The Stage of Substance Use Theory

What are Addictions?

- Habitual patterns of intentional, appetitive behaviors
- Become excessive and produce serious consequences
- Stability of these problematic behavior patterns over time
- Interrelated physiological and psychological components
- Addicted individuals have difficulty modifying and stopping them

Traditional Models for Understanding Addictions

Social/Environmental Models

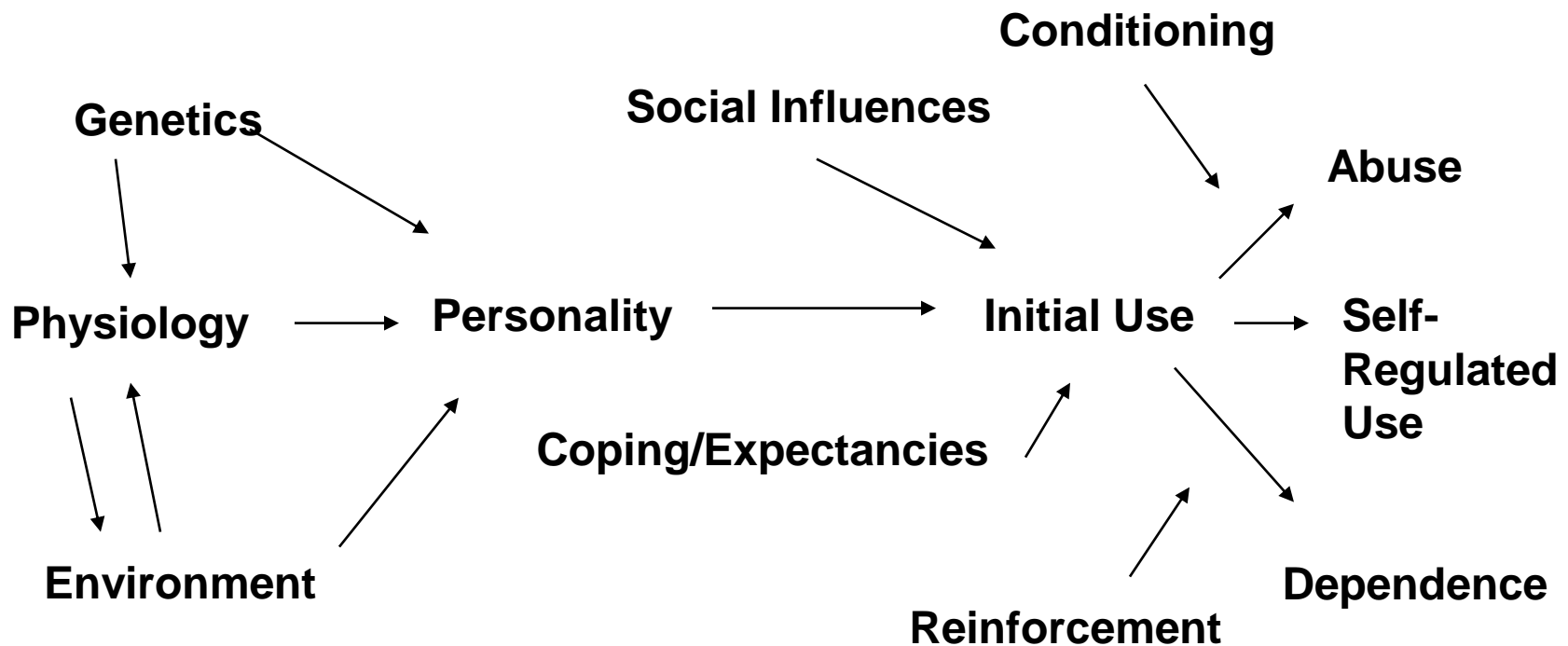**Genetic/Physiological Models**

Personality/Intra-psychic Models

Coping/Social Learning Models

Conditioning/Reinforcement Models

Compulsive/Excessive Behavior Models

Integrative Bio-Psycho-Social Models

Etiology of Addictions

Conditioning

Social Influences

Genetics

Abuse

Physiology → Personality → Initial Use → Self-Regulated Use

Coping/Expectancies

Environment

Reinforcement

Dependence

All of these factors can have arrows to initial experience and then to any or all of the three patterns of use. Most could have arrows that demonstrate linear or reciprocal causality as well

Change the Integrating Principle

No single developmental model or singular historical path can explain acquisition of and recovery from addictions

A focus on the Process of Change and how individuals change offers a developmental, task oriented, learning based view that can be useful to clinicians and researchers using a variety of traditional etiological and cessation models

