Addictions Class Resource List
William F. Doverspike, PhD

Bibliography
Updated July 20, 2020

These reference entries include sources that may be cited in class. The purpose of this bibliography is to assist students in finding a source of information if the citation is not contained in the lecture notes or presentation decks. These sources vary widely in terms of their degree of scholarly value, ranging from publications in peer-reviewed scientific and professional journals to internet blog posts describing the personal experiences of individual authors. As a general rule when writing papers, students should cite only scholarly sources and peer-reviewed research. These reference entries include sources that may be cited in class. The purpose of this bibliography is to assist students in finding a source of information if the citation is not contained in the lecture notes or presentation decks. These sources vary widely in terms of their degree of scholarly value, ranging from publications in peer-reviewed scientific and professional journals to internet blog posts describing the personal experiences of individual authors. As a general rule when writing papers, students should cite only scholarly sources and peer-reviewed research. Some reference list entries are written in APA (2010) Publication Manual (6th ed.) style, which provides more detail for print publications (e.g., such as location of publisher), whereas other reference list entries are written in APA (2020) Publication Manual (7th ed.) style, which provides more detail for digital sources (e.g., such as name of website).


The original book The Dilemma of the Alcoholic Marriage was published in 1965.


Addictions Course Resources


Note: Al-Anon Family Group Headquarters started moving its office from New York City, and opened its office for business in Virginia Beach on June 1, 1996.


Copyrighted in 1952 by The A.A. Grapevine, Inc. and Alcoholics Anonymous Publishing (now known as Alcoholics Anonymous World Services, Inc.), the first printing of the book was in April 1953.

More than 6,000 members of Alcoholics Anonymous (AA) from the U.S. and Canada participated in a random survey. Similar studies have been conducted every three years since 1968 by the AA General Service Office. Before coming to AA, 59% of the members received some type of treatment or counseling (such as medical, psychological, spiritual, etc.) related to their drinking. Of those who received some type of treatment or counseling before coming into AA, 74% of those members who received treatment or counseling said it played an important part in directing them to AA. After coming to AA, 58% of the members received some type of treatment or counseling (such as medical, psychological, spiritual, etc.) related to their drinking. Of those who received some type of treatment or counseling after coming into AA, 84% of those members who received treatment or counseling said it played an important part in their recovery from alcoholism.


In 2017, the highest U.S. age-adjusted suicide rate was among Whites (15.85) and the second highest rate was among American Indians and Alaska Natives (13.42). Much lower and roughly similar rates were found among Black or African Americans (6.61) and Asians and Pacific Islanders (6.59). The age-adjusted suicide rate in 2017 was 14.0 per 100,000 individuals. The rate of suicide is highest in middle-age white men in particular. In 2017, men died by suicide 3.54 times more often than women. On average, there are 129 suicides per day. White males accounted for 69.67% of suicide deaths in 2017. In 2017, firearms were the most common method of death by suicide, accounting for a little more than half (50.57%) of all suicide deaths. The next most common methods were suffocation (including hangings) at 27.72% and poisoning at 13.89%. In 2017, firearms accounted for 50.57% of all suicide deaths: Firearm (50.6%), Suffocation (27.7%), Poisoning (13.9), and Other (7.8%). The data are based on age-adjusted rates. According to AFSP, the data were derived from Centers for Disease Control and Prevention (CDC) Data & Statistics Fatal Injury Report for 2017.


Key words: COVID-19, Coronavirus

This article provides state-specific information related to emergency orders relevant to licensed psychologists during the COVID-19 public health crisis. This resource is updated regularly for the duration of the COVID-19 public health emergency. Government and payer policies in response to the coronavirus crisis are changing rapidly, so it is recommended that psychologists check the APA Practice Information Hub frequently. It is important to note that the state-specific information below does not apply to Medicare, including information about trainees’ services. The Centers for Medicare and Medicaid Services does not cover services provided by supervised trainees to Medicare beneficiaries. With regard to Medicaid, Georgia Medicaid is temporarily waiving any restrictions on originating sites (where the patient is located) and distant sites (where the provider is located) during the public health emergency. Qualified providers should continue to follow all applicable licensure rules specific to their profession. Services delivered from distant sites will be billed using the provider billing address associated with the enrolled Medicaid practice or facility. Claims must be billed
using the associated procedure code, GT modifier and place of service code 02 to indicate telehealth delivery. With regard to Supervised Trainee Telehealth Services – Telesupervision and Medicaid Reimbursement, Georgia Emergency Rule amending Board Rule 510-2-.05 allows for supervision of practicum students, interns or post-doctorate fellows to be conducted by telephone and/or videoconferencing for the duration of the COVID-19 state of emergency, and for a period of not more than 120 days thereafter.

Key words: American Society of Addiction Medicine (ASAM)

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The placement criteria are on pages 43-54.

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THC appears to accelerate the onset of a first psychotic episode by 2 to 3 years in individuals who are at risk. An exposure-dependent effect has also been demonstrated. Frequent cannabis use and more potent THC levels increase the risk of psychosis. Ongoing cannabis use after a first psychotic episode is correlated with an increased risk of relapse, as well as a higher severity of positive symptoms and a greater decline in overall functioning. Abstinence reduces the relapse risk.

Andréasson et al. studied the association between level of cannabis consumption and development of schizophrenia during a 15-year follow-up in a cohort of 45,570 Swedish conscripts. The relative risk for schizophrenia among high consumers of cannabis (use on more than 50 occasions) was 6.0 (95% confidence interval 4.0-8.9) compared with non-users. Persistence of the association after allowance for other psychiatric illness and social background indicated that cannabis is an independent risk factor for schizophrenia.


Dominica Applegate, MA (Counseling) discusses three danger signs to consider with regard to excessive dependence on a counselor or therapist: (1) An inability to move forward. Is your therapist making important decisions for you? One goal of a therapist is to help you learn tools and methods that can help you take care of your own needs. (2) An unhealthy attachment. When you have an event arise that you are not sure about in your life, do you automatically contact your therapist for advice? If you feel like you cannot live without your therapist’s involvement, you may have an unhealthy attachment. (3) Crossing of professional boundaries. Do you feel like you have developed feelings that are beyond the boundaries of a professional relationship? If so, it may be time to address them. [If your counselor cannot discuss and resolve these concerns with you, then it may be time for a new counselor].


