

Chapter 11 Reading Guide

1. Discuss physiological vs. psychological dependence.
2. Discuss habit vs. addiction.
3. What are the 4 common symptoms that characterize addictions? (These are NOT the 4 criteria used by the American Psychological Association to diagnose chemical addiction)
4. To what does the phrase “nurturing through avoidance” refer?
5. List biological factors, psychosocial factors, and environmental factors that can influence the likelihood of developing an addiction.
6. Explain some evidence to support the idea that some people are biologically more likely to become addicted.
7. Explain some differences in the attitudes toward drinking between the US, France and Italy. Are there any differences in the rates of binge drinking and alcoholism in these cultures?
8. Does modeling by parents, educators, “idolized celebrities,” etc, seem to have an effect on the development of young peoples’ behavior, including addiction?
9. What are some parenting practices that may make children more prone to developing addictions?
10. What is substance/chemical addiction? Process addiction?
11. List and briefly describe the many types of process addictions covered by the text.
12. Know these specific details about the above addictions:
 - a. On average, how much is the compulsive spender in debt? What differentiates the indebted compulsive spender from an indebted person who is not a compulsive spender (ie, what got them there)?
 - b. What are some common aspects of childhood experience among most work addicts? Do work addicts suffer any physical problems related to their addiction? Explain.
 - c. Keep exercise addiction in mind once we get to chapter 10.
 - d. Describe the signs/symptoms of internet addiction.
 - e. What are some common aspects of childhood experience and family dynamics shared by most sex addicts?
13. Describe the terms “codependent” and “enabler” as they relate to people involved with addicts.
14. List the components of effective intervention.
15. List the characteristics of effective treatment programs for addiction.
16. Discuss the importance of a recovery program having a plan for relapse.

-From required links, but see also the section “the Physiology of Addiction” from text- Keep in mind also that many of these results are trends... we know that pleasurable behaviors cause a flood of dopamine always, but the relative differences in amounts and receptor availability among addicts and non-addicts are variable.

17. Explain the role of dopamine (a neurotransmitter), as far as what we know, in addiction.

18. What are “receptors” for neurotransmitters; and, do addicts often have more, or fewer, dopamine receptors than non-addicts?
19. When a person engages in an addictive activity, does he/she experience more or less production of dopamine?
20. When an addict does not engage in the addictive activity, does he/she typically have more or less dopamine in key brain areas than a non-addict?
21. How does eating, even for a thin person, produce a response similar to taking addictive drugs?
22. What evidence led Gene-Jack Wang to hypothesize that SOME obese people might actually gain more pleasure from eating than most people?

No supplemental lecture!