

PSY292  
ADDICTION

# COURSE INTRODUCTION



## Sexing as a predictor of sexual behavior in a sample of Czech adolescents

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### ABSTRACT

The purpose of this longitudinal study is to examine the relationship between teen sexting and offline sexual behavior. Using a sample of 1134 Czech adolescents aged 10–18 ( $M_{age} = 13.84$ ,  $SD = 1.94$ , girls = 58.8%) from 55 schools, the latent growth model of offline sexual behavior with sexting as a time-varying covariate was employed. Participants differed at baseline for offline sexual behavior at both individual and school levels, and they varied in the growth rate of offline sexual behavior at the individual level. Only age and sensation seeking explained the variability at baseline of offline sexual behavior. The positive association between sexting and offline sexual behavior was not constant across time. However, sexting at baseline predicted offline sexual behavior a half year and one year later. Sexting may be treated as a precursor of offline sexual behavior.



## Excessive Internet use for Sexual Purposes Among Members of Sexaholics Anonymous and Sex Addicts Anonymous

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### ABSTRACT

There is a debate about whether excessive internet use for sexual purposes should be considered a behavioral addiction. This qualitative study of 18 members ( $M_{age} = 37.22$  years) of Sexaholics Anonymous and Sex Addicts Anonymous aimed to examine which symptoms were essential for treatment and how their phenomenological manifestations corresponded to the criteria of behavioral addiction. The study participants did not explicitly deal with tolerance and withdrawal symptoms. However, addressing the remaining criteria of addiction was the core of the recovery process, suggesting that in some persons it is relevant to treat this behavior as a behavioral addiction.

## Excessive internet use in European adolescents: What determines differences in severity?

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### Abstract

**Objectives** This study investigated the differences between non-excessive, moderately excessive, and highly excessive internet use among adolescents. These differences were explored in terms of personal characteristics, psychological difficulties, environmental factors, and manner of internet use.  
**Methods** A representative sample was investigated, consisting of 18,709 adolescents aged 11–16 and their parents, from 25 European countries. Excessive internet use was measured using a five-item scale covering following factors: salience, conflict, tolerance, withdrawal symptoms, and relapse and reinstatement. The main data analysis

**Conclusions** Adolescents who struggle with attention and self-control and who are inclined toward online gaming may be especially vulnerable to the otherwise uncommon phenomenon of excessive internet use.

**Keywords** Adolescents · Excessive internet use · Internet addiction

### Introduction

The Internet has become an integral aspect of life for contemporary adolescents. This is the first generation to

## Gaming under the influence: An exploratory study

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**Background and aims:** Association between substance use and excessive play of online games exists both in theory and research. However, no study to date examined playing online games under the influence of licit and illicit drugs.  
**Methods:** We questioned a convenient online sample of 3,952 Czech online gamers on their experiences and motives of using caffeine, alcohol, tobacco, psychoactive pharmaceuticals, and illicit drugs while playing massive multiplayer online games (MMOGs). **Results:** The results showed low prevalence of illicit drug use while playing online games. Substance use was positively associated with intensity of gaming and both addiction and engagement; psychoactive substances with stimulating effect were linked to higher engagement and gaming intensity, whereas use of sedatives was associated with higher addiction score. Substance use varied slightly with the preference of game genre.  
**Discussion:** Drug use while playing appears as behavior, which is mostly not related to gaming – it concerns mostly caffeine, tobacco, alcohol, or cannabis. For some users, however, drug use was fueled by motivations toward improving their cognitive enhancement and gaming performance.

**Keywords:** online gaming, addiction, engagement, substance use

## Do sleeping habits mediate the association between time spent on digital devices and school problems in adolescence?

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**Background:** This study examined the associations of internet and computer screen time with school difficulties and the role of sleep quality and soft and energy drinks consumption. **Methods:** We used data from the cross-sectional Health Behaviour in School-aged Children study collected in 2014 among Slovak adolescents (aged 11.0–15.9 years,  $N = 7595$ , 48.1% boys). We examined the inter-relations between time spent with on digital devices (time spent playing digital games or internet use), sleeping quality (sleeping shortage, sleeping difficulties), soft/energy drinks consumption and school problems (low academic achievement, disliking school, being pressured by schoolwork and truancy), using structural equation modeling. **Results:** Results showed that the more time adolescents spent on digital devices during leisure time, the more school problems they had. This association was

## Dysfunctional impulsivity in online gaming addiction and engagement

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### Abstract

*Impulsivity has been shown to be related to both substance- and non-substance addictions. In the case of internet gaming addiction, on one hand, higher impulsivity and sensation seeking have been reported in problematic online gamers. On the other hand, problematic online gamers were also identified as introverted, socially anxious, and generally inhibited in behaviour. Our study investigates the role of dysfunctional impulsivity in gaming addiction. A sample of 1,510 Czech and Slovak online gamers completed a questionnaire that was advertised online and targeted the core of the gaming community. Internet gaming addiction was measured using the Addiction-Engagement Questionnaire (Charlton & Danforth, 2010). Dysfunctional impulsivity was measured using the 11 items of Dickman's (1990) sub-scale of the Impulsivity Inventory. Pearson's correlation coefficients were calculated for variables and a regression model was constructed using hierarchical linear regression to determine the association between online gaming addiction and dysfunctional impulsivity, while controlling for age, gender, and the frequency of online gaming. A set of chi-square tests was employed to compare the patterns of addiction criteria among highly impulsive addicted gamers and non-impulsive addicted gamers. Although dysfunctional impulsivity was a good predictor of gaming addiction ( $\beta = .252$ ), it actually explained only about 7% of the addiction variance. Problematic gamers high on impulsivity had similar patterns of addiction criteria as non-impulsive gamers: with only one exception – they had a significantly higher tendency to relapse. There was no role of impulsivity in gaming engagement. The results suggest that dysfunctional impulsivity is a risk factor for online gaming addiction (similar to other addictions), but it does not have prominent explanatory value in itself. Also, the results show that problematic gamers high on impulsivity are more prone to relapse and*

# MODELS OF ADDICTION

- Historical development of substance use
- Historical understanding of substance use – e.g. Addiction as a moral failure
- Current understanding of addictions – addiction as a brain disease, genetic susceptibility to addiction
- Psychological models of addiction – e.g. addiction as a learned and imitated behaviour (behaviourism); substance use as mood regulation (psychodynamics)
- Environmental factors of addictions - role of family, role of peer groups, adolescence as the problematic age

# WHAT IS ADDICTION

- Definition
- Diagnostics:

International Classification of Diseases 11<sup>th</sup> revision (World Health Organisation)

Diagnostic and Statistical Manual of Mental Disorders 5<sup>th</sup> revision (American Psychiatric Association)

# SUBSTANCE USE

- Chemical properties, ways of administrations, effects, risks factors & comorbidities, prevalence, specificities
- Legal drugs: Alcohol, tobacco, caffeine, prescription drugs
- Illicit drugs: Cannabis, amphetamines (speed, pervitin, ecstasy), cocaine, heroin & opiates, new psychoactive substances (synthetic opioids), hallucinogens (LSD, ketamine)

# BEHAVIORAL ADDICTIONS

- Can one be addicted to behaviour? Is it the same addiction as to substances? Controversies and current state of knowledge
- Gambling
- Internet gaming disorder and other excessive online behaviours
- Sex and porn addiction
- Eating disorders as behavioural addictions
- Excessive exercising

# ADDICTION – WHAT TO DO?

- Prevention
- Counselling and therapy (12 step program, KBT therapy, motivation enhancement approach, psychodynamic psychotherapy)
- Stages of change
- Harm reduction

# TIMETABLE

1.3.	<b>Historical understanding of substance use and addiction</b>
8.3.	<b>Biological basis of addiction</b>
15.3.	<b>Psychological basis of addiction</b>
20.3.	<b>Environmental basis of addiction</b>
29.3.	<b>Summarizing definition of addiction. Diagnostics</b>
5.4.	<b>Legal drugs: alcohol, tobacco, caffeine</b>
12.4.	<b>Illicit drugs: opioids, cannabinoids, stimulants</b>
26.3.	<b>Behavioural addictions I: Gambling, sex and porn</b>
3.5.	<b>Behavioural addictions II: Digital media, eating disorders</b>
10.5.	<b>Prevention, therapy, harm reduction</b>



# EVALUATION

- **Final essay**

Work in a group of 2-4 people

Choose one of the following films

Discuss the film in the group

Write an essay about that film in which you use knowledge from this course (there will be one essay per group)

Essay can be creative but it must be critical and evidence based

Evaluation will be based on: depth of understanding of addiction (usage of theories etc. you learn in the course); support of your claims by evidence from the film; critical thinking; use of further sources



01  
Bebbie



02  
Diane

PolyGram  
Filmed Entertainment

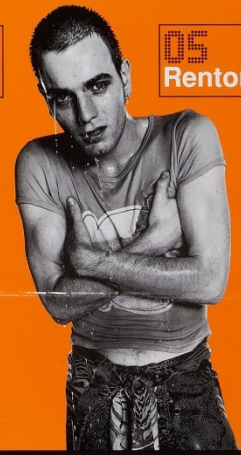
# Trainspotting



03  
Sick boy



04  
Spud



05  
Renton

RESTRICTED TO ADULTS 18 YEARS  
OVER  
USE MEDIUM LEVEL SEX SCENES,  
A LEVEL COARSE LANGUAGE

CHANNEL FOUR FILMS PRESENT A FIGMENT FILM IN ASSOCIATION WITH THE NOEL GAY MOTION PICTURE COMPANY TRAINSPOTTING  
EWAN MCGREGOR EWEN BREMMER JONNY LEE MILLER KEVIN MCKIDD AND ROBERT CARLYLE AS BEBBIE INTRODUCING KELLY MACDONALD  
COSTUMES RACHAEL FLEMING PRODUCTION DESIGN KAVE QUINN EDITOR MASAHIRO HIRAKUBO DIRECTOR OF PHOTOGRAPHY BRIAN TUFANO B.S.C.  
BASED ON A NOVEL BY IRVINE WELSH SCREENPLAY JOHN HODGE PRODUCER ANDREW MACDONALD DIRECTOR DANNY BOYLE

Read the book first!  
MINERVA  
DVD

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PROVOCANTE  
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PER TRE

INDIMENTICABILE  
★ ★ ★  
EAT

FASSBENDER È GENIALE  
★ ★ ★  
LA REPUBBLICA

UN FILM DA MAESTRO  
★ ★ ★  
E METACRITICO

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