Arthur Aron and colleagues describe the original research that 20 years later led to the popularized social media list of 36 questions that may help people fall in love with their partners again.


In partnership with USC Annenberg and Los Angeles Times Graphics, Alejandra Ramos Barreda, Kristine De Leon, and Stefani Urmas provide cannabis calculators of THC content in various forms of smoke and edibles.


Key words: COVID-19, Coronavirus

Lydia Bourouiba, PhD is a researcher at the Institute for Medical Engineering and Science at the Massachusetts Institute of Technology. She is a physical applied mathematician concentrating on geophysical problems of hydrodynamic turbulence and on the mathematical modeling of population dynamics and disease transmission. She explains her research that demonstrates how peak exhalation speeds can reach up to 33 to 100 feet per second can create a cloud that can span approximately 23 to 27 feet. Protective and source control masks, as well as other protective equipment, should have the ability to repeatedly withstand the kind of high-momentum multiphase turbulent gas cloud that may be ejected during a sneeze or a cough and the exposure from them. Dr. Bourouiba points out that currently used surgical and N95 masks are not tested for these potential characteristics of respiratory emissions.


Richard Bribiescas, Ph.D., Yale University Professor of Anthropology, Ecology & Evolutionary Biology, discusses the double-edged sword of testosterone. Although conferring many positive effects (e.g., increased metabolism, increased muscle-building, increased libido, improved mood), the anabolic hormone testosterone is also associated with higher risk of mortality.


Brickman and Campbell coined the term *hedonic treadmill*, which is also known as hedonic adaptation or hedonic habitation. This theory holds that as a person makes more money, expectations and desires rise in tandem, which results in no permanent gain in happiness.


An answer to this question is provided by James M. Broadway, a postdoctoral researcher in the Department of Psychological and Brain Sciences at the University of California, Santa Barbara, and Brittniey Sandoval, a graduate of the same institution.


Psychologist Linda Paulk Buchanan, Ph.D. provides an alternative interpretation of clients’ apparent resistance, termed pathological ambivalence, which is rooted in early experience, biological functioning, and psychological narrative. The concept of pathological ambivalence draws from several established theoretical perspectives in explaining why some people seem to sabotage their progress in psychotherapy and how some therapists become unintentional enablers.


Case Western Reserve University, Center for Evidence-Based Practices. (2011). Tobacco: Recovery across the continuum. [https://www.centerforebp.case.edu/practices/trac](https://www.centerforebp.case.edu/practices/trac)


When an alcoholic’s spouse is active in Al-Anon and the alcoholic is active in AA, the alcoholic is more likely to be abstinence, marital happiness is more likely to be increased and parenting by both is more likely to improve.


In her 07-08-2019 reply to a question regarding how to cite an author who is listed with only first name and last name initial (e.g., Woody M.), APA Style Blogger Chelsea Lee provides the following advice: “Treat it like a user name and leave it the way it is. Cite as “Woody M.” in the reference list and the in-text citation. Using “M., W.” or just “M.” makes the reference unintelligible, so leaving the name makes the most sense.”


Lance Dodes, M.D. a retired psychiatry professor from Harvard Medical School, reviewed the retention rates of Alcoholics Anonymous along with studies on sobriety and rates of active involvement (attending meetings regularly and working the program) among AA members. Based on these data, he estimated AA’s success rate somewhere between 5 and 8 percent.


Key words: HCR-20, dangerousness, duty to protect

This user guide contains the correct citation for the HCR-20V3.


Key words: HCR-20, dangerousness, duty to protect

This paper contains an HCR-20 annotated bibliography.


This article discusses the three major evidence-based models of treatment, as well as research findings related to Alcoholics Anonymous, controlled drinking, biological treatments, and component treatment. There is some discussion of findings from Project MATCH, which is an acronym of a study titled Matching Alcoholism Treatments to Client Heterogeneity (MATCH). The Project MATCH Research Group (1997) conducted an eight-year, multisite trial that was the largest and most statistically powerful clinical trial of psychotherapies ever undertaken. There is some discussion of findings from CATOR, which is an acronym describing the Chemical Abuse/Addiction Treatment Outcome Registry (CATOR), currently known as Comprehensive Assessment and Treatment Outcome Research. CATOR is the largest independent evaluation service for substance dependence in the U.S. Since 1980, CATOR has collected data on more than 50,000 adults and 10,000 adolescents who completed treatment.


Note: The website hyperlink is embedded in Doverspike (2020) document titled Citing DSM-5 and ICD in APA Style, which is listed under Student Resources.


The principal author, Shanta R. Dube, PhD, MPH, is Associate Professor in the Division of Epidemiology and Biostatistics, School of Public Health, Georgia State University (GSU). She is also affiliated with the National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Division of Adult and Community Health, Atlanta, Georgia. In this article, the Adverse Childhood Experiences (ACE) score was found to have a strong graded relationship to the risk of drug initiation from early adolescence into adulthood and to problems with drug use, drug addiction, and parenteral drug use. [Parenteral administration refers to non-oral means of administration, and it is generally interpreted as relating to injecting directly into the body, bypassing the skin and mucous membranes.] According to the authors, because ACEs seem to account for one half to two third of serious problems with drug use, progress in meeting the national goals for reducing drug use will necessitate serious attention to these types of common, stressful, and disturbing childhood experiences by pediatric practice.


Social theorist Gregg Easterbrook uses the term *abundance denial* to describe the tendency of people to construct elaborate rationales for considering themselves deprived even when surrounded by abundance.


This book was subsequently published in 1990 by Hazelden. The copyright is © 1990 Hazelden Foundation.

This book was previously published in 1990 by the Johnson Institute. The 1998 publication has original title, new cover, and new publication date (1998), although it is not listed as a second edition.


Noah Eisenkraft and Hillary Anger Elfenbein describe their research on the importance of affective presence, particularly positive affective presence, as one of the primary determinants of what makes people feel comfortable around another person.


Emory University School of Medicine. (2020, April 20). Wellness guides [Website].

https://med.emory.edu/departments/psychiatry/covid/wellness_guides.html

Key words: COVID-19, Coronavirus

These wellness guides are offered with the aim of helping people cope with the COVID-19 pandemic. Their contents reflect the consensus ideas and recommendations of Emory’s interprofessional group of mental health professionals.


The miracle question has its origins as a modification of a hypnotherapeutic technique used by psychiatrist, Milton Erickson (1954). In his discussion of five case studies, Erickson asks clients, who he has inducted to a hypnotic state, to imagine (or “hallucinate” as he terms it) vivid future scenes where the client is over his or her problem and able function normally.

10.2307/350797


Abstract: Early conduct problems have been linked to early marijuana use in adolescence. The present study examines this association in a sample of 1,076 college students that was divided into three groups: (1) early marijuana users (began marijuana use prior to age 15; N = 126), (2) late marijuana users (began marijuana use at or after age 15; N = 607), and (3) nonusers (never used marijuana; N = 343). A conduct problem inventory used in previous studies was adapted for use in the present study. Early conduct problems were associated with early marijuana use but not with late marijuana use, holding constant other risk factors. Results suggest that early conduct problems are a risk factor for early marijuana use even among academically achieving college-bound students.


Sergi Ferré, M.D., Ph.D. discusses psychostimulant properties of caffeine, the most commonly consumed psychotropic drug in the world.


Key words: COVID-19, Coronavirus

Connie Galietti, J.D, C. Vaile Wright, Ph.D., Shirley Ann Higuchi, J.D., and Lynn Bufka, Ph.D. discuss several factors for psychologists to consider before opening their offices: Determine whether an in-person visit is necessary, review the physical and mental health risks, establish new rules for patients attending in-person sessions, take steps to reduce the spread of COVID-19 in your office, implement policies that protect employees.


Psychiatrist Meredith Ganser, M.D. discusses the implications of the World Health Organization’s (WHO) decision in May 2019 to classify gaming disorder as a medical illness in ICD-11.


While statements from the AA General Service Office (GSO) on the topic of Conference approved literature have been scarce, the GSO issued a statement in a 1978 *Box 459 Newsletter*: “It [Conference Approved] does not mean the Conference disapproves of any other publications. Many local A.A. central offices publish their own meeting lists. A.A. as a whole does not oppose these, any more than A.A. disapproves of the Bible or books on health or any other publications from any source that A.A.’s find helpful. What any A.A. member reads is no business of G.S.O., or of the Conference, naturally. But when you see the emblem shown at the top of this article, you can be sure the material has been through often tediously slow, sometimes tortuous screenings and revisions by the necessary committees and the Conference. (GSOAA, 1978, p. 6)


Psychiatrist Roberta M. Gilbert, M.D. provides a useful observation of Bowen system theory. Although Dr. Gilbert does not specifically address Al-Anon Family Groups in this book, her observation may help explain one of the reasons why may help improve the family situation: “If any family member can change his or her emotional functioning, provided he or she is present and accounted for within the family, the whole family will improve its functioning in response to that change. In the process, the clinical symptom or relationship problem present in the family will generally lessen. Such a viewpoint provides both solid rational for not trying to change others and guidelines for being part of the family without being part of the family problem” (Gilbert, 1992, viii-ix).


COV-19 Health Advisories and updates are available at https://dph.georgia.gov/novelcoronavirus

Georgia Department of Public Health (DPH) Commissioner Kathleen Toomey, M.D.M.P.H. and state officials have confirmed Georgia’s first cases of Coronavirus Disease 2019 (COVID-19) involving two residents of Fulton County who live in the same household. The following statement was listed in the fifth bullet point of the summary and highlighted in boldface at the bottom of the COVID Health Advisory website (but not boldfaced in the summary itself): “Healthcare providers who suspect COVID-19 infection in a patient should report them immediately to DPH by calling 1-866-PUB-HLTH (1-866-782-4584) and ask for a Medical Epidemiologist” (2020, p. 1).


Abstract: Substance abuse continues to be prevalent on college campuses. This study explored the relationships between social interest, social bonding, and hazardous drinking and marijuana use among college students. Results indicate that the social bonding elements of religious commitment, respect for authority, and acceptance of conventional beliefs, along with social interest, significantly differ between groups of students engaged in hazardous drinking and marijuana use.

Glaser, G. (2013). *Her best-kept secret: Why women drink—and how they can gain control*. New York, NY: Simon & Schuster Paperbacks. Book was copyrighted in 2013, and first published by Simon & Schuster in July 2014. Gabrielle Glaser, who opens her book by stating that she is a journalist and not an alcoholic, describes personal experiences and observations of her friends and others in a “survey [that] was decidedly unscientific, but wide ranging” (p. 4). The author describes the increased prevalence of alcohol use, abuse, and dependence among women. Although her book replies mostly on the common criticisms of Alcoholics Anonymous, the book is basically devoid of solutions other than the most popular evidence-based models of treatment. Not surprisingly, the author’s Conclusion of the book offers no new approach: “But maybe, just maybe, we can learn a thing or two from where we’ve been and create a new approach to help women deal with a problem whose consequences in broken families, broken hearts, and broken futures, are all too real (p. 184).


Key words: HCR-20, dangerousness, duty to protect
This paper contains an HCR-20 V2 risk factor literature review.


Key words: HCR-20, dangerousness, duty to protect
This paper contains an HCR-20 V3 risk factor literature review and rationale.


A recent study found that e-cigarettes are nearly twice as effective as conventional nicotine replacement products (e.g., patches or gum) for quitting smoking. The study was conducted in Britain and funded by the National Institute for Health Research and Cancer Research UK. For one year, researchers followed 886 smokers who had been randomly assigned to use either e-cigarettes or traditional nicotine replacement therapies. Both groups also participated in at least four weekly counseling sessions, an element regarded as critical for success. The primary outcome was sustained abstinence for 1 year, which was validated biochemically at the final visit. Participants who were lost to follow-up or did not provide biochemical validation were considered to not be abstinent. The 1-year abstinence rate was 18.0% in the e-cigarette group, compared with 9.9% in the nicotine-replacement group. Article is available at this link.


This article is one of many that have come from the Comprehensive Assessment and Treatment Outcome Research (CATOR) group, which is the largest, multisite, independent evaluation service for substance use treatment effectiveness in the U.S.


In his editorial, Harvey summarizes current literature on the effect of cannabis on cognition. There is a solid body of studies that report a significant irreversible decline in cognitive functioning in adolescents who regularly use cannabis.


Since 1954, *Twenty-Four Hours a Day* has become a stable force in the recovery of many alcoholics throughout the world. With over nine million copies in print (the original text has been revised), this “little black book” offers daily thoughts, meditations, and prayers for living a clean and sober life. It is considered a spiritual resource with practical applications to fit daily lives. “For yesterday is but a dream, and tomorrow is only a vision” is part of the Sanskrit proverb quoted at the beginning of the book which has become one of the basic building blocks for a life of sobriety. In addition to a thought, meditation and prayer for each day of the year, this handy, pocket-sized volume also contains the Serenity Prayer and the 12 Steps and 12 Traditions of Alcoholics Anonymous. It is a simple, yet effective way to help us relate the Twelve Steps to everyday life and helps us find the power not to take that first drink each day.

http://www.cdc.gov/nchs/data/databriefs/db190.pdf


http://www.doctoryourself.com/hoffer_niacin.html


10.1001/jama.2019.11868  
Kevin P. Hill, addiction psychiatrist at the Division of Addiction Psychiatry, Beth Israel Deaconess Medical Center in Boston and faculty member of the Department of Psychiatry at Harvard Medical School states that the non-psychiatric medical benefits of cannabis are very thinly evidenced despite outsized claims to the contrary.

Analyzing survey data from 2,002 U.S. adults who reported resolving a drug or alcohol problem, Hoffman, Vilsaint, and Kelly found that among those who achieved medium-term recovery (between one and five years), people who had resolved an opioid problem were four times more likely than those who had resolved an alcohol problem to have used pharmacotherapy (e.g., methadone, buprenorphine or naltrexone), two and a half times more likely to have used formal addiction treatment, and about two times more
likely to have used recovery support services and support groups such as Narcotics Anonymous and other 12-step programs.


Abstract: Drawing on insights from attachment theory, this study examined whether three types of attachment to God-secure, avoidant, and anxious-were associated with health-risk behaviors, over and above the effects of religious attendance, peer support, and demographic covariates, in a sample of 328 undergraduate college students. Contrary to prior theory, secure attachment to God is not inversely associated with recent alcohol or marijuana use, or substance use prior to last sexual intercourse. Instead, avoidant and anxious attachment to God are associated with higher levels of drinking; anxious
attachment to God is associated with marijuana use; and avoidant attachment to God is associated with substance use prior to last sexual intercourse. These patterns are gender-specific: problematic attachment to God is linked with negative outcomes solely among men.


Abstract: The authors examined the socio-demographics and psycho-behavioral characteristics of undergraduate US college students who abstain from alcohol. Participants: The respondents were 5,210 undergraduates from 32 colleges and universities. Methods: A survey was mailed to 300 randomly selected students per institution (spring 2000 or 2001). The response rate was 56.2%. Results: Overall, 20.5% of the students abstained. Predictors of abstention included the student's own negative attitude toward alcohol use; perception of friends’ alcohol attitudes; male gender; being under age 21; abstaining in high school; non-Greek member or pledge; nonathlete; nonsmoker; non-marijuana user; participant in a religious group; working either 0 or 10+ hours per week for salary; having a mother who abstains; and having a close friend who abstains. Conclusion: Additional research on abstainers is warranted. Campus-based prevention programs should be grounded in a better understanding of how motives not to drink are developed and sustained in high school and college.


In 1979, the National Institute on Drug Abuse (NIDA) sponsored the Treatment Outcome Prospective Study (TOPS), which continued through 1987 to evaluate the overall effectiveness of treatment and to identify certain factors as important determinants of drug abuse treatment success, such as length of time in treatment. In 1992, NIDA began data collection for the Drug Abuse Treatment Outcome Study (the successor to TOPS) to assess the effectiveness of treatment in reducing drug abuse and to identify predictors of drug abuse treatment success.

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Increasing AA attendance leads to short- and long-term decreases in alcohol consumption that cannot be attributed to self-selection.


It is said to be “irresponsible” to encourage patients addicted to opiates to switch to cannabis for their problems with pain.


Key words: American Society of Addiction Medicine (ASAM)

The American Society of Addiction Medicine (ASAM) system is built around criteria dimensions that are used to place patients in one of four levels of care originally presented in this Institute of Medicine (1990) report that described transitions in the alcoholism treatment field. The four levels of care are as follows: Level I (Outpatient...
treatment), Level II (Intensive outpatient and partial hospitalization treatment, Level III (Medically monitored inpatient residential treatment), and Level IV (Medically managed in-patient treatment).


Jackson et al. analyzed data obtained from 13,626 adults (≥20 years) who had participated in the National Health and Nutrition Examination Survey between 2007-08 and 2013-14. Daily chocolate consumption was derived from two 24-hour dietary recalls. Depressive symptoms were assessed using the Patient Health Questionnaire (PHQ-9), with scores above 10 indicating the presence of clinically relevant symptoms. Adults with diabetes were excluded and models controlled for relevant sociodemographic, lifestyle, health-related, and dietary covariates. Three consumer groups were identified (i.e., no chocolate, non-dark chocolate, dark chocolate). Overall, 11.1% of the population reported any chocolate consumption, with 1.4% reporting dark chocolate consumption. Analyses stratified by the amount of chocolate consumption showed participants reporting chocolate consumption in the highest quartile (104 to 454 grams per day) had 57% lower odds of depressive symptoms than those who reported no chocolate consumption) after adjusting for dark chocolate consumption).

Progressive relaxation was developed by Edmund Jacobson, M.D. and presented first in 1908 at Harvard University as a detailed procedure for reducing muscular tension.


William James (1842-1910) was an American philosopher and psychologist, and the first educator to offer a psychology course in the United States. James is considered to be a
leading thinker of the late nineteenth century, one of the most influential philosophers of the United States, and the “Father of American psychology.” This book comprises his edited Gifford Lectures on natural theology, which were delivered at the University of Edinburgh, Scotland between 1901 and 1902. It is the only book cited in the Big Book of Alcoholics Anonymous (AA).

Decision making was conceptualized by Irving L. Janis and Leon Mann (1977) as a decisional “balance sheet” of comparative potential gains and losses. Two components of decisional balance, the pros and the cons, have become core constructs in the Transtheoretical Model.

Young teens who watch a lot of movies with characters drinking alcohol become more susceptible to peer pressure and are more likely to drink at a younger age. Tim Janssen and associates analyzed longitudinal survey data from more than 1,000 sixth-, seventh- and eighth grade students who answered questions about their attitudes about alcohol use four times over three years. The students reported which movies they had seen, which the researchers rated for alcohol content. Students who were exposed to more alcohol use in movies at the start of the study were more likely, over time, to believe that their peers were using alcohol and to say they would drink alcohol offered by a friend. Janssen et al. concluded that these attitude changes predicted a lower age at which participants began drinking alcohol.


Jiang, M. (2020, April 22). The reason Zoom calls drain your energy. BBC. 
https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting?fbclid=IwAR0dgtikzO7wzL8pjCzLLASCTsSkRldKMJd1SYTxQs5oaRyH3T0tsP0NPcI
Key words: Zoom fatigue
Manyu Jiang offers some ideas on why video chat is more difficult and more draining than to face-to-face communication.


Johnson, J. (2010, Spring/Summer). Real people, real programs, real change: What Twelve Step has to say about transformation (and why we should care). Conversations, 8.1, 58-63.


Father Thomas Keating, OCSO, makes a useful observation: “Many AA people are sponsors helping others in their effort of recovery. God is present in service. God is present in human love. God is present in conjugal relationships. God is present in the flowers, in the sunsets, and in the fields. God is present in all of nature without calling it God. Being open to the Higher Power actually opens us to the fact that all creation is
penetrated by a presence that transcends our sensible faculties and introduces us to a world both of mystery and experience” (2009, p. 3).


Based on the October 5, 1968 presentation by Reverend Joseph Kellerman, former Director of the Charlotte, North Carolina, Council on Alcoholism, describes the family disease of alcoholism using a metaphor of a three-act play that includes four main characters: the alcoholic, the enabler, the victim, and the provoker.


Timothy McMahan King said, “Addictions represent finite answers to infinite longings. But adding up the finite over and over will never equal the infinite” (p. 209).

Abstract: Emerging adulthood is a life stage in which the frequency of religious behaviours often wanes while the risk of mental illness, substance abuse, and risky sexual behaviour increases. The current study explores the role that religious behaviours might play in mitigating these risks among college-attending emerging adults. Survey data were collected on religious service attendance, prayer and meditation, substance use, sexual activity, and life satisfaction. Results revealed a significant effect for religious service attendance on substance use and sexual behaviour and for the frequency of prayer/meditation on life satisfaction, marijuana use, and sexual intercourse. Group comparisons revealed that emerging adults who participated in religious activities reported lower rates of substance use, less sexual behaviour, and greater satisfaction with life. Limitations and suggestions for future research are discussed.


Key words: Gaming disorder


Helge Kragh is professor of history of science at the University of Aarhus, Denmark (helge.kragh@ivs.au.dk). Most of his work is in the history of post-1850 physical sciences, including chemistry, astronomy, and cosmology. From 2008 to 2010 he is serving as president for the European Society of History of Science.


Key words: Gaming disorder


The authors outline an Antidepressant Food Scale that lists 12 antidepressant nutrients linked to the prevention and treatment of depression: Folate, iron, long-chain omega-3 fatty acids (EPA and DHA), magnesium, potassium, selenium, thiamine, vitamin A, vitamin B6, vitamin B12, vitamin C, and zinc. On the Antidepressant Food Score (AFS), the highest scoring foods were bivalves such as oysters and mussels, various seafoods, and organ meats for animal foods. The highest scoring plant foods were leafy greens, lettuces, peppers, and cruciferous vegetables.


Keywords: Military, Virtual Reality (VR), Posttraumatic Stress Disorder (PTSD), Military Sexual Trauma

Researchers at the Emory University School of Medicine conducted an initial feasibility study that examined the use of virtual reality exposure therapy (VRE) in the treatment of military sexual trauma-related posttraumatic stress disorder (MST-related PTSD), with newly developed content tailored to MST. Participants included 15 veterans (26% male) with MST-related PTSD. Assessment of PTSD, depression, and psychophysiological indicators of distress occurred at pre-treatment, post-treatment, and 3-month follow-up. Treatment included 6-12 VRE sessions. There were significant reductions in pre- to post-treatment PTSD and depressive symptoms, which were maintained at follow-up. There also was a significant pre- to post-treatment reduction in heart rate response to a trauma cue. The percentage of participants meeting PTSD criteria continued to decline from post-treatment (53%) to follow-up (33%). Findings indicate VRE can be safely delivered and is a promising treatment for MST-related PTSD. As a parenthetical comment, it might be pointed out that the title of the article contains one of the most unusual combinations of punctuation in a scholar journal.


Those remaining active in AA for 90 days are the only ones considered to have “tried AA.”


Key words: American Society of Addiction Medicine (ASAM)


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A cohort of 1,027 individuals in Dunedin, New Zealand born in 1972 or 1973 were evaluated every 2 years from birth up to age 38, with 95% retention. Cannabis use was monitored and IQ testing was performed at ages 8, 11, 13, and 38. Individuals with
persistent cannabis use that began during the adolescent years lost an average of 8 IQ points. In contrast, individuals who began using as adults had no decline in their IQ score. These data support the likelihood of a neurotoxic effect with the regular use of cannabis in the developing brain, resulting in an enduring decline in cognitive function.


Melemis, S. M. [Dr. Steven Melemis]. (2014, November 28). *Relapse prevention: Early warning signs and important coping skills* [Video file].
https://www.youtube.com/watch?v=FmjjxDwO1c
Steven Melemis, M.D., Ph.D. presents a three-stage model of relapse, including relapse prevention strategies.


doi:10.1037/0022-006X.70.5.118
The authors conducted a clinical analysis of methods that were used by concerned significant others (CSOs) to encourage alcoholics to seek treatment. The results of the study indicated that Al-Anon participation was “mostly ineffective” towards this goal. Instead, the psychologists found Community Reinforcement Approach and Family Training (CRAFT) “significantly more” effective than Al-Anon participation in arresting alcoholism in others. See also Miller, Meyers, and Tonigan (1999).

Mike O. (1998, January 10). The roundtable of AA history [Website].
http://silkworth.net/silkworth/silkworth_bio.html


In his editorial, John J. Miller, M.D. provides a brief literature review and discusses two potentially serious adverse effects from the regular use of cannabis (THC) on the
developing brain: “increased incidence and earlier onset of psychosis in individuals already at risk and cognitive impairments that can be irreversible. Ideally, as with alcohol and cigarettes, cannabis should not be used until the brain is fully developed, somewhere between the ages of 21 and 25” (p. 9).


The authors conducted a clinical analysis of methods that were used by concerned significant others (CSOs) to encourage alcoholics to seek treatment. The results of the study indicated that Al-Anon participation was “mostly ineffective” towards this goal. Instead, the psychologists found Community Reinforcement Approach and Family Training (CRAFT) “significantly more” effective than Al-Anon participation in arresting alcoholism in others. See also Meyers, Miller, Smith, and Tonigan (2002).


https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6876533/

Key words: American Society of Addiction Medicine (ASAM)
Leslie C. Morey, Ph.D., discusses the recently (at that time) published patient placement criteria. American Society of Addiction Medicine (ASAM) has developed a set of criteria aimed at helping clinicians select from four levels of care the one most appropriate for each patient. The ASAM criteria are designed around six criteria dimensions reflecting the severity of the patient’s alcohol-related problems. Although they also have been criticized in some respects, the ASAM criteria are the most widely used placement criteria for alcoholism treatment and reimbursement.


Mowrer, O. A. (1939). A stimulus-response analysis of anxiety and its role as a reinforcing agent. *Psychological Review, 46*, 553–565. Mowrer’s model provides the basis of the contemporary two-factor theory of how obsessive-compulsive cycle is maintained. Neutral stimuli become distress stimuli through their association with pain or fear. Escape and avoidance behaviors are learned in order to reduce distress (via negative reinforcement). Dollard and Miller (1950) used Mowrer’s model to explain how, in obsessive compulsive disorder, the escape and avoidance takes the form of rituals and compulsions.


National Center for Chronic Disease Prevention and Health Promotion. Office on Smoking and Health. (2014). *The health consequences of smoking—50 years of progress: A report of*


NIAAA defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours. The Substance Abuse and Mental Health Services Administration (SAMHSA), which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month. SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month. Binge drinking and heavy alcohol use can increase an individual’s risk of alcohol use disorder. According to NIAAA, certain people should avoid alcohol completely, including those who: (1) Plan to drive or operate machinery, or participate in activities
that require skill, coordination, and alertness, (2) Take certain over-the-counter or prescription medications, (3) Have certain medical conditions, (4) Are recovering from alcohol use disorder or are unable to control the amount that they drink, (5) Are younger than age 21, and (6) Are pregnant or trying to become pregnant.


The *Project MATCH* manuals (Volumes 1–3), which focus on three forms of behavioral therapy, have been used in clinical practice as a teaching tool in therapist training and as behavioral platforms in clinical trials. The manuals are used in diverse settings, from public and private practices and academic research to pharmaceutical industry trials. Volumes 4–8 focus on assessment instruments and compliance to treatment regimens and research protocols and examine the results and analysis of the causal chains involved in addiction.


According to NIDA (2019, p. 1), “Kratom is a tropical tree (*Mitragyna speciosa*) native to Southeast Asia, with leaves that contain compounds that can have psychotropic (mind-altering) effects. Kratom is not currently an illegal substance and has been easy to order on the internet. It is sometimes sold as a green powder in packets labeled “not for human consumption. It is also sometimes sold as an extract or gum (NIDA, 2019). Kratom can cause effects similar to both opioids and stimulants. Two compounds in kratom leaves, *mitragynine* and *7-α-hydroxymitragynine*, interact with opioid receptors in the brain, producing sedation, pleasure, and decreased pain, especially when users consume large amounts of the plant. Mitragynine also interacts with other receptor systems in the brain to produce stimulant effects. When kratom is taken in small amounts, users report increased energy, sociability, and alertness instead of sedation. However, kratom can also cause uncomfortable and sometimes dangerous side effects.


New research: Overprescribing of postsurgical opioids poses a serious threat to patients and their communities. (2017, September 26). [URL](https://globenewswire.com/)


Charles P. O’Brien M.D., Ph.D. (University of Pennsylvania), Nora Volkow M.D. (Director of the National Institute on Drug Abuse; NIDA), and Ting-Kai Li, M.D. (School of Medicine, Indiana University Purdue University Indianapolis; IUPUI) have stated that the American Psychiatric Association committee responsible for revising the DSM-III in the 1980s favored the term “dependence” over “addiction” by a single vote. “The adaptations associated with drug withdrawal are distinct from the adaptations that result in addiction, which refers to the loss of control over the intense urges to take the drug even at the expense of adverse consequences.” These authors and other psychiatrists have argued that the DSM conflates addiction and dependence.


[This article was published online on 29 May 2018. Errors were subsequently identified in the text of section 5.3 and 7.2. The article was corrected on 30 June 2018.]. Oscar Oviedo-Trespalacios, Md, Mazarul Haque, Mark King, and Simon Washington found that talking on a mobile device increases crash risk by 2.2 times whereas texting increases risk by 6.1 times. The authors used an innovative questionnaire, which included randomized textual and visual scenarios. The questionnaire was administered to collect data from a sample of 447 drivers in South East Queensland-Australia (66% females; n = 296).


Note: This book is not required, but this edition or any of its previous editions will make the required Case Study/Treatment Plan easier to complete.


Among other topics addressed in their book, Pope and Vasquez (2016) provide a list of 26 logical fallacies that can slide into the background of psychotherapy and blend in with a therapist’s best reasoning. Of particular interests to diagnosticians is the “Nominal Fallacy” (i.e., the mistake of assuming that because we have given a name to something, therefore we have explained it). For a review of “Common Logical Fallacies in Psychology: 26 Types and Examples,” see this link: https://kspope.com/fallacies/fallacies.php


The Premack principle was originally derived from a study of Cebus monkeys by David Premack (1925-2015), Professor of Psychology at the University of Pennsylvania. Premack observed monkeys would perform less desirable activities in order to have an opportunity to perform a more desirable activities. In other words, activities themselves may be positive reinforcers. This principle has been widely used by therapists who practice Applied Behavior Analysis. In behavioral terms, if high-probability behaviors (more desirable behaviors) are made contingent upon lower-probability behaviors (less desirable behaviors), then the lower-probability behaviors are more likely to occur. Operationally defined, more desirable behaviors are simply those behaviors that individuals spend more time doing if permitted, whereas less desirable behaviors are those that individuals spend less time doing when acting freely. The principle is a restatement of the folk wisdom of “Grandma’s rule” (i.e., “Work before play”).


This article is one of many that have come from the Comprehensive Assessment and Treatment Outcome Research (CATOR) group, which is the largest, multisite, independent evaluation service for substance use treatment effectiveness in the U.S. Abstract: “There is little disagreement in the substance use treatment literature regarding the conceptualization of substance dependence as a cyclic, chronic condition consisting of alternating episodes of treatment and subsequent relapse. Likewise, substance use treatment efforts are increasingly being contextualized within a similar disease
management framework, much like that of other chronic medical conditions (diabetes, hypertension, etc.). As such, substance use treatment has generally been viewed as a process comprised of two phases. Theoretically, the incorporation of some form of lower intensity continuing care services delivered in the context of outpatient treatment after the primary treatment phase (e.g., residential) appears to be a likely requisite if all stakeholders aspire to successful long-term clinical outcomes. Thus, the overarching objective of any continuing care model should be to sustain treatment gains attained in the primary phase in an effort to ultimately prevent relapse. Given the extant treatment literature clearly supports the contention that treatment is superior to no treatment, and longer lengths of stay is associated with a variety of positive outcomes, the more prudent question appears to be not whether treatment works, but rather what are the specific programmatic elements (e.g., duration, intensity) that comprise an adequate continuing care model. Generally speaking, it appears that the duration of continuing care should extend for a minimum of 3 to 6 months. However, continuing care over a protracted period of up to 12 months appears to be essential if a reasonable expectation of robust recovery is desired. Limitations of prior work and implications for routine clinical practice are also discussed.”


Project MATCH Research Group involved an eight-year, multisite trial that was the largest and most statistically powerful clinical trial of psychotherapies ever undertaken in the U.S. One overall conclusion was that Twelve Step Facilitation Therapy, Cognitive Behavioral Therapy, and Motivational Enhanced Interviewing produced similar drinking outcomes in which no single treatment approach was effective for all persons with alcohol problems. A promising strategy that emerged from Project MATCH involves assigning patients to alternative treatments based on specific needs and characteristics of patients. The single confirmed match is between patients with low psychiatric severity and 12-step facilitation therapy. Such patients had more abstinent days than those treated with cognitive-behavioral therapy.


Don’t shoot the dog: The new art of teaching and training. New York, NY: Simon and Schuster. [A paperback version of this book was also published in by Bantom Books in 2006.]

Karen Pryor, who is one of the early proponents of clicker training and the use of operant principles to train dolphins, provides an insightful and practical discussion of operant techniques and schedules of reinforcement that are used by professional dog trainers as well as by psychologists treating behavioral problems.


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prohibiting unauthorized disclosures of patient records except in limited circumstances. There is also discussion of differences between 42 CFR Part 2 and HIPAA.


Brian Resnick discusses some of the most common etiological factors involved with pain (e.g., catastrophizing, central sensitization, “kinesthetic hallucination”). He discusses some of the most common cognitive behavioral therapy tools that psychologists use in helping people manage pain. Some of these tools include reducing catastrophic thinking, using somatic tracking exercises, pain processing therapy, encouraging physical exercise, and so forth.


Monica Richardson interviews California clinical social worker, Jack Trimpey, LCSW, who was the founder of Rational Recovery. In 1983, his wife Lois asked Jack to choose between his long-standing alcohol addiction and remaining in the Trimpey family. Although his first reaction was anger, Jack grudgingly accepted her terms and they soon decided to create Rational Recovery, an alternative to 12-step recovery.


Using the Brown–Silverman drug pricing model to link marijuana price and weight, the authors were able to infer the distribution of grams of marijuana in a joint and provide a Bayesian posterior distribution for the mean weight of marijuana in a joint. The authors conclude that the average weight of marijuana in a joint is estimated to be 0.32 gram (95% Bayesian posterior interval: 0.30–0.35/0.30–0.35).

Robbins, T. W., & Everitt, B. J (1 May 1996, May 1). Neurobehavioral mechanisms of reward and motivation. ResearchGate, 6(2), 228-236.10.1016/S0959-4388(96)80077-8


Franciscan priest Richard Rohr observes that we want to attach to something that will never let us down, something all-powerful, all-nurturing, truly liberating. With any addiction we need more and more of it because each time we experience the emptiness afterward. It’s never enough to fill the God-sized hole inside of us.

According to Franciscan priest Richard Rohr, “Full sobriety is not just to stop drinking, but to become a spiritually awakened person who has found some degree of detachment from your own narcissistic emotional responses (p. 1).


British epidemiologist Geoffrey Rose (1981) was the first person to describe a phenomenon that he termed the prevention paradox. Rose observed the seemingly contradictory situation in which the majority of cases of a disease occur in people who are at low or moderate risk of a disease, whereas only a minority of cases of the same disease occur in high risk segments of a population. This statistical phenomenon occurs because the number of people at high risk is small, whereas the number of people at lower risk is large. In the field of substance use disorders, the implication is that greater societal benefit will occur by achieving a small reduction in substance abuse within a far larger group of “at-risk” users with less serious problems than by trying to reduce problems among a smaller number of substance dependent drinkers. The reasoning is statistical. For example, most alcohol problems are found among substance abusers rather than substance dependent people.


Keywords: Virtual Reality (VR), Posttraumatic Stress Disorder (PTSD)

Barbara Rothbaum, Ph.D., who at the time of her early research was affiliated with the College of Computing, Georgia Institute of Technology, is sometimes cited as the researcher who first demonstrated the use of virtual reality to treat a psychological condition (fear of heights). She and her colleagues studied the efficacy of computer-generated (virtual reality) graded exposure in the treatment of acrophobia (fear of heights). In this landmark study, 20 college students with acrophobia were randomly assigned to virtual reality graded exposure treatment (N = 12) or to a waiting-list comparison group (N = 8). Seventeen students completed the study. Sessions were conducted individually over 8 weeks. Outcome was assessed by using measures of anxiety, avoidance, attitudes, and distress associated with exposure to heights before and after treatment. Significant differences between the students who completed the virtual reality treatment (N = 10) and those on the waiting list (N = 7) were found on all measures. The treatment group was described as significantly improved after 8 weeks, but the comparison group was unchanged.


Keywords: Military, Virtual Reality (VR), Posttraumatic Stress Disorder (PTSD), Trauma

The authors examined the effectiveness of virtual reality exposure augmented with D-cycloserine or alprazolam, compared with placebo, in reducing posttraumatic stress disorder (PTSD) due to military trauma. After an introductory session, five sessions of virtual reality exposure were augmented with D-cycloserine (50 mg) or alprazolam (0.25 mg) in a double-blind, placebo-controlled randomized clinical trial for 156 Iraq and Afghanistan war veterans with PTSD. The authors found that PTSD symptoms significantly improved from pre- to posttreatment across all conditions and were maintained at 3, 6, and 12 months. There were no overall differences in symptoms between D-cycloserine and placebo at any time. Alprazolam and placebo differed significantly on the Clinician-Administered PTSD Scale score at posttreatment and PTSD diagnosis at 3 months posttreatment; the alprazolam group showed a higher rate of PTSD (82.8%) than the placebo group (47.8%). Between-session extinction learning was a treatment-specific enhancer of outcome for the D-cycloserine group only. At posttreatment, the D-cycloserine group had the lowest cortisol reactivity and smallest startle response during virtual reality scenes.


Key words: Gaming disorder


Schedules of Controlled Substances, 21 C.F.R. § 1308, 1312 (1999, July 2) [Volume 64, Number 127]


Shankar Vedantam, journalist and science correspondent for NPR, narrates a podcast describing the history of operant conditioning, including brief excerpts from interviews with animal behavioral trainer and clicker trainer, Karen Pryor, and voice-recordings from Harvard Psychology Professor and behaviorist, B. F. Skinner. The podcast also includes an interview with Border collie enthusiast and orthopedic surgeon Martin Levy, M.D. on how he uses operant conditioning with the clicker to teach Frisbee throwing and surgical techniques to incoming surgical residents at a teaching hospital in New York.


Key words: Self-care, self care

This popular book provides some inspiring stories of Positive Psychology in action, including how the U.S. Army is now trained in emotional resilience; how innovative schools can educate for fulfillment in life and not just for workplace success; and how corporations can improve performance at the same time as they raise employee well-being. With interactive exercises to help readers explore their own attitudes and aims. Here is an example of a typical positive psychology exercise that has been around for many years: “Every night for the next week, set aside ten minutes before you go to sleep. Write down three things that went well today and why they went well” (Seligman, 2011, p. 33).


On-Demand Publishing, LLC, doing business as CreateSpace, is a self-publishing service owned by Amazon. The company was founded in 2000 in Charleston, South Carolina as BookSurge and was acquired by Amazon in 2005. The headquarters of CreateSpace is Scotts Valley, California. Originally published in the 1920s, *Children of the Second Birth* is filled with stories of men and women who had their lives changed by turning to God. The book contains stories of people who, under the guidance of Rev. Shoemaker, utilized the Oxford Group principles and found miracles. These men and women came from the depths of desperation and despair to places of happiness and joy. The touching journeys that they went through gave others the hope that they too could have a new life filled with peace and serenity. The book has implications for contemporary people, who can achieve the same results as the people mentioned in this book did a century ago. The editor of this book is Carl “Tuchy” Palmieri, the author of a series of self-help books.


John David Sinclair, Ph.D. is the originator of The Sinclair Method (TSM) of treatment. The Sinclair Method (TSM) is a treatment for alcohol addiction that uses a technique called pharmacological extinction—the use of an opiate blocker, such as naltrexone, to turn habit-forming behaviors into habit erasing behaviors. The effect can result in a person’s craving for alcohol returning to its pre-addiction state. Proponents of TSM claim that TSM is equally effective with or without therapy, so patients can choose whether or not to combine TSM with therapy. Extinction usually occurs within 3-4 months. About one quarter of those on TSM become 100% abstinent. Those who continue to drink will have to take their medication prior to drinking for as long as they continue to drink. The method has been reported to be successful in the “developing world” where traditional rehabilitation facilities are often unavailable.


[https://www.cnsproductions.com/pdf/12step.PDF](https://www.cnsproductions.com/pdf/12step.PDF)


Solomon and Corbit speculated that neurochemical processes may desensitize overstimulated hedonic pathways in the brain, which may prevent persistently high levels of intense positive or negative feelings.


Psychiatrist Cornel N. Stanciu, M.D., M.R.O., provides a brief summary, supported by citations from peer-reviewed publications, of some of the effects of cannabis:

Consumption of cannabis during pregnancy results in cannabinoid placental crossing and accumulation in the fetal brain, and other organs, where it interferes with neurodevelopment and the endocannabinoid system. Use during the postnatal period can also lead to secretion in breast milk for extended periods (up to a week) after last use. From retrospective studies, cannabis ingestion has been associated with anemia in the mothers as well as low birth weights, greater risk of preterm and stillbirths, as well as increased need for neonatal intensive care unit admissions. Although there is no phenotypic syndrome and no overt birth defects, a review of two longitudinal studies indicates the majority of the teratogenicity translates later in life, beyond the infant developmental stage. Children born to mothers who used during pregnancy have higher rates of impulsivity, delinquency, learning and memory impairment, as well as executive function deficits. There is also an increased association with psychosis proneness during middle childhood. Dr. Stanciu points out that in 2018, the American College of Obstetricians and Gynecologists (ACOG) released guidelines advising physicians to screen for cannabis use in pregnant and breastfeeding women and encourage them to quit.


As a source of antisocial behavior, alcohol is implicated in nearly 88% of knife stabbings, 70% of fatal car accidents, 65% of murders, 65% of spouse battering, 60% of burglaries, 55% of violent child abuse, and at least 30% of suicide.


Substance Abuse and Mental Health Administration. (n.d.). *SAMHSA’s National registry of evidence-based programs and practices*. Rockville, MD: Author. [Link to registry](https://nrepp.samhsa.gov/AllPrograms.aspx)

This link is no longer active and has been replaced by SAMHSA’s evidence-based practice resource center, which is available at [www.samhsa.gov/ebp-resource-center](https://www.samhsa.gov/ebp-resource-center).


This link provides hundreds of SAMHSA’s evidence-based resources.


The Drug Abuse Warning Network (DAWN) was a public health surveillance system that monitored drug-related hospital emergency department visits in order to report on the impact of drug use, misuse, and abuse in metropolitan areas and across the nation. DAWN was discontinued in 2011, but SAMHSA has subsequently developed other sources of data on drug-related emergency visits.


Substance Abuse and Mental Health Administration. (2019, April 14). *SAMHSA’s Evidence-Based Practice Resource Center*. Rockville, MD: