

A collection of addictive substances including cigarettes, pills, and a syringe. The image shows a close-up of a cigarette with a lit tip, several white pills, and a syringe with a needle. The background is blurred, showing more of the same items. The text is overlaid on a dark grey semi-transparent banner.

Addictive substances

Common terminologies and Drug Vulnerability



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Terminologies in substance use

- Important terms related to drug use and drug use disorders
 - Use
 - Harmful use
 - Dependence
 - Addiction



Terminology

Use

The ingestion of alcohol or other drugs without the experience of any negative consequences.

For example

If an individual drank alcohol at a party and no negative consequences emerged → **USED**
ALCOHOL



Terminology

Harmful use

Use of drugs in a pattern which results in physical or psychological harm

Use continues despite the harms encountered

Related term: Abuse

- social, legal and occupational harm apart from physical and psychological harm

The individual IS YET NOT DEPENDENT/ADDICTED to the substance



➤ **DEPENDENCE SYNDROME (as per World Health Organisation)**

Three or more of the following present for some time (three months) within a one-year period

1. Strong desire or sense of compulsion to take the substance
2. Difficult to control substance-taking behaviour in terms of:
 - Onset of substance intake
 - Termination of substance intake
 - Level of use of substance



Criteria for Dependence

➤ DEPENDENCE SYNDROME

3. A. Neglect of alternative pleasures/interest



B. Increased time spent in

- Obtaining substance
- Using substance
- Recovering from effect of substance



Criteria for Dependence

➤ **DEPENDENCE SYNDROME**

4. Persisting with substance use despite harmful consequence
5. Tolerance
 - Increased dose required to produce the same effect as before

6. Withdrawal



Withdrawal symptoms

- They occur when the medication is stopped abruptly or the dose is lowered too quickly
- Reduced dose/stopping substance produces physical/psychological problems
- Usually opposite of acute effects:
 - Depressants** will have withdrawal in the form of **-excitation**
 - Stimulants** will have withdrawal in the form of **-lethargy/'crash'**
- Withdrawal symptoms differ from one chemical class to another
- Withdrawal symptoms similar within a given chemical class of substance



Alcohol & Benzodiazepines withdrawal

Mild

- Anxiety
- Restlessn
- Insomnia
- Tremors
- Craving
- Palpitatio
- Sweating
- Breathles

Severe withdrawal: “Delirium Tremens”

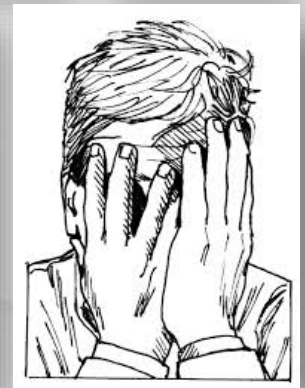
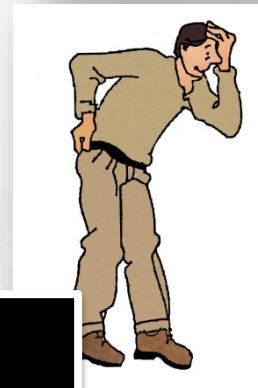
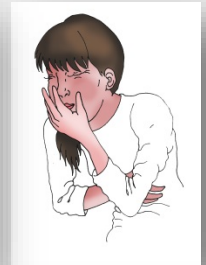
- All features of mild withdrawal Plus (any of the following)
 - Disorientation (unawareness of self and surroundings – time, place and person)
 - Hallucinations / Illusions
 - Seizures (fits – ‘rum fits’)

**ALCOHOL & BENZODIAZEPINE
WITHDRAWALS CAN BE FATAL**



Opioid withdrawal

- Opening of all holes !
 - Watering from eyes, nose
 - Vomiting
 - Loose motions
- Body ache / pain
- Anxiety, restlessness, insomnia
- Premature ejaculation



**OPIOID WITHDRAWALS ARE VERY
DISTRESSING
BUT RARELY FATAL!**



Cannabis withdrawal

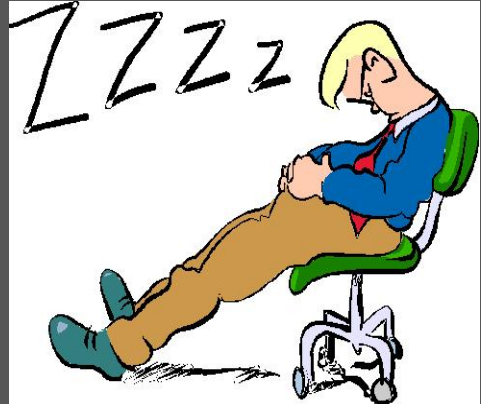
No specific withdrawal symptoms of cannabis

➤ The commonly reported ones are:

