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Drug
Addiction

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Psychology
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(Abnormal
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Drug

- Drug abuse and addiction are a major burden to society.
- Estimates of the total overall costs of substance abuse in the United States -- including health- and crime-related costs exceed half a trillion dollars annually.
- This includes approximately \$181 billion for illicit drugs, \$168 billion for tobacco, and \$185 billion for alcohol.



What is drug

- **A drug is something that affects your body. Drugs pass through the body and interferes with brain's neurotransmitters.**
- **Any substance which when taken into the body may modify one or more of its physical or mental functions.**



Drug addiction

- Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behaviour and leads to an inability to control the use of a legal or illegal drug or medication.
- In 1989 United Nations Organization observed the 26th June as an International Day Against Drug Abuse and Alcoholism.

Withdrawal symptoms

- The common symptoms of drug abuse withdrawal are
 - restlessness,
 - muscle cramps
 - full-body ache,
 - fatigue
 - anxiety
 - insomnia,
 - runny nose etc.



Types

- Stimulants
- Depressants
- Hallucinogens
- Cannabis
- Opiates

Effect of drug on brain

- Drugs are chemicals that tap into the brain's communication system and disrupt the way nerve cells normally send, receive, and process information.
- There are at least two ways that drugs are able to do this:
 - (1) by imitating the brain's natural chemical messengers, and/or
 - (2) by over stimulating the "reward circuit" of the brain.



On society

- **Drug related crime can disrupt neighborhoods due to violence.**
- **Half of the highway deaths in United States involve alcohol.**
- **Poor concentration and lack of focus.**
- **Carelessness, mistakes or errors in judgment.**



On family

- **Jealousy-** for friends, parents and family members.
- **Conflict with partner**
- **Conflict with children**
- **If both parents have addictions, the effect on children is worse.**
- **Create interpersonal problems for all family members.**

Reasons for drug addiction

- **Curiosity**
- **To relieve boredom**
- **People suffering from anxiety, depression or other mental illnesses use drugs and alcohol to ease their suffering.**
- **People think drugs will help them fit in.**
- **Emotional instability, immaturity, and impulsiveness.**



Treatment

- Individual and group counselling
- Family therapy
- Behavioral therapy
- Occupational therapy
- Change in addict's social environment