BECOMING ADDICTED

- Happens over a Period of Time

- Has a Variable Course

- Involves a Variety of Predictors that can be both Risk and Protective Factors

- Involves a Process of Change

SUCCESSFUL RECOVERY FROM ADDICTIONS

- Occurs over long periods of time

- Often involves multiple attempts and treatments

- Consists of self change and/or treatment

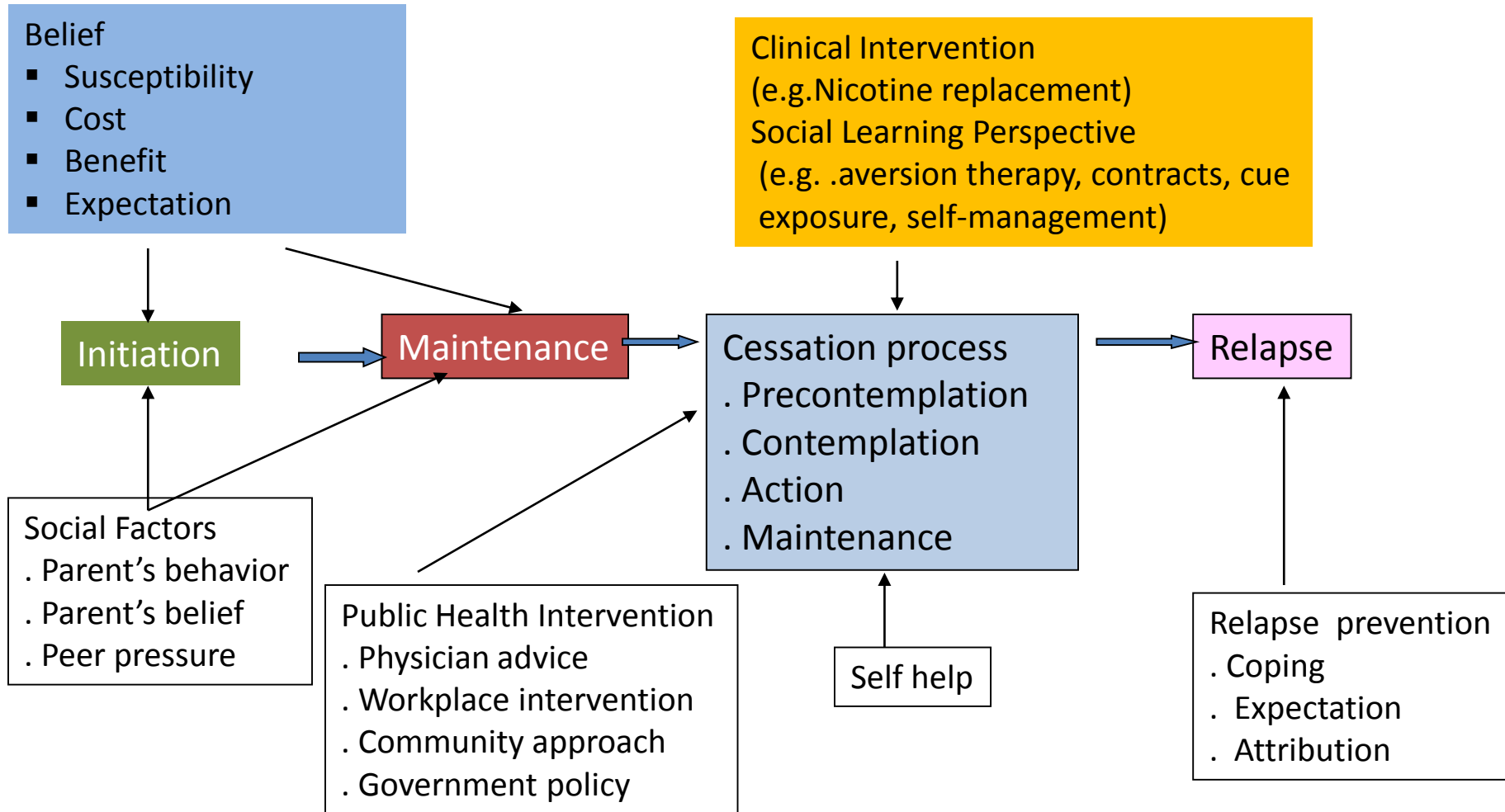- Involves changes in other areas of psychosocial functioning

A LIFE COURSE PERSPECTIVE ON ADDICTION

Cross sectional views and brief follow up studies offer confusing data about predictors and outcomes of prevention and cessation of addiction

Multiple biological, social, individual, environmental factors influence transitions into and out of protective and problematic health behaviors

Understanding initiation and cessation of these behaviors requires a life course and a process of change perspective

Belief
- Susceptibility
- Cost
- Benefit
- Expectation

Clinical Intervention
(e.g.Nicotine replacement)
Social Learning Perspective
(e.g. .aversion therapy, contracts, cue
 exposure, self-management)

Initiation

Maintenance

Cessation process
. Precontemplation
. Contemplation
. Action
. Maintenance

Relapse

Social Factors
. Parent's behavior
. Parent's belief
. Peer pressure

Public Health Intervention
. Physician advice
. Workplace intervention
. Community approach
. Government policy

Self help

Relapse prevention
. Coping
. Expectation
. Attribution

THE STAGES OF SUBSTANCES USE

- This is comprehensive model
- Health Belief Model, Social Model, and the Transthoeritical Model.

Exercise :

Do the application of Substance Use of Change Model for Alcohol Use, Smoking Behavior and Drug Use !

Do the best for Exam !