

Other Addictions

Module 11

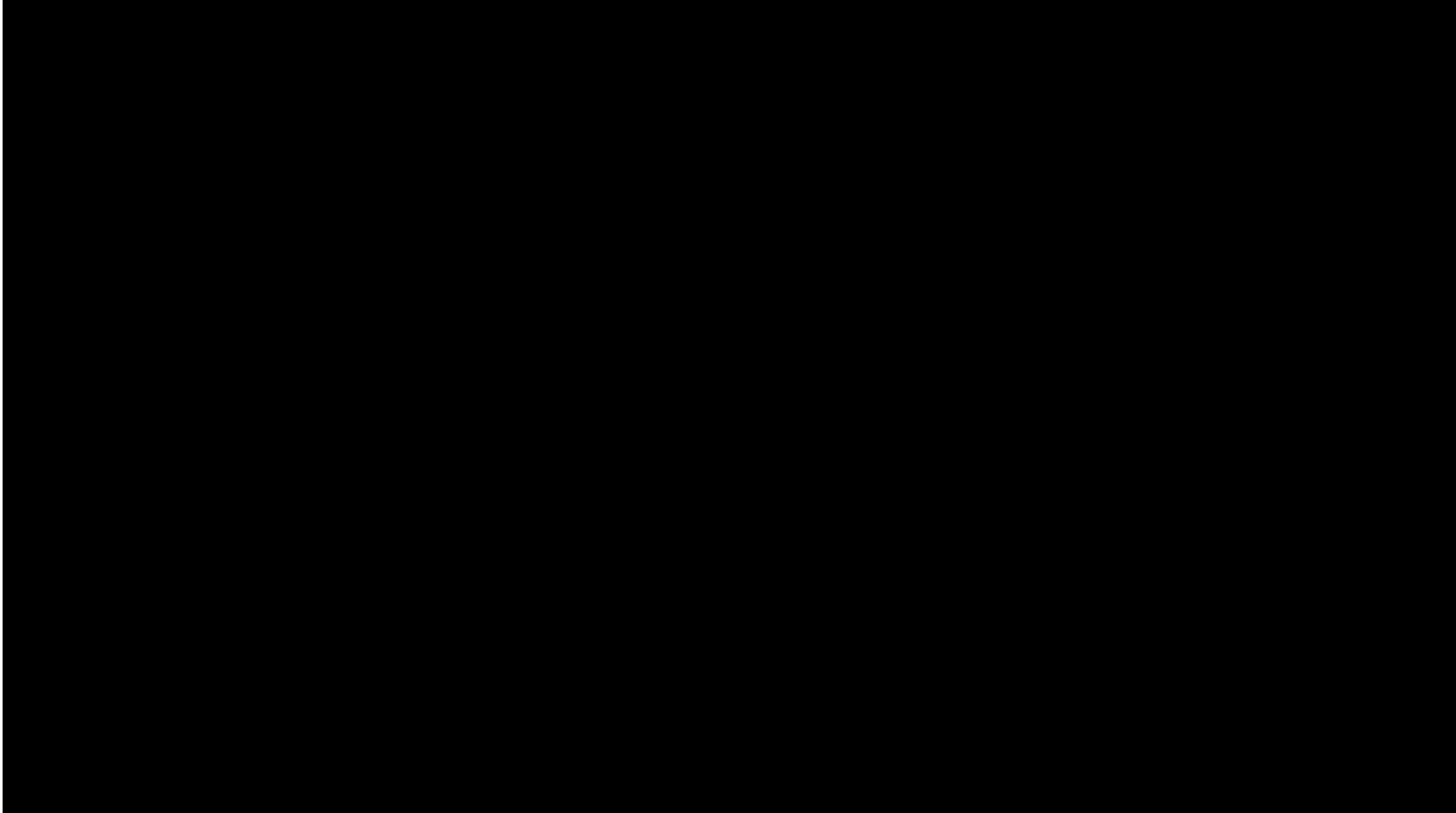
ALLIED TRADES ASSISTANCE PROGRAM

PREVENTATIVE EDUCATION: SUBSTANCE
USE DISORDER



What is the general definition of behavioral addiction?

