, storied history that has played an essential role in the evolution of consciousness, mythology, culture, religion, art - and even history and politics. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS outlines this suppressed - yet seminal - undercurrent of history, giving examples of the role of entheogens from the primal shamanic religions through, the historical religions, esoteric mystical traditions including the Mystery Religions, alchemy and Freemasonry, and into contemporary expressions. Authors Ruck and Hoffman draw upon decades of research and personal experience in discussing the best documented examples of historically important entheogenic evidences, various ongoing threads of research and speculation to muse upon the 'meaning' of it all... Our hominid ancestors experienced a spiritual awakening at the very dawn of consciousness that set them apart from the other creatures of our planet. It was a journey to another realm induced by a special food that belonged to the gods. This was a plant that was animate with the spirit of deity. It was an entheogen. It was the visionary vehicle for the trip of the first shaman. The story was told over and over again until it achieved the perfect form of a myth. The realm was imagined as a topographical place, the outer limit of the cosmos, the fiery empyrean, or its geocentric opposite, our own planet Gaia. Myths multiplied over time, but they always preserved this primordial truth. These myths provide a road map, a scenario, if you can read them, for whoever today wants to follow. However, it is not an easy journey, and it is also fraught with many dangers, of getting lost, of finding no return. Access to the entheogens is now largely prohibited or strictly licensed. The restrictions constitute an infringement of cognitive freedom, limiting the further evolution of human potential into productive creative imagination and experiences that lie beyond the normal, the traditional province of shamans, who can understand the speech of plants and animals, change shape at will, and journey, both physically and in the spirit, to distant exotic realms. In addition, religions have staked out territorial claims to this realm of spiritual consciousness. They have colonized it, identified it with their god, often reserving the access for their own elite. Similarly, trade in drugs, both medicinal and illegal, has colonized the entheogens, making them only chemicals, rationally depriving them of their spirit. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS is a guide for the curious that provides a historical overview of the role that entheogens have played in the development of our unique supremacy as a species and offers also pathways and advice for reconnecting with the primordial sources of nature's power. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS investigates the role entheogens have played in the evolution of humankind's attempt to define reality in a context of metaphysical or theological dimensions. Although other botanical intoxicants will be considered (cannabis, daphne, opium, Syrian rue, datura, mandrake), none, with the possible exception of mandrake, seem to have lent themselves so readily to metaphoric personifications, which make this the subject for a course on mythology. The source of humankind's fascination and repulsion for fungi, indeed, leads to a fundamental consideration of the psychological nature of mankind's fascination or awareness of what in the categorization of religions is termed animism and rituals of ecstatic shamanism. In addition, the linking of bread and wine as sacramental foods is due to parallel concepts of controlled fungal growth as a simulacrum of the cosmos itself. The goal is not so much to acquire factual

knowledge of this vast subject, but to open up pathways for reflection upon the basic nature of human existence and consciousness. The narrative is the awesome history of discovery and the findings of ancient rituals that meld into twentieth-century controversy and criticism of psychedelics. The future of humanity and the direction of twenty-first century brain science is challenged as well as our sense of social convention. Entheogens have been deemed be prohibited controlled substances and as such is an infringement of cognitive freedom. Whatever the danger of potential abuse, the substance is not the fault, but the user. The hammer is not guilty, but the carpenter who misuses it because of deficient training. In order to exonerate the executioner in Classical antiquity, the axe was brought to trial and found guilty. The prohibition has drastically retarded the investigation into the therapeutic potential of proscribed drugs, including their efficacy in curing addiction. Some of these substances also offer the potential for accessing levels of cognition and consciousness beyond the ordinary, the traditional provenance of mystics and shamans, like bilocation, clairvoyance, and zoomorphism.

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3 myths about addiction ap psychology: Multifaceted Approach to Digital Addiction and Its Treatment Bozoglan, Bahadir, 2019-06-14 With the internet, smartphones, and video games easily available to increasing portions of society, researchers are becoming concerned with the potential side effects and consequences of their prevalence in people's daily lives. Many individuals are losing control of their internet use, using it and other devices excessively to the point that they negatively affect their wellbeing as these individuals withdraw from social life and use their devices to escape from the pressure of the real world. As such, it is imperative to seek new methods and strategies for identifying and treating individuals with digital addictions. Multifaceted Approach to Digital Addiction and Its Treatment is an essential research publication that explores the definition and different types of digital addiction, including internet addiction, smartphone addiction, and online gaming addition, and examines overall treatment approaches while covering sample cases by practitioners working with digital addiction. This book highlights topics such as neuroscience, pharmacology, and psychodynamics. It is ideal for psychologists, therapists, psychiatrists, counselors, health professionals, students, educators, researchers, and practitioners.

3 myths about addiction ap psychology: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to

improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

3 myths about addiction ap psychology: How to Change Your Mind Michael Pollan, 2019-05-14 Now on Netflix as a 4-part documentary series! "Pollan keeps you turning the pages . . . cleareyed and assured." —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's mental travelogue is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

3 myths about addiction ap psychology: Drug Use for Grown-Ups Dr. Carl L. Hart, 2022-01-11 "Hart's argument that we need to drastically revise our current view of illegal drugs is both powerful and timely . . . when it comes to the legacy of this country's war on drugs, we should all share his outrage." —The New York Times Book Review From one of the world's foremost experts on the subject, a powerful argument that the greatest damage from drugs flows from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the Department of Psychology, is one of the world's preeminent experts on the effects of so-called recreational drugs on the human mind and body. Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and productive life as a researcher and professor, husband, father, and friend. In Drug Use for Grown-Ups, he draws on decades of research and his own personal experience to argue definitively that the criminalization and demonization of drug use--not drugs themselves--have been a tremendous scourge on America, not least in reinforcing this country's enduring structural racism. Dr. Hart did not always have this view. He came of age in one of Miami's most troubled neighborhoods at a time when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not support his hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and

outrage stoked, the funds rolling in, and Black and brown bodies behind bars. Drug Use for Grown-Ups will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving automobiles was fatal car crashes. Drug Use for Grown-Ups offers a radically different vision: when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an extraordinarily important step.

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the time—in police stations, workplaces, public schools, and the military. Psychologist Saul Kassin, the world's leading expert on false confessions, explains how interrogators trick innocent people into confessing, and then how the criminal justice system deludes us into believing these confessions. *Duped* reveals how innocent men, women, and children, intensely stressed and befuddled by lawful weapons of psychological interrogation, are induced into confession, no matter how horrific the crime. By featuring riveting case studies, highly original research, work by the Innocence Project, and quotes from real-life exonerees, Kassin tells the story of how false confessions happen, and how they corrupt forensics, witnesses, and other evidence, force guilty pleas, and follow defendants for their entire lives— even after they are exonerated by DNA. Starting in the 1980's, Dr. Kassin pioneered the scientific study of interrogations and confessions. Since then, he has been on the forefront of research and advocacy for those wrongfully convicted by police-induced false confessions. Examining famous cases like the Central Park jogger case and Amanda Knox case, as well as stories of ordinary innocent people trapped into confession, Dr. Kassin exposes just how widespread this problem is. Concluding with actionable solutions and proposals for legislative reform, *Duped* shows why the stigma of confession persists and how we can reform the criminal justice system to make it stop.

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