

CHAPTER 9: SUBSTANCE USE DISORDERS

KEY TERMS

Abstinence violation

Dysfunctional beliefs about relapse following treatment for substance dependency that facilitate further regular substance use.

Addiction

When a person's 'normal' body state is the drugged state (so that the body requires the substance to feel normal).

Alcohol

A colourless volatile liquid compound which is the intoxicating ingredient in drinks such as wine, beer and spirits.

Alcohol use disorder

A problematic pattern of alcohol use leading to clinically significant impairment or distress.

Alcohol myopia

The situation where an alcohol-intoxicated individual has less cognitive capacity available to process all ongoing information, and so alcohol acts to narrow attention and means that the drinker processes fewer cues less well.

Alcoholics Anonymous (AA)

A support group for alcoholics who are trying to abstain.

Amotivational syndrome

A syndrome in which those who take up regular cannabis use are more likely to be those who exhibit apathy, loss of ambition and difficulty concentrating.

Amphetamines

A group of synthetic drugs used primarily as a central nervous system stimulant. Common forms are amphetamine itself (Benedrine), dextroamphetamine (Dexedrine) and methamphetamine (Methedrine).

Amphetamine intoxication

Amphetamine use which normally begins with a "high" but is equally likely to be followed by stereotyped, repetitive behaviour, anger, physically aggressive behaviour, and impaired judgment.

Antabuse (disulfiram)

A drug used in the detoxification of individuals with alcohol dependency.

Aversion therapy

A treatment based on classical conditioning which attempts to condition an aversion to a stimulus or event to which the individual is inappropriately attracted.

Barbiturates

A class of sedative drugs related to a synthetic compound (barbituric acid) derived from uric acid.

Bath salts

"Bath salts" is the name for an emerging group of drugs containing synthetic chemicals related to cathinone – which is an amphetamine-like stimulant found in the Khat plant.

Binge drinking

A high intake of alcohol in a single drinking occasion.

Biphasic effect of drug

Where the initial effects of a drug may act as a stimulant (e.g. alcohol making the drinker reactive and happy), but the later effects act as a depressant (making the drinker sluggish and experience negative emotions).

Buprenorphine

An opioid drug used in the treatment of opioid addiction.

Caffeine

A central nervous system stimulant that increases alertness and motor activity and combats fatigue; found in a number of different products, including coffee, tea, chocolate and some over-the-counter cold remedies and weight-loss aids.

Cannabis

A natural drug derived from the hemp plant, cannabis sativa.

Cannabis intoxication

Symptoms of intoxication after recent use of cannabis begin with a “high” feeling followed by symptoms that include euphoria with inappropriate laughter and grandiosity, sedation, lethargy, impairment in short-term memory, impaired judgment, distorted sensory perception and impaired motor performance.

Cannabis use disorder

Disorder usually develops over a period of time that is characterized by continuing increased use of cannabis and reduction in pleasurable effects.

Cocaine

A natural stimulant derived from the coca plant of South America which, after processing, is an odourless, white powder that can be injected, snorted or, in some forms (e.g. crack cocaine), smoked.

Cocaine dependence

Occurs when the individual finds it difficult to resist using the drug whenever it is available and leads to neglect of important responsibilities.

Cognitive Behaviour Therapy (CBT)

An intervention for changing both thoughts and behaviour. CBT represents an umbrella term for many different therapies that share the common aim of changing both cognitions and behaviour.

Contingency management therapy

Behavioural therapy which aims to help the individual identify environmental stimuli and situations that have come to control substance use.

Controlled drinking

A variant of BSCT in which emphasis is put on controlled use rather than complete abstinence.

Controlled drug user

A long-term drug user who has never been in specialized treatment and who displays levels of occupational status and educational achievement similar to the general population.

Covert sensitization

The association of an aversive stimulus with a behavior the client wishes to reduce or eliminate.

Crack cocaine

Free-based cocaine boiled down into crystalline balls.

Craving

The strong subjective drive that addicts have to use a particular substance.

Delirium tremens (DTs)

A severe form of alcohol withdrawal that involves sudden and severe mental or nervous system changes.

Detoxification

A process of systematic and supervised withdrawal from substance use that is either managed in a residential setting or on an outpatient basis.

Drug maintenance therapy

A drug treatment programme in which severe cases of substance abuse and dependency are treated by substituting a drug that has lesser damaging effects.

Drug-prevention schemes

Community-based services whose purpose is to try to prevent first use of a drug or to prevent experimentation with a drug developing into regular use – usually through information about the effects of drugs and through developing communication and peer-education skills.

Drug replacement treatment

Involves treating severe cases of substance abuse and dependency by substituting a drug that has lesser damaging effects.

Ecstasy

An illegal amphetamine-based synthetic drug with euphoric effects. Also known as MDMA (3,4-methylenedioxymethamphetamine).

Ethyl alcohol

The main constituent of alcohol.

Experimentation

A period when an individual may try out different drugs. In some cases this period of experimentation may lead to regular drug use.

Fetal alcohol syndrome

Physiological risk associated with heavy drinking in women, in which heavy drinking by a mother during pregnancy can cause physical and psychological abnormalities in the child.

Free basing

The inhalation of cocaine by smoking.

Hallucinogens

Psychoactive drugs which affect the user's perceptions. They may either sharpen the individual's sensory abilities or create sensory illusions or hallucinations.

Hair sample analysis

A method of collecting data about previous drug use by analysing the small amounts of the drug that accumulate in the hair.

Hashish

The most powerful of the cannabis group of drugs.

Hazardous drinkers

Individuals who have 5 or more standard drinks (males) or 3 or more standard drinks (females) on a typical drinking day.

Heroin

A highly addictive drug derived from morphine, often used illicitly as a narcotic.

Korsakoff's syndrome

A syndrome involving dementia and memory disorders which is caused by long-term alcohol abuse and dependency.

Lysergic acid diethylamide (LSD)

A hallucinogenic drug which produces physical effects including dilated pupils, raised body temperature, increased heart rate and blood pressure, sweating, sleeplessness, dry mouth and tremors.

Marijuana

A derivative of cannabis consisting of dried and crushed cannabis leaves.

MDMA

MDMA (3,4-methylenedioxymethamphetamine), the drug Ecstasy.

Methadone

A synthetic form of opium.

Methadone maintenance programmes

A detoxification programme where users take a less virulent opiate in order to wean themselves off heroin.

Methamphetamine

Methedrine, a common form of amphetamine.

Motivational-enhancement therapy (MET)

An intervention for substance abuse and dependency involving communication training, work- and school-related skills, problem-solving skills, peer-refusal skills, negative mood management, social support and general relapse prevention.

Naltrexone

An opioid receptor antagonist which has been found to be beneficial in the control of hyperactivity and self-injurious behaviour.

Naloxone

One of a set of drugs used to treat substance use disorders which influence brain neurotransmitter receptor sites and prevent the neuropsychological effects of stimulants, opiates and hallucinogens.

Nicotine

The addictive agent found in tobacco; it acts as a stimulant by increasing blood pressure and heart rate.

Nicotine replacement therapy

Aims to replace the nicotine from cigarettes by means of skin patches, chewing gum, lozenges, inhalators or nasal sprays.

Nucleus accumbens (NAc)

Part of the limbic forebrain and dopamine system.

Opiates

Opium, taken from the sap of the opium poppy. Its derivatives include morphine, heroin, codeine and methadone.

Opioid use disorder

The development of tolerance to opiates, in which the user has to use larger and larger doses to experience equivalent physical and psychological effects. Also associated with severe withdrawal effects.

Passive smoking

The breathing in of air that contains other people's smoke.

Peer leadership

A strategy used by drug prevention schemes where young people are trained to provide anti-drugs messages to their peers.

Peer-resistance training

A strategy used by drug prevention schemes where students learn assertive refusal skills when confronted with drugs.

Phencyclidines

Group of common hallucinogenic drugs, which includes PCP, "angel dust", and less potent compounds such as ketamine, cyclohexamine and dizocilpine.

Polydrug abuse

Abuse of more than one drug at a time.

Psychedelic drugs

Consciousness-expanding or mind-manifesting drugs.

Psychological dependence

When individuals have changed their life to ensure continued use of a particular drug such that all their activities are centred on the drug and its use.

Residential rehabilitation centres

Centres which allow people to live, work and socialize with others undergoing treatment in an environment that offers advice, immediate support, and group and individual treatment programmes enabling clients to learn the social and coping skills necessary for the transition back to a normal life.

Reward pathways

The brain neurocircuitry that make substance use pleasurable.

Risky use

Recurrent substance use in situations in which it is physically and psychologically hazardous.

Second-hand smoke

A person's exhaled smoke, inhaled by another person.

Sedatives

Central nervous system depressants which slow the activity of the body, reduce its responsiveness, and reduce pain tension and anxiety. This group of substances includes alcohol, the opiates and their derivatives (heroin, morphine, methadone and codeine), and synthesized tranquilizers such as barbiturates.

Self-help groups

Group therapy which brings together people who share a common problem in an attempt to share information and help and support one another.

Self-medication

Self-administration of often illicit drugs by an individual to alleviate perceived or real problems, usually of a psychological nature.

Social impairment

When persistent substance use results in failure to fulfill major role obligations at work, school, or home.

Social behaviour & network therapy (SBNT)

A treatment aimed at mobilising and developing a positive social network for the client that will facilitate a change in drinking behaviour.

Stimulants

Substances that increase central nervous system activity and increase blood pressure and heart rate.

Substance abuse

A pattern of drug or substance use that occurs despite knowledge of the negative effects of the drug, but where use has not progressed to full-blown dependency.

Substance dependence

A cluster of cognitive, behavioural and physiological symptoms indicating that the individual continues use of the substance despite significant substance-related problems.

Substance use disorder (SUD)

Where an individual has at least one substance disorder diagnosis, whether it is a general diagnosis of substance dependency or abuse, or a more specific substance category disorder.

Tobacco use disorder

A problematic pattern of tobacco use leading to clinically significant impairment or distress.

Tolerance

The need for increased amounts of a substance in order to achieve similar effects across time.

Unobtrusive heroin user

A long-term heroin user who has never been in specialized treatment and who displays levels of occupational status and educational achievement similar to the general population.

Ventral tegmental area (VTA)

Part of the midbrain associated with the dopamine system.

Withdrawal

Where the body requires the drug in order to maintain physical stability, and lack of the drug causes a range of negative and aversive physical consequences (e.g. anxiety, tremors and, in extreme cases, death).