- Behavioral addiction is a form of addiction that involves a compulsion to engage in a rewarding or non-drug related behavior despite any negative consequences to the person's physical, mental, social or financial well-being
- Types of behavioral and process addictions:
 - Gambling
 - Food
 - Sex
 - Internet



Gambling Addiction

What is a gambling addiction?

Gambling addiction, also known as compulsive gambling, is a type of impulse-control disorder

Compulsive gamblers cannot control the impulse to gamble, even when they know their gambling is hurting themselves or their loved ones

Compulsive gamblers keep gambling whether they are up or down, broke or flush, happy or depressed

Even when they know the odds are against them, even when they cannot afford to lose, people with a gambling addiction cannot “stay off the bet”

What is gambling
addiction? ...vs.
problem gambling

- Gamblers can have a problem, however, without being totally out of control
- Problem gambling is any gambling behavior that disrupts your life
- If a person is preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences, that person has a gambling problem

Myths and facts about gambling problems & addictions:

MYTH: You have to gamble every day to be a problem gambler

FACT: A problem gambler may gamble frequently or infrequently. Gambling is a problem if it causes problems

MYTH: Problem gambling is not really a problem if the gambler can afford it

FACT: Problems caused by excessive gambling are not just financial. Too much time spent on gambling can lead to relationship breakdown and loss of important friendships

MYTH: Partners of problem gamblers often drive problem gamblers to gamble



FACT: Problem gamblers often rationalize their behavior. Blaming others is one way to avoid taking responsibility for their actions, including what is needed to overcome the problem



MYTH: If a problem gambler builds up a debt, you should help them take care of it