- General discomfort
- Intense craving
- Anxiety, restlessness



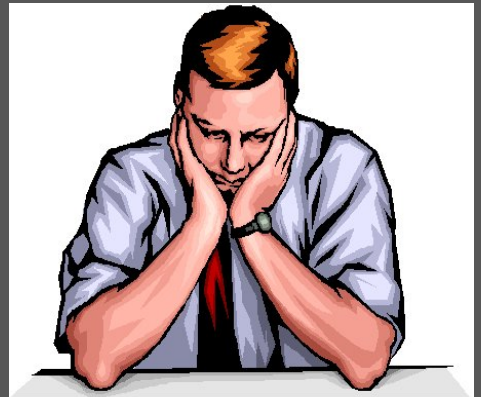
Stimulant withdrawal



Lethargy



Hypersomnia / sleepiness



Fatigue / sad mood



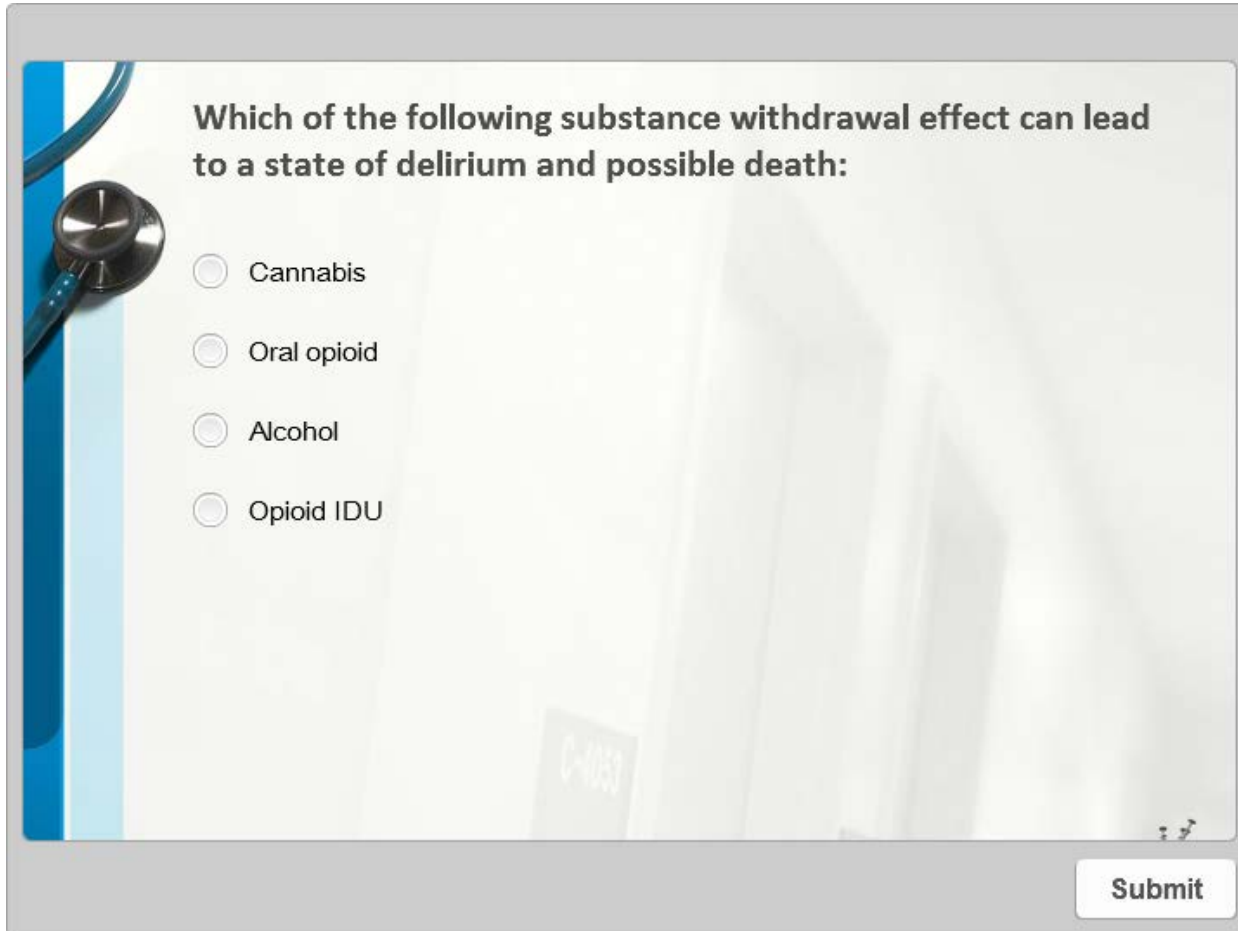
Craving



Anhedonia



Quiz



Which of the following substance withdrawal effect can lead to a state of delirium and possible death:

- Cannabis
- Oral opioid
- Alcohol
- Opioid IDU

Submit

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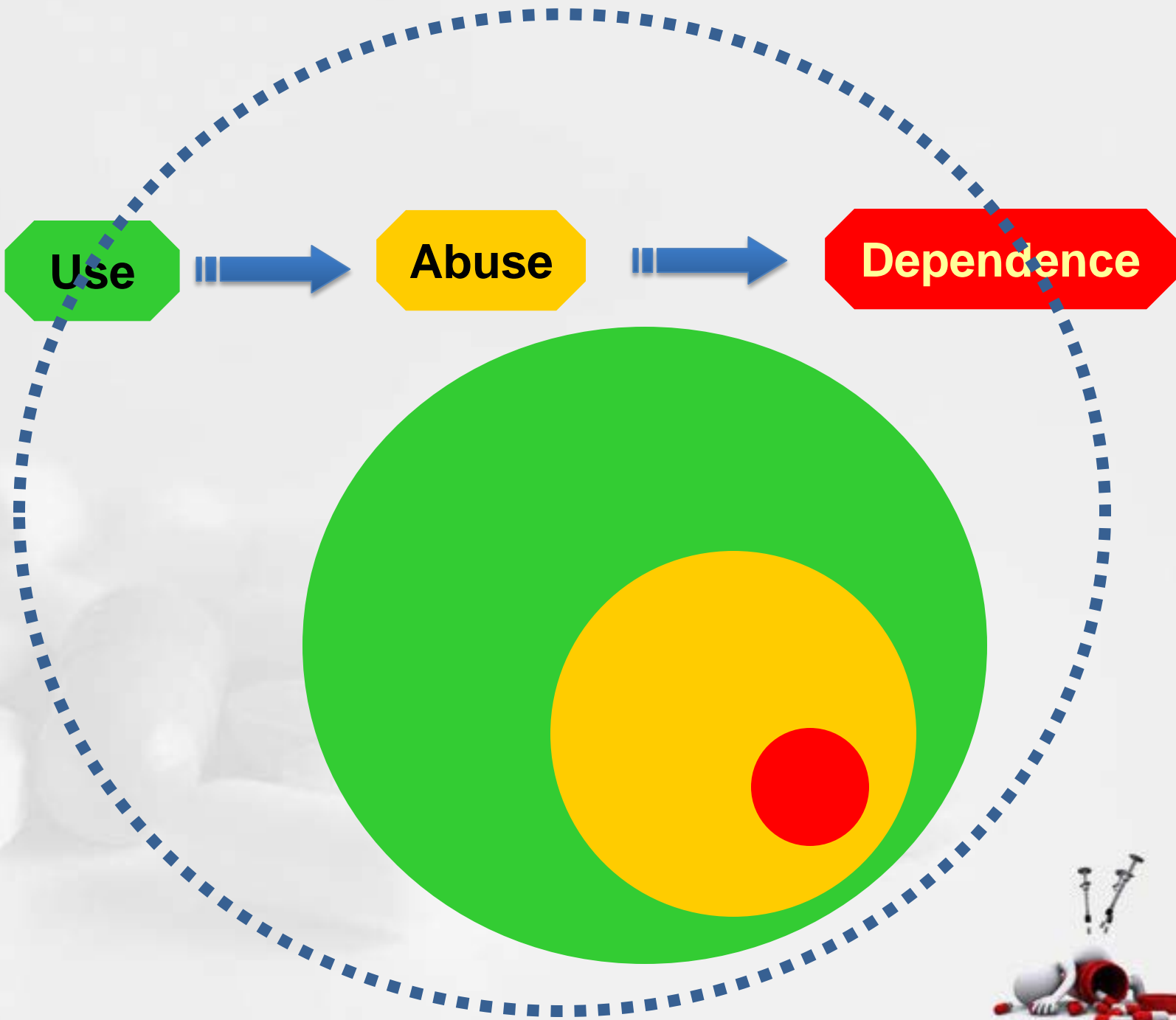
Quiz

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Dependence Syndrome: Features

- Addiction: older term, still used
- Tolerance and withdrawals alone not sufficient criteria for labelling as dependence
- Withdrawal symptoms are not necessary for diagnosing dependence
- An individual does not become dependent upon single use





Vulnerability



We know people take drugs but only some become addicted while others do not



Why Do People Take Drugs?

To feel good

To have new:

- feelings
- sensations
- experiences

AND

- to share them



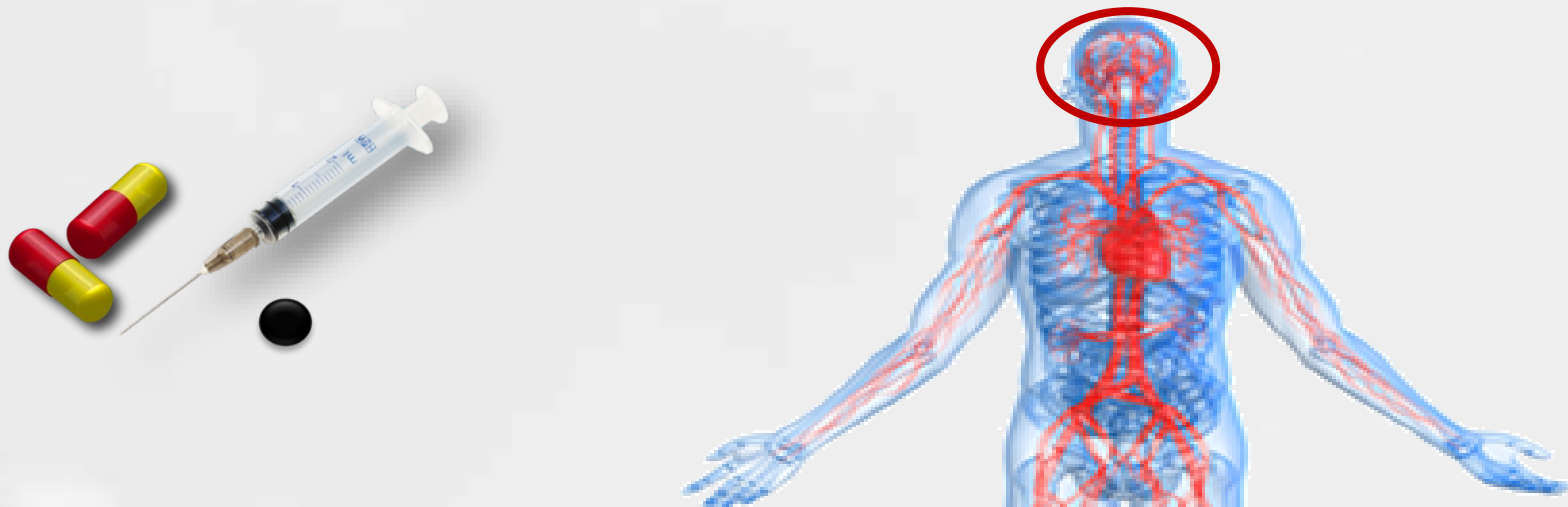
To feel better

To lessen:

- anxiety
- worries
- fears
- depression
- hopelessness



Drugs produces addiction by acting on brain

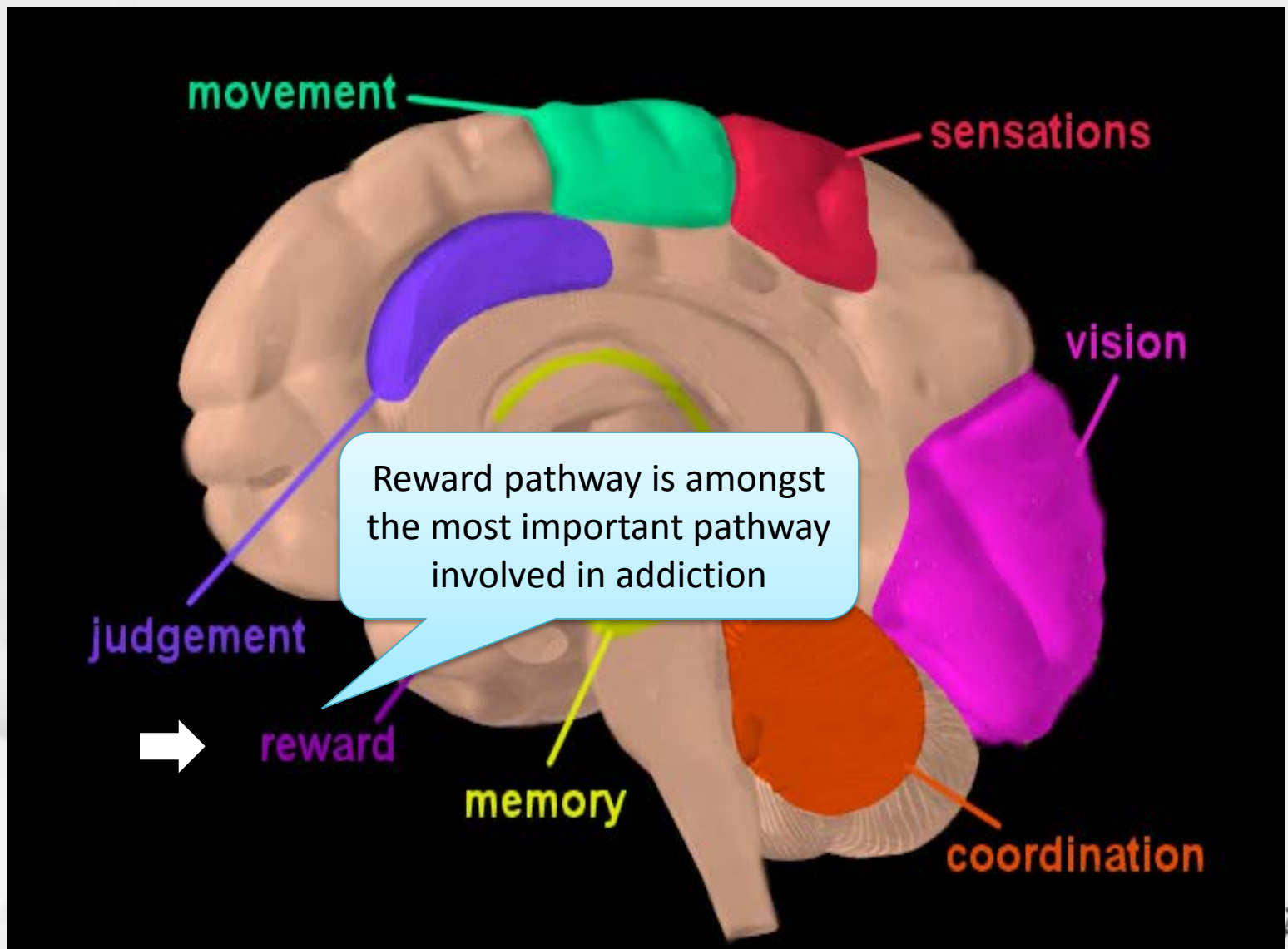


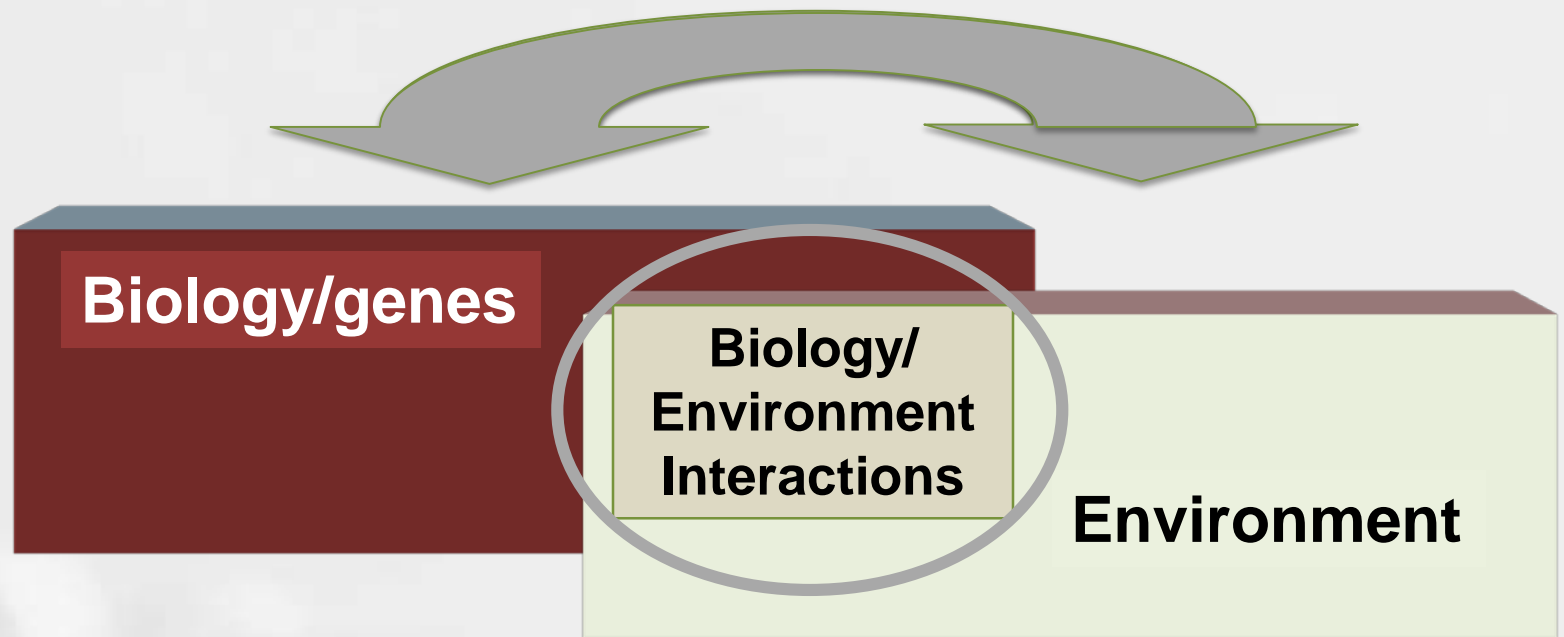
The path to drug addiction begins with the act of taking drugs

Which then act on the brain(mind)

Subsequently over a period of time brain's(person's) ability to choose not to take drugs is compromised



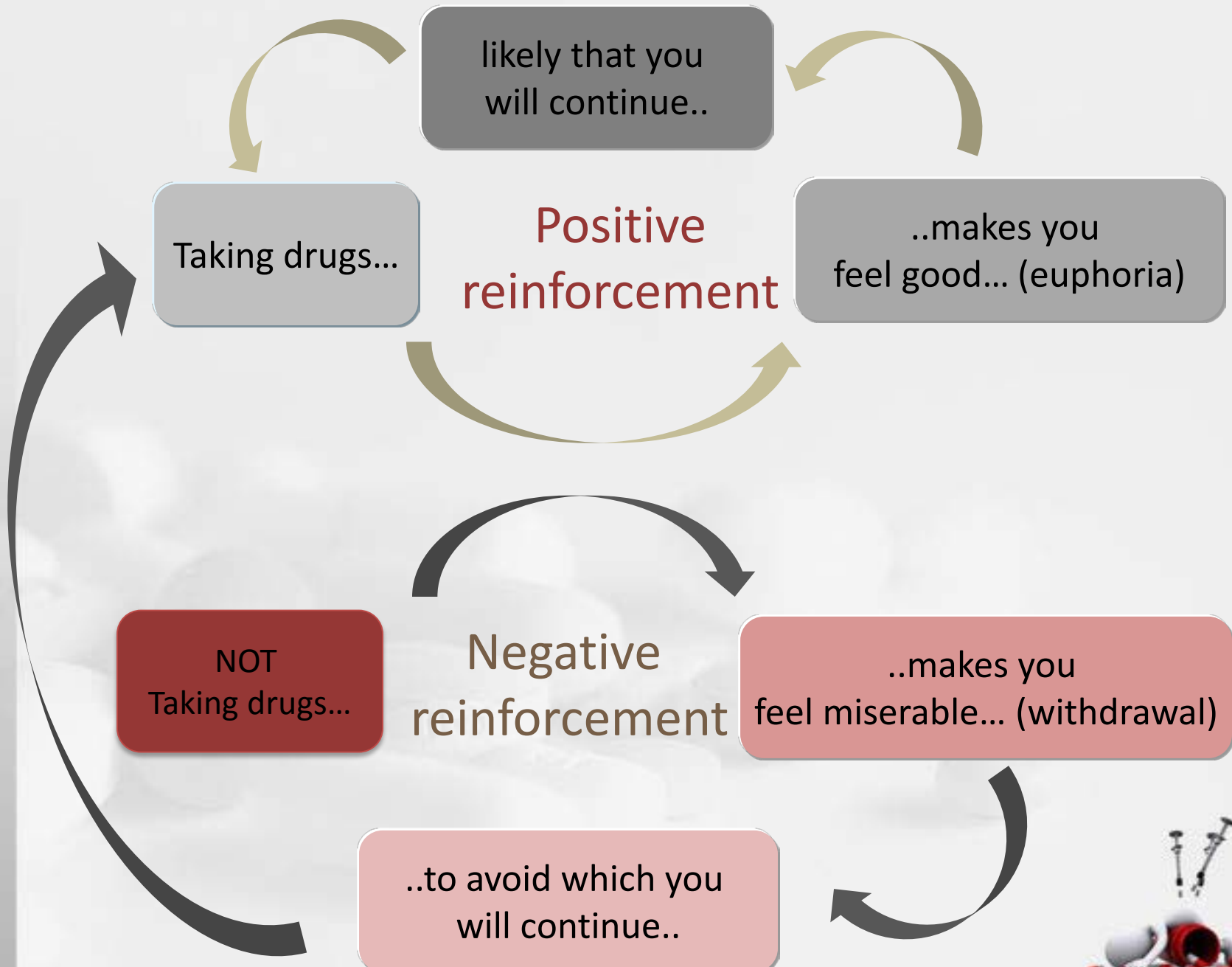




There's a
Big Biological / Genetic Contribution to
Drug Abuse and Addiction...

....Overlapping
with Environmental Influences that Help Make Addiction a
Complex Disease.





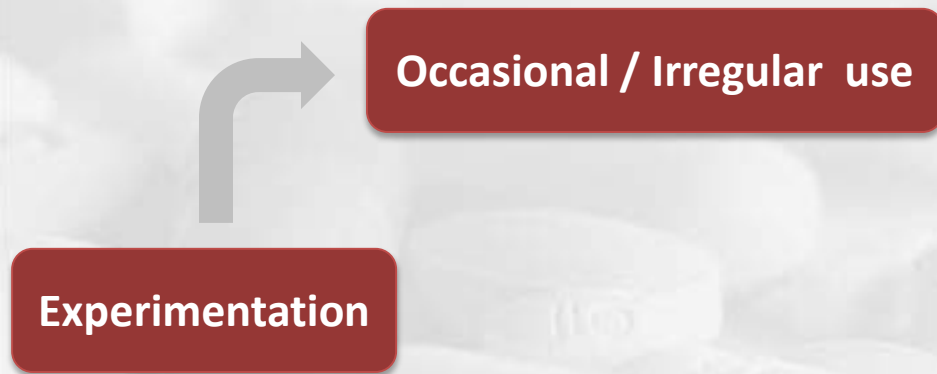
The usual drug-use 'career'

Experimentation

- Depends upon
 - Availability
 - Peer pressure
 - Socio-cultural norms
 - Psychological factors



The usual drug-use 'career'



- Depends upon
- Initial experiences
 - Peer pressure



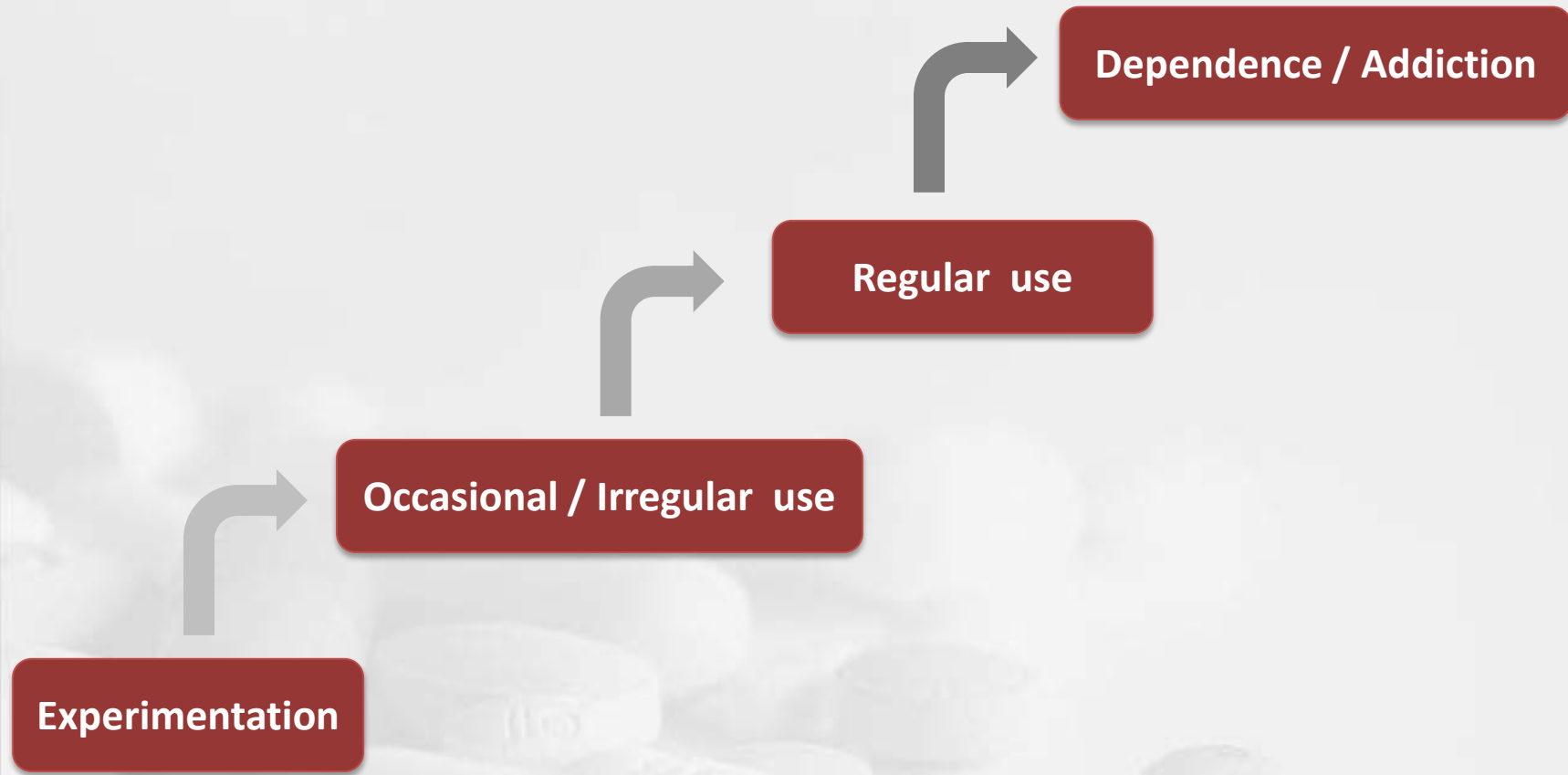
The usual drug-use 'career'



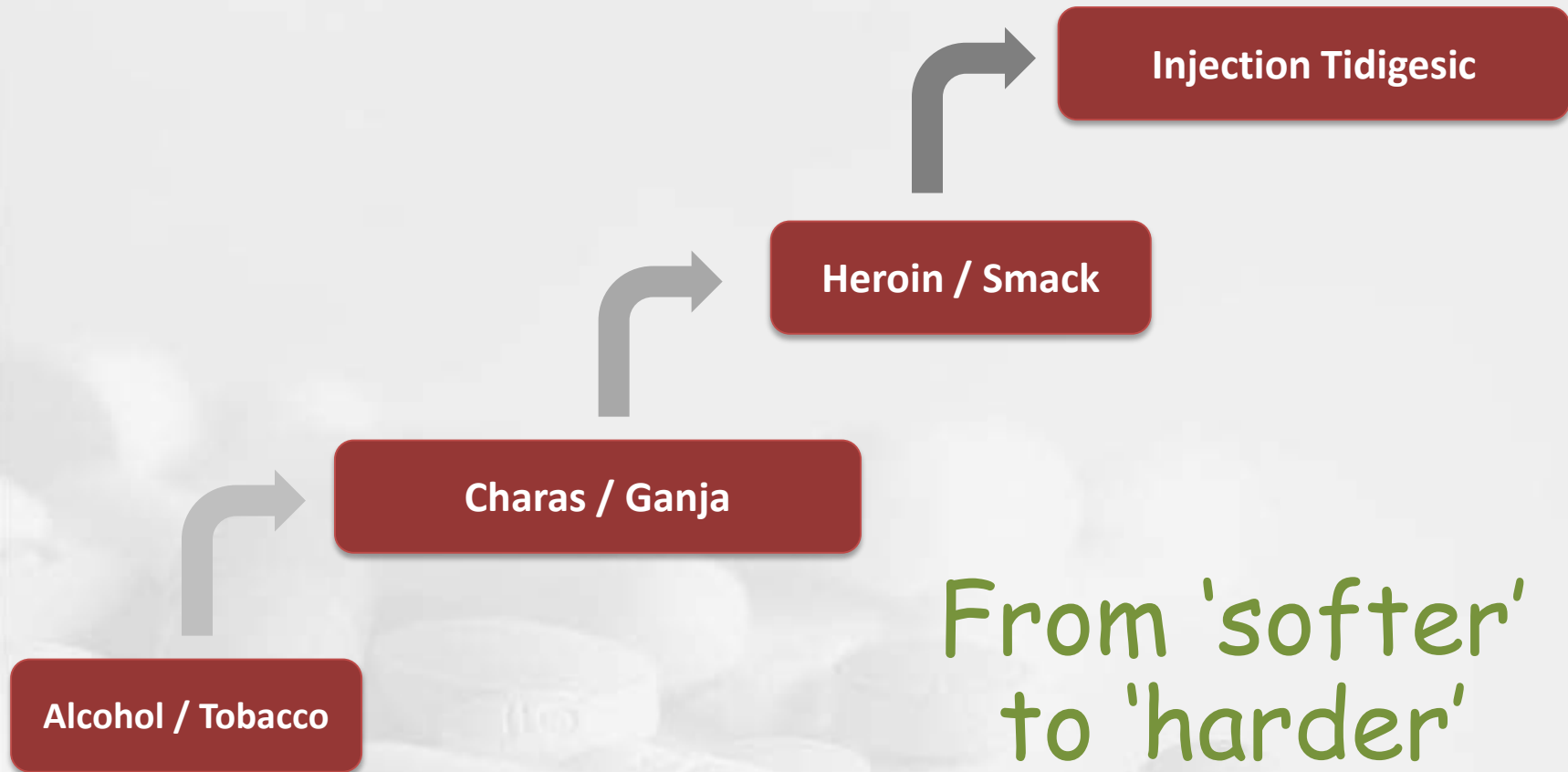
- May be 'Abuse' or 'harmful use'
- Symptoms of harm start appearing



The usual drug-use 'career'



The usual drug-use 'career'



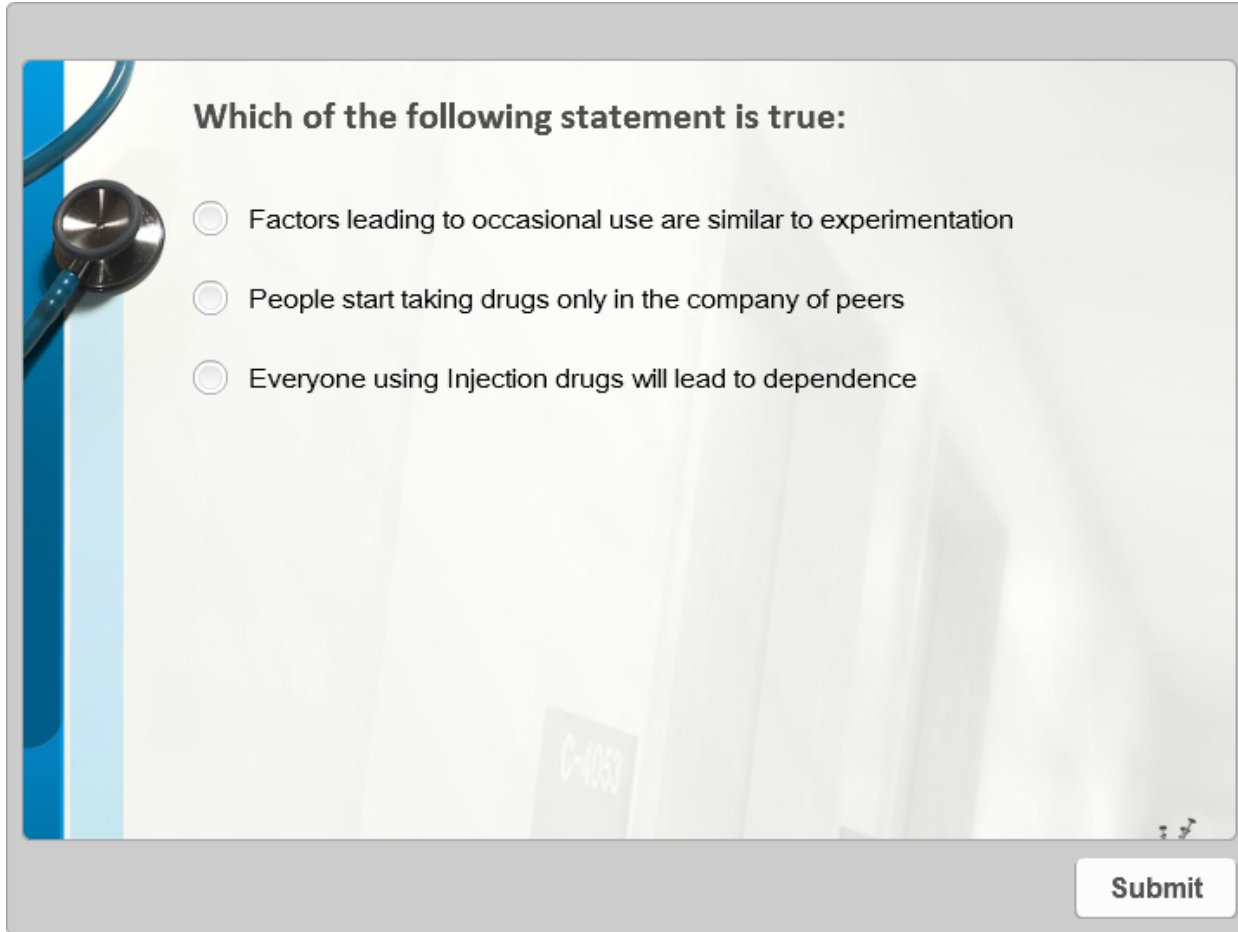
From 'softer'
to 'harder'
drugs...



- Dependence as used in medical literature is different from day-to-day use of the term
- An individual passes through different stages before becoming 'dependent' on a particular substance
- Not every individual using/experimenting with substance goes on to become 'dependent' on the substance
- Multiple factors govern the progression of an individual from one stage to next



Quiz



Which of the following statement is true:

- Factors leading to occasional use are similar to experimentation
- People start taking drugs only in the company of peers
- Everyone using Injection drugs will lead to dependence

Submit

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