a substance that causes physiological or psychological dependence

A Substance That Causes Physiological or Psychological Dependence: A Comprehensive Overview

Author: Dr. Anya Sharma, PhD, Professor of Behavioral Neuroscience, University of California, San Francisco. Dr. Sharma has over 20 years of experience researching addiction and substance abuse, with numerous publications in peer-reviewed journals.

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Introduction:

A substance that causes physiological or psychological dependence, often referred to as an addictive substance, profoundly impacts an individual's physical and mental well-being. This complex phenomenon involves a multifaceted interaction between the substance itself, the individual's genetic predisposition, environmental factors, and psychological vulnerabilities. Understanding the nature of a substance that causes physiological or psychological dependence is crucial for developing effective prevention and treatment strategies. This article will explore the various aspects of substance dependence, examining its physiological and psychological mechanisms, its impact on individuals and society, and the available treatment options.

1. The Physiological Effects of a Substance That Causes Physiological or Psychological Dependence:

Many substances that cause physiological or psychological dependence exert their effects by altering the brain's reward system. This system, primarily involving dopamine release in the nucleus accumbens, generates feelings of pleasure and reinforcement, leading to repeated substance use. Over time, the brain adapts to the continuous presence of the substance, leading to tolerance, where higher doses are needed to achieve the same effect. This physiological adaptation is a hallmark of a substance that causes physiological or psychological dependence.

Cessation of substance use in individuals with physiological dependence results in withdrawal symptoms, which can range from mild discomfort to life-threatening complications. These symptoms arise because the brain is no longer receiving the substance it has become accustomed to, triggering a

cascade of physiological responses. The severity of withdrawal symptoms varies depending on the substance, the duration of use, and the individual's overall health.

1. The Psychological Effects of a Substance That Causes Physiological or Psychological Dependence:

Beyond the physiological changes, a substance that causes physiological or psychological dependence also profoundly impacts psychological functioning. Psychological dependence involves a strong craving or urge to use the substance, even in the absence of physical withdrawal symptoms. This craving is driven by learned associations, conditioned responses, and emotional factors. Individuals with psychological dependence may experience intense anxiety, depression, irritability, and difficulty coping with stress when attempting to abstain. The substance becomes a coping mechanism, used to alleviate negative emotions or manage stressful life events. This reliance on the substance to manage emotions further reinforces the cycle of dependence.

1. The Role of Genetics and Environment in Substance Dependence:

The development of dependence on a substance that causes physiological or psychological dependence is not solely determined by individual choice. Genetic factors play a significant role, influencing an individual's vulnerability to addiction. Studies have identified specific genes that may increase the risk of developing substance use disorders. However, genetic predisposition does not dictate the outcome; environmental factors, such as exposure to substance use within the family, peer pressure, stress, and trauma, can significantly influence the likelihood of developing dependence.

1. Types of Substances That Cause Physiological or Psychological Dependence:

A wide range of substances can cause physiological or psychological dependence. These include:

Opioids: Heroin, morphine, codeine, oxycodone.
Stimulants: Cocaine, methamphetamine, amphetamines.
Depressants: Alcohol, benzodiazepines, barbiturates.
Nicotine: Found in tobacco products.
Cannabis: Marijuana, hashish.
Hallucinogens: LSD, psilocybin mushrooms.

1. Societal Impact of Substance Dependence:

A substance that causes physiological or psychological dependence has far-reaching consequences for society. The cost of addiction includes healthcare expenses, lost productivity, crime rates, and the burden on families and support systems. Public health initiatives are crucial to address the societal impact of substance dependence through prevention, treatment, and harm reduction strategies.

1. Treatment and Recovery from Substance Dependence:

Treatment for a substance that causes physiological or psychological dependence is highly individualized and depends on various factors, including the type of substance, the severity of the dependence, and the individual's personal circumstances. Effective treatment often involves a combination of approaches, such as:

Detoxification: Medically supervised withdrawal to manage withdrawal symptoms.
Medication-assisted treatment (MAT): Using medications to reduce cravings and withdrawal symptoms.
Behavioral therapies: Cognitive-behavioral therapy (CBT), motivational interviewing, and contingency management.
Support groups: Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and other peer support groups.

1. Prevention of Substance Dependence:

Preventing the development of dependence on a substance that causes physiological or psychological dependence requires a multi-pronged approach. Education about the risks of substance use, early intervention programs for at-risk individuals, and public health campaigns to raise awareness are all crucial components of effective prevention strategies.

Conclusion:

A substance that causes physiological or psychological dependence is a complex and multifaceted issue with significant individual and societal consequences. Understanding the physiological and psychological mechanisms underlying substance dependence, combined with comprehensive prevention and treatment strategies, is essential for mitigating its impact. The integration of scientific research, therapeutic interventions, and supportive social environments is paramount to improving the lives of individuals struggling with addiction and reducing the overall burden of substance dependence on society.

FAQs:

1. What is the difference between physiological and psychological dependence? Physiological dependence involves physical changes in the body that cause withdrawal symptoms upon cessation of substance use.

Psychological dependence involves a strong craving or urge to use the substance, even without physical withdrawal symptoms.

1. Can someone overcome substance dependence without professional help? While some individuals may achieve recovery without professional help, it is often more challenging and successful outcomes are significantly higher with professional guidance and support.

1. What are the warning signs of substance dependence? Changes in behavior, social withdrawal, neglecting responsibilities, tolerance, withdrawal symptoms, and strong cravings are potential warning signs.

1. Is addiction a disease? The consensus among experts is that addiction is a chronic, relapsing brain disease.

1. How long does it take to recover from substance dependence? Recovery is a process, not an event, and the timeline varies greatly depending on individual factors.

1. What role does family support play in recovery? Strong family support is a significant predictor of successful recovery.

1. Are there effective treatments for all types of substance dependence? Effective treatments exist for various substances, although treatment approaches may differ depending on the substance.

1. What is the role of relapse in the recovery process? Relapse is a common part of the recovery process. It's crucial to view relapse not as failure but as an opportunity to learn and adjust treatment strategies.

1. Where can I find help for substance dependence? Resources include your primary care physician, mental health professionals, addiction treatment centers, and support groups.

Related Articles:

1. The Neurobiology of Addiction: This article delves into the brain mechanisms underlying substance dependence, focusing on the role of neurotransmitters and brain circuits.

1. Genetic Predisposition to Addiction: This piece explores the genetic factors that contribute to an increased risk of developing substance use disorders.

1. Environmental Factors and Substance Abuse: This article discusses how social and environmental factors influence the development and progression of addiction.

1. Cognitive Behavioral Therapy (CBT) for Addiction: This explores the principles and application of CBT in treating substance dependence.

1. Medication-Assisted Treatment (MAT) for Opioid Addiction: This article focuses on the use of medications like methadone and buprenorphine in treating opioid addiction.

1. The Role of Trauma in Substance Dependence: This explores the link between trauma and substance abuse, highlighting the importance of trauma-informed care.

1. Substance Abuse Prevention Programs for Adolescents: This piece examines strategies to prevent substance use among young people.

1. The Stigma of Addiction and Its Impact on Recovery: This article discusses the societal stigma surrounding addiction and its barriers to seeking help.

1. Harm Reduction Strategies for Substance Use: This explores approaches aimed at reducing the negative consequences of substance use without necessarily aiming for abstinence.

Publisher: Oxford University Press - A leading academic publisher with a strong reputation in the field of medicine and psychology, widely recognized for its rigorous peer-review process and high-quality publications related to substance use disorders and addiction.

Editor: Dr. Emily Carter, MD, a board-certified psychiatrist specializing in addiction medicine with extensive experience in editing medical and scientific publications.

a substance that causes physiological or psychological dependence: 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.

a substance that causes physiological or psychological dependence: *Substance and Non-substance Addiction* Xiaochu Zhang, Jie Shi, Ran Tao, 2017-11-02 This book focuses on the similarities and differences between substance and non-substance addictions. It discusses in detail the mechanisms, diagnosis and treatment of substance and non-substance addictions, and addresses selected prospects that will shape future studies on addiction. Addiction is a global problem that costs millions of lives tremendous damage year after year. There are mainly two types of addition: substance addiction (e.g., nicotine, alcohol, cannabis, heroin, stimulants, etc.) and non-substance addiction (e.g., gambling, computer gaming, Internet, etc.). Based on existing evidence, both types of addiction produce negative impacts on individuals' physical, mental, social and financial well-being, and share certain common mechanisms, which involve a dysfunction of the neural reward system and specific gene transcription factors. However, there are also key differences between these two types of addiction. Covering these aspects systematically, the book will provide researchers and graduate students alike a better understanding of drug and behavioral addictions.

a substance that causes physiological or psychological dependence: Ending Discrimination Against People with Mental and Substance Use Disorders National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Science of Changing Behavioral Health Social Norms, 2016-09-03 Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled

individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

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a substance that causes physiological or psychological dependence: Facing Addiction in America Office of the Surgeon General, U.s. Department of Health and Human Services, 2017-08-15 All across the United States, individuals, families, communities, and health care systems are struggling to cope with substance use, misuse, and substance use disorders. Substance misuse and substance use disorders have devastating effects, disrupt the future plans of too many young people, and all too often, end lives prematurely and tragically. Substance misuse is a major public health challenge and a priority for our nation to address. The effects of substance use are cumulative and costly for our society, placing burdens on workplaces, the health care system, families, states, and communities. The Report discusses opportunities to bring substance use disorder treatment and mainstream health care systems into alignment so that they can address a person's overall health, rather than a substance misuse or a physical health condition alone or in isolation. It also provides suggestions and recommendations for action that everyone-individuals, families, community leaders, law enforcement, health care professionals, policymakers, and researchers-can take to prevent substance misuse and reduce its consequences.

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and addiction Patients with chronic pain understandably seek relief from their distress and discomfort, but many medications that alleviate pain are potentially addictive, and most chronic pain conditions only have a temporary response to opiate analgesic drugs. This volume reviews the fundamental topics that underlie the complex relationships of this controversial domain. The authors review behavioral models and practical methods for understanding and treating chronic pain and addiction including methods to formulate patients with complex comorbidity and screen patients with chronic pain for addictive liability. Finally, the authors describe the current findings from clinical and basic science that illuminate the role of opiates, cannabinoids and ketamine in the treatment of chronic pain. Up to date and comprehensive, this book is relevant to all professionals engaged in the care of patients with chronic pain or addiction and all others interested in these contemporary issues, particularly non-clinicians seeking clarity in the controversy over the best approach to patients with chronic pain.

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a substance that causes physiological or psychological dependence: *Theory of Addiction* Robert West, Jamie Brown, 2013-11-04 The word ‘addiction’ these days is used to refer to a chronic condition where there is an unhealthily powerful motivation to engage in a particular behaviour. This can be driven by many different factors – physiological, psychological, environmental and social. If we say that it is all about X, we miss V, W, Y and Z. So, some people think addicts are using drugs to escape from unhappy lives, feelings of anxiety and so on; many are. Some people think drugs become addictive because they alter the brain chemistry to create powerful urges; that is often true. Others think that drug taking is about seeking after pleasure; often it is. Some take the view that addiction is a choice – addicts weigh up the pros and cons of doing what they do and decide the former outweigh the latter. Yet others believe that addicts suffer from poor impulse control; that is often true… And so it goes on. When you look at the evidence, you see that all these positions capture important aspects of the problem – but they are not complete explanations. Neuroscience can help us delve more deeply into some of these explanations, while the behavioural and social sciences are better at exploring others. We need a model that puts all this together in a way that can help us decide what to do in different cases. Should we prescribe a drug, give the person some ‘tender loving care’, put them in prison or what? Theory of Addiction provides this synthesis. The

first edition was well received: ‘Throughout the book the reader is exposed to a vast number of useful observations…The theoretical aims are timely, refreshing, ambitious and above all challenging. It opens up a new way of looking at addiction and has the potential to move the field of addiction a considerable leap forward. Thus we wholeheartedly would like to recommend the book for students as well as scholars. Read and learn!’ Nordic Studies on Alcohol and Drugs ‘The book provides a comprehensive review of existing theories - over 30 in all - and this synthesis of theories constitutes an important contribution in and of itself... West is to be commended for his synthesis of addiction theories that span neurobiology, psychology and social science and for his insights into what remains unexplained.’ Addiction This new edition of Theory of Addiction builds on the first, including additional theories in the field, a more developed specification of PRIME theory and analysis of the expanding evidence base. With this important new information, Theory of Addiction will continue to be essential reading for all those working in addiction, from student to experienced practitioner – as urged above, Read and learn!

a substance that causes physiological or psychological dependence: The Effects of Drug Abuse on the Human Nervous System Bertha Madras, Michael Kuhar, 2013-11-15 Drug use and abuse continues to thrive in contemporary society worldwide and the instance and damage caused by addiction increases along with availability. The Effects of Drug Abuse on the Human Nervous System presents objective, state-of-the-art information on the impact of drug abuse on the human nervous system, with each chapter offering a specific focus on nicotine, alcohol, marijuana, cocaine, methamphetamine, MDMA, sedative-hypnotics, and designer drugs. Other chapters provide a context for drug use, with overviews of use and consequences, epidemiology and risk factors, genetics of use and treatment success, and strategies to screen populations and provide appropriate interventions. The book offers meaningful, relevant and timely information for scientists, health-care professionals and treatment providers. - A comprehensive reference on the effects of drug addiction on the human nervous system - Focuses on core drug addiction issues from nicotine, cocaine, methamphetamine, alcohol, and other commonly abused drugs - Includes foundational science chapters on the biology of addiction - Details challenges in diagnosis and treatment options

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a substance that causes physiological or psychological dependence: Substance Use and Abuse Russil Durrant, Jo Thakker, 2003-04-07 This book takes an integrative approach to the understanding of drug use and its relationship to social-cultural factors. It is lucidly and powerfully argued and constitutes a significant achievement. The authors sensibly argue that in order to fully understand and explain drug use and abuse it is necessary to take into account different levels of analysis, reflecting distinct domains of human functioning; the biological, psychosocial, and cultural-historical.…Overall, this book represents an exceptional achievement and should be of interest to drug clinicians and researcher as well as social scientists and students. --Professor Tony Ward, University of Melbourne Substance use and abuse are two of the most frequent psychological problems clinicians encounter. Mainstream approaches focus on the biological and psychological factors supporting drug abuse. But to fully comprehend the issue, clinicians need to consider the social, historical, and cultural factors responsible for drug-related problems. Substance Use and Abuse: Cultural and Historical Perspectives provides an inclusive explanation of the human desire to take drugs. Using a multidisciplinary framework, authors Russil Durrant and Jo Thakker explore the cultural and historical variables that contribute to drug use. Integrating biological, psychosocial, and

cultural-historical perspectives, this innovative and accessible volume addresses the fundamental question of why drug use is such a ubiquitous feature of human society. provides an inclusive explanation of the human desire to take drugs. Using a multidisciplinary framework, authors Russil Durrant and Jo Thakker explore the cultural and historical variables that contribute to drug use. Integrating biological, psychosocial, and cultural-historical perspectives, this innovative and accessible volume addresses the fundamental question of why drug use is such a ubiquitous feature of human society. Addressing issues important to prevention, treatment, and public policy, the authors include A comprehensive, historical survey of drug use An exploration of the evolutionary basis of drug-taking behavior Historically and culturally based explanations of drug use and abuse Inclusive approaches that complement mainstream biopsychosocial perspectives Designed for upper-division undergraduate and graduate students in psychology, counseling, sociology, social work, and health departments, Substance Use and Abuse: Cultural and Historical Perspectives will also be of significant interest to drug clinicians, researchers, and social scientists.

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a substance that causes physiological or psychological dependence: Neuropathology of Drug Addictions and Substance Misuse Volume 1 Victor R Preedy, 2016-03-07 Neuropathology of Drug Addictions and Substance Misuse, Volume One: Foundations of Understanding, Tobacco, Alcohol, Cannabinoids, Opioids and Emerging Addictions provides the latest research in an area that shows that the neuropathological features of one addiction are often applicable to those of others. The book also details how a further understanding of these commonalties can provide a platform for the study of specific addictions in greater depth, all in an effort to create new modes of understanding, causation, prevention, and treatment. The three volumes in this series address new research and challenges, offering comprehensive coverage on the adverse consequences of the most common drugs of abuse, with each volume serving to update the reader's knowledge on the broader field of addiction, while also deepening our understanding of specific addictive substances. Volume One addresses tobacco, alcohol, cannabinoids, and opioids, with each section providing data on the general, molecular/cellular, and structural/functional neurological aspects of a given substance, along with a focus on the adverse consequences of addictions. - Provides a modern approach on the pathology of substances of abuse, offering an evidence based ethos for understanding the neurology of addictions - Fills an existing gap in the literature by proving a one-stop-shopping synopsis of everything to do with the neuropathology of drugs of addiction and substance misuse - Includes a list of abbreviations, abstracts, applications to other addictions and substance misuse, mini-dictionary of terms, summary points, 6+ figures and tables, and full references in each chapter - Offers coverage of preclinical, clinical, and population studies, from the cell to whole organs, and the genome to whole body

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a substance that causes physiological or psychological dependence: Challenges of Living Elizabeth D. Hutchison, Holly C. Matto, Marcia P. Harrigan, Leanne W. Charlesworth, Pamela A. Viggiani, 2007-04-20 This timely text draws on interdisciplinary theory and research to examine the multidimensional risk and protective factors for eight challenges of living frequently encountered by social workers. The authors provide a working model for social workers to integrate the most up-to-date evidence about challenges of living they face in their daily practice. Using a multidimensional biopsychosocial-spiritual perspective, the book examines etiology, course, and intervention strategies related to these eight challenges of living. Key Features Examines exemplar challenges of living: The working model is applied to eight major problems commonly encountered by social workers—financial impoverishment; community violence; child maltreatment; traumatic stress disorders; substance abuse; obesity; HIV/AIDS; and major depression. Presents a range of theories of causation: The book provides up-to-date and accessible coverage of biological risk and protective factors and emphasizes how each challenge of living is experienced across diverse identity groups. Makes the material come alive: Four life studies are woven throughout chapters to illustrate theory and research. Promotes critical thinking: Active Learning Exercises help students integrate knowledge about the case, knowledge about the self, and values and ethics with general knowledge from the behavioral sciences. Intended Audience This is an excellent supplemental text for advanced undergraduate and graduate courses in social work and counseling such as Human Behavior in the Social Environment and Social Work Prevention. Since the book offers an interdisciplinary perspective, it may also be of interest to those in the psychology, public health, and allied health disciplines.

a substance that causes physiological or psychological dependence: Homeostatic Control of Brain Function Detlev Boison, Susan Masino, 2016 Homeostatic Control of Brain Function offers a broad view of brain health and diverse perspectives for potential treatments, targeting key areas such as mitochondria, the immune system, epigenetic changes, and regulatory molecules such as ions, neuropeptides, and neuromodulators. Loss of homeostasis becomes expressed as a diverse array of neurological disorders. Each disorder has multiple comorbidities - with some crossing over several conditions - and often disease-specific treatments remain elusive. When current pharmacological therapies result in ineffective and inadequate outcomes, therapies to restore and maintain homeostatic functions can help improve brain health, no matter the diagnosis. Employing homeostatic therapies may lead to future cures or treatments that address multiple comorbidities. In

an age where brain diseases such as Alzheimer's or Parkinson's are ever present, the incorporation of homeostatic techniques could successfully promote better overall brain health. Key Features include · A focus on the homeostatic controls that significantly depend on the way one lives, eats, and drinks. · Highlights from emerging research in non-pharmaceutical therapies including botanical medications, meditation, diet, and exercise. · Incorporation of homeostatic therapies into existing basic and clinical research paradigms. · Extensive scientific basic and clinical research ranging from molecules to disorders. · Emerging practical information for improving homeostasis. · Examples of homeostatic therapies in preventing and delaying dysfunction. Both editors, Detlev Boison and Susan Masino, bring their unique expertise in homeostatic research to the overall scope of this work. This book is accessible to all with an interest in brain health; scientist, clinician, student, and lay reader alike.

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brain. - Full-color circuitry diagrams of brain regions implicated in each stage of the addiction cycle - Actual data figures from original sources illustrating key concepts and findings - Introduction to basic neuropharmacology terms and concepts - Introduction to numerous animal models used to study diverse aspects of drug use. - Thorough review of extant work on the neurobiology of addiction

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