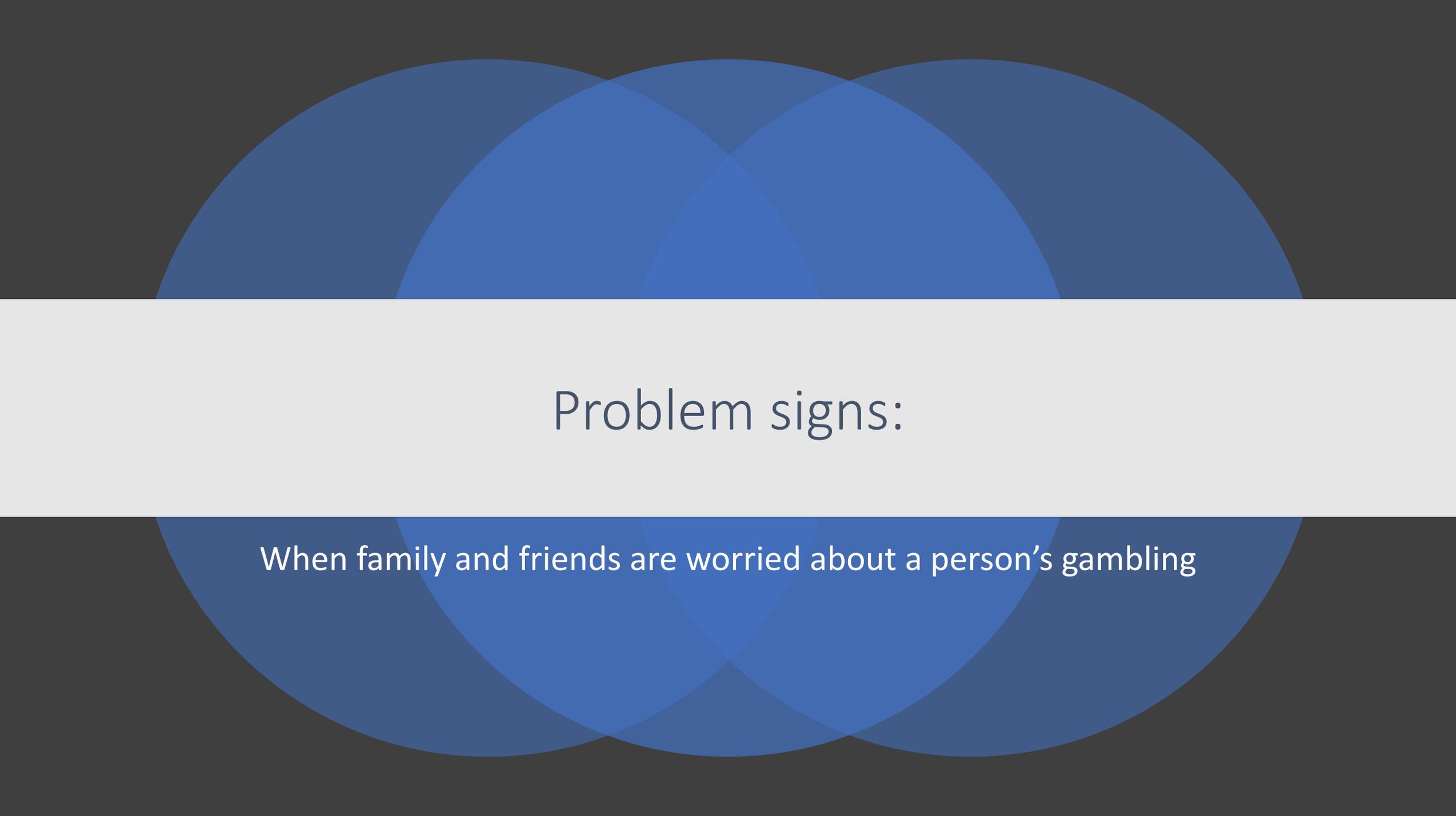


FACT: Quick fix solutions may appear to be the right thing to do. However, bailing the gambler out of debt may actually make matters worse by enabling gambling problems to continue

Myths and facts about gambling problems & addictions:

Signs and
symptoms of:
Problem
Gambling &
Gambling
Addiction

- Gambling addiction is sometimes referred to as a "hidden illness" because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction
- Problem gamblers typically deny or minimize the problem; they also go to great lengths to hide their gambling



Problem signs:

When family and friends are worried about a person's gambling



Problem sign: When a person feels the need to be secretive about their gambling

- They might gamble in secret or lie about how much they gamble, feeling others will not understand or that they will surprise them with a big win.
- 



Problem sign: When a person gambles even though they don't have the money

- A red flag is when they are getting more and more desperate to recoup their losses. They may gamble until they have spent their last dollar, and then move on to money they do not have—money to pay bills, credit cards, or things for their children. They may feel pushed to borrow, sell, or even steal things for gambling money
- 



Problem sign: When a person has trouble controlling their gambling

- Once they start gambling, can they walk away? Or are they compelled to gamble until they've spent their last dollar, upping their bets in a bid to win lost money back?
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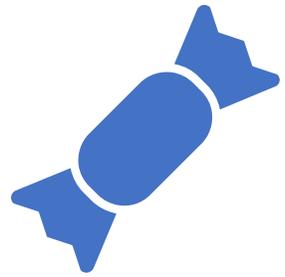
There are two types of
treatment and self-help
for Problem Gambling &
Gambling Addiction:
**Group Support and
Therapy**

Group support

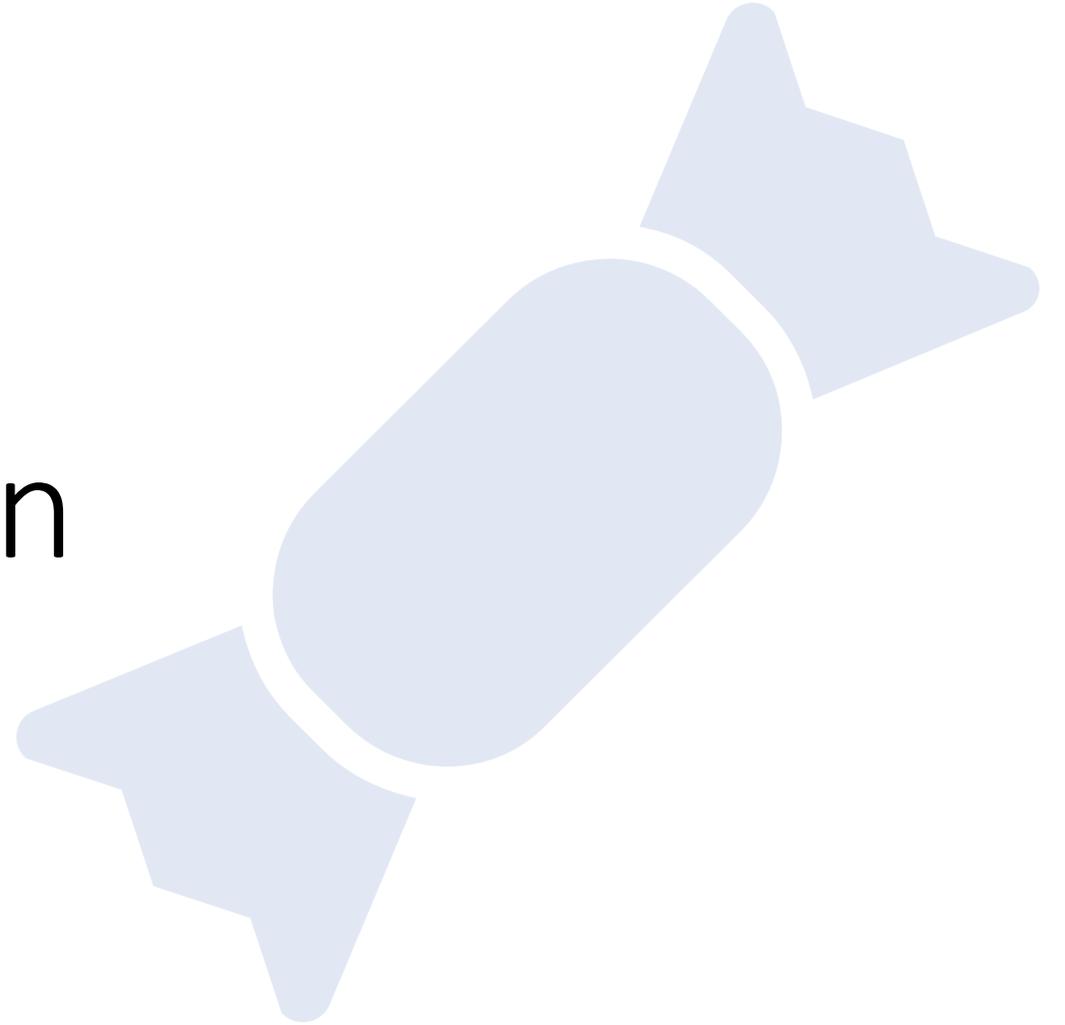
- Gamblers Anonymous is a twelve-step recovery program patterned after Alcoholics Anonymous. A key part of a 12-step program is choosing a sponsor. A sponsor is a former gambler who has time and experience remaining free from addiction, and can often provide invaluable guidance and support

Therapy

- Cognitive-behavioral therapy for problem gambling focuses on changing unhealthy gambling behaviors and thoughts, such as rationalizations and false beliefs. It also teaches problem gamblers how to fight gambling urges, deal with uncomfortable emotions rather than escape through gambling, and solve financial, work, and relationship problems caused by the addiction
- The goal of treatment is to “rewire” the addicted brain by thinking about gambling in a new way. A variation of cognitive behavioral therapy, called the Four Steps Program, has been used in treatment of compulsive gambling as well. The goal is to change your thoughts and beliefs about gambling in four steps; re-label, reattribute, refocus, and revalue



Food Addiction



A person with this condition is addicted, with all the corresponding challenges and negative consequences associated with any addiction

However, this individual is usually not addicted to all foods, because only certain foods possess addictive qualities

These are often referred to as calorie-dense foods. Such foods are typically very high in sugar, fat or salt

It is this high level of these substances that can effect the brain in a profoundly negative fashion and cause dependency that is not unlike what we see with drug addiction

"Food is my drug"

What is food addiction?

What are the signs and symptoms of food addiction?

- End up eating more than planned when you start eating certain foods
- Keep eating certain foods even if you're no longer hungry
- Eat to the point of feeling ill
- Worry about not eating certain types of foods or worry about cutting down on certain types of foods
- When certain foods are not available, go out of your way to obtain them
- The behavior continues despite negative medical consequences
- Avoid professional or social situations where certain foods are available because of fear of overeating
- Having problems functioning effectively at a job or school because of food and eating

What are the effects of food addiction?

Physical consequences:

- The short-term physical effect associated with dopamine and endogenous opiate release in the brain reward center is low level euphoria, a decrease in both anxiety and emotional pain
- This calming, sedation experience is often referred to as a “food coma”
- The long-term physical effects vary. If the person engages in compensatory exercise such as purging or restricting, the health consequences can be severe
- If a food addict has obesity, it can be associated with the following: diabetes, high blood pressure, high cholesterol and triglycerides, osteoarthritis in the knees, hips and back; fungal infections in skin folds that are hard to clean, congestive heart failure, shortness of breath, coronary artery disease, and ultimately death

What are the effects of food addiction?

Psychological consequences:

- The psychological and mental effects can prove intense and plague an individual for years
- These include hopelessness, powerlessness, isolation, shame, depression, self-loathing, guilt, suicidal thoughts, suicide attempts, and/or self-injurious behaviors

Relational consequences:

- Food addiction impacts relationships, especially those within the family. This is because the person with the addiction is vastly more involved with food than with people – it becomes their safest, most important and meaningful relationship
- Other connections to friends and family take a back seat. This often leads to a deep sense of isolation from others
- For people with obesity, strangers and even loved ones often engage in bullying and shaming words and actions due to the tremendous problem our culture has with weight stigma

Treating food addiction:

12 Step programs:

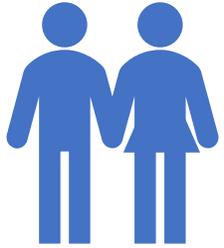
- Overeaters Anonymous (OA): This is the largest and most popular option, with regular meetings all over the world. Their website is OA.org
- Greysheeters Anonymous (GSA): Similar to OA, except they provide a meal plan that involves weighing and measuring 3 meals per day

Cognitive Behavioral Therapy:

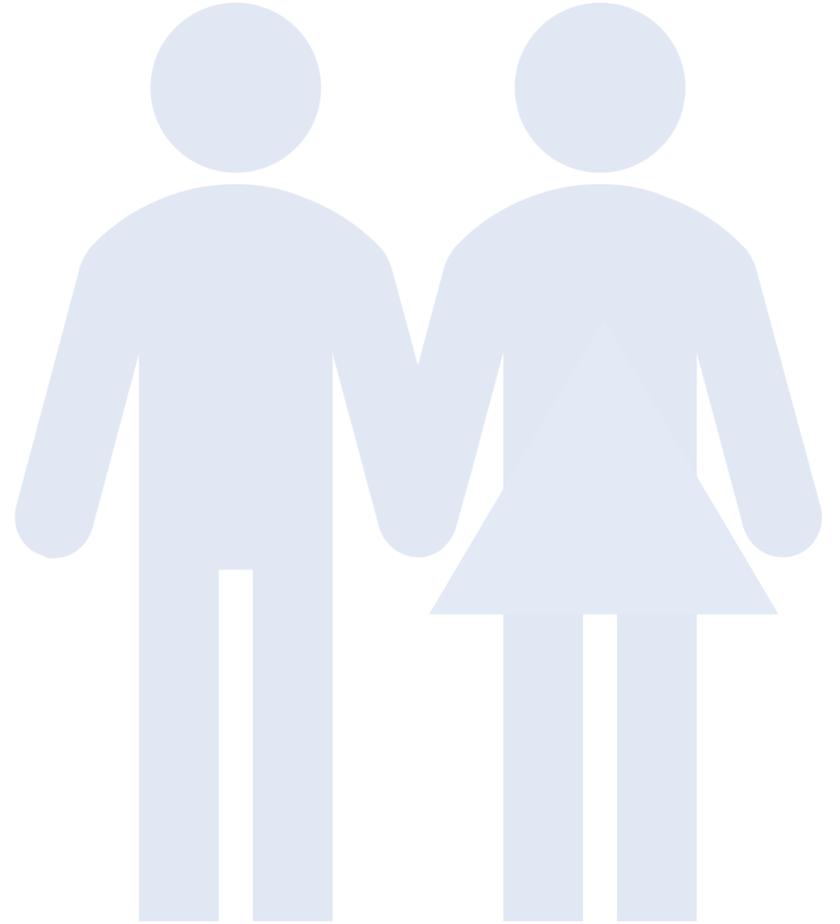
- A psychological approach called Cognitive Behavioral Therapy (CBT) has shown great promise against various eating disorders
- Therapy is provided to help a person change both the way they think about and interact with food

Medication:

- Anti-obesity medications (weight loss assistance)
- Anti-depressants



Sex Addiction



What is sex addiction?

Sexual addiction is best described as a progressive intimacy disorder characterized by compulsive sexual thoughts and acts. Like all addictions, its negative impact on the addict and on family members increases as the disorder progresses. Over time, the addict usually has to intensify the addictive behavior to achieve the same results.

The Diagnostic and Statistical Manual of Mental Disorders-V (DSM-5) does not list sex addiction as a diagnosable condition yet, but research indicates that there is a clear prevalence of adverse sexual behavior that is similar in development to a “chemical” addiction

What are different types of sex addictions?

- Pornography
- Prostitution
- Masturbation or fantasy
- Sadistic or Masochistic behavior
- Exhibition/voyeurism
- Signs and symptoms of sex addiction:
 - Because most sex addicts fear being abandoned, they might stay in relationships that are not healthy, or they may jump from relationship to relationship
 - Few physical symptoms of this disorder exist. However, the most common symptoms you might notice from having a sexual addiction is feeling immobilized due to sexual or emotional obsessions
 - When alone, they might feel empty or incomplete. They might also sexualize feelings like guilt, loneliness or fear



Effects of sex addiction:

- The effects of a sex addiction can be severe
- According to Departmental Management of the USDA, about 38% of men and 45% of women with sex addictions have a venereal disease as a result of their behavior
- Pregnancy is also a common side effect that can occur due to risky behavior. In one survey, nearly 70% of women with sex addictions reported they experienced at least one unwanted pregnancy as a result of their addiction
- Additionally, sex addiction likely has a negative impact on several areas of one's life. It can lead to:
 - A decline in personal relationships, social, and family engagement.
 - Decreased concentration and productivity at work.

Sex Addiction Risks for Women Include:

- HIV/AIDS
- Social ridicule and isolation
- Loss of job
- Inability to maintain relationships
- Depression

Effects of sex addiction:

- Physical consequences like sexual dysfunction or sexually transmitted diseases (STDs).
- It can have profound psychological effects, like generating feelings of shame, inadequacy, and emotional distress. It can lead to, or stem from, comorbid psychological disorders like:
 - Anxiety
 - Depression
 - Substance use
 - Problems related to impulse control and emotional dysregulation
 - Obsessive-compulsive type symptoms

Help for someone with sex addiction:

Some treatment options include:

- **Individual therapy**
 - 30-60 minute sessions with a certified mental health professional, focused on your sexually compulsive behaviors and any co-occurring disorders.
- **Cognitive-Behavioral Therapy (CBT)**
 - Focuses on the idea that our behaviors, emotions, and thoughts are all interrelated and works to change negative thoughts to positive thoughts and self-talk.
- **Psychodynamic therapy**
 - Built around the premise that unconscious memories and conflicts effect our behavior. Psychodynamic therapy uncovers early childhood influencers of current habits or present factors that contribute to the current sex addiction.
- **Dialectical-Behavioral Therapy (DBT)**
 - Contains four components: skills training group, individual treatment, DBT phone coaching, and consultation team and these four components are designed to teach four skills: mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation.

Help for someone with sex addiction cont.:

Group therapy

- Led by qualified therapists, group therapy is designed to replace negative and detrimental behaviors with pro-social and positive ones. It provides the addict with assurance that he or she is not alone in his or her experiences
- Couple's counseling or Marriage counseling
- This can be very beneficial for the sex addict and his or her partner. Couple's counseling can help to improve communication skills, trust, and healthy sexual functioning between partners

Help for someone with sex addiction cont.:

12-step recovery

- Sex Addicts Anonymous imitates the 12-step program of Alcoholics Anonymous and is a group-based model focused on acknowledging one's powerlessness and willingness to live a life free of addiction

Inpatient therapy

- There are some inpatient recovery centers designed to treat sex and porn addiction. The patient resides at the facility for the duration of treatment so that he or she can focus on the healing process without the distractions and temptations of everyday life. Recovery from sex addiction is different for each patient. Some individuals remain in residential sex addiction rehabilitation programs for 28 to 30 days.

Internet Addiction

What is internet addiction?

- Internet addiction is defined as any online-related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment.
- Some internet users may develop an emotional attachment to on-line friends and activities they create on their computer screens
- Internet users may enjoy aspects of the internet that allow them to meet, socialize, and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities"
- Other internet users spend endless hours researching topics of interest online or "blogging"

Types of internet addictions:

Cybersex addiction

- compulsive use of Internet pornography, adult chat rooms, or adult fantasy role-play sites impacting negatively on real-life intimate relationships

Cyber relationship addiction

- addiction to social networking, chat rooms, texting, and messaging to the point where virtual, online friends become more important than real-life relationships with family and friends

Net compulsions

- such as compulsive online gaming, gambling, stock trading, or compulsive use of online auction sites such as eBay, often resulting in financial and job-related problems

Types of internet
addictions continued:

Information overload

- compulsive web surfing or database searching, leading to lower work productivity and less social interaction with family and friends

Computer addiction

- obsessive playing of off-line computer games, such as Solitaire or Minesweeper, or obsessive computer programming

What are the warning signs of internet addiction?

- Preoccupation with the internet. (Thoughts about previous on-line activity or anticipation of the next on-line session)
- Use of the internet in increasing amounts of time in order to achieve satisfaction
- Repeated, unsuccessful efforts to control, cut back or stop internet use
- Feelings of restlessness, moodiness, depression, or irritability when attempting to cut down use of the internet
- On-line longer than originally intended
- Jeopardized or risked loss of significant relationships, job, educational or career opportunities because of internet use
- Lies to family members, therapists, or others to conceal the extent of involvement with the internet
- Use of the Internet is a way to escape from problems or to relieve a dysphoric mood (e.g. Feelings of hopelessness, guilt, anxiety, depression)

What are the effects of internet addiction?

- Impairments of real life relationships are disrupted as a result of excessive use of the internet
- Individuals suffering from internet addiction spend more time in solitary seclusion, spend less time with real people in their lives, and are often viewed as socially awkward
- Arguments may result due to the volume of time spent on-line
- Those suffering from Internet addiction may attempt to conceal the amount of time spent on-line, which results in distrust and the disturbance of quality in once stable relationships
- Some suffering from Internet addiction may create on-line personas or profiles where they are able to alter their identities and pretend to be someone other than himself or herself
 - Those at highest risk for creation of a secret life are those who suffer from low self-esteem feelings of inadequacy, and fear of disapproval
 - Such negative self-concepts lead to clinical problems of depression and anxiety

What are the effects of internet addiction?

- Many persons who attempt to quit their Internet use experience withdrawal including:
 - anger, depression, relief, mood swings, anxiety, fear, irritability, sadness, loneliness, boredom, restlessness, procrastination, and upset stomach
- Being addicted to the Internet can also cause physical discomfort or medical problems such as:
 - Carpal Tunnel Syndrome, dry eyes, backaches, severe headaches, eating irregularities, (such as skipping meals), failure to tend to personal hygiene, and sleep disturbance
 - How can someone get help for internet addiction?
 - Group support
 - Cognitive Behavioral Therapy

If you or someone you know
is suffering from substance
use disorder or mental
health issues, reach out to
someone for assistance.

-Your EAP can help-

www.alliedtrades-online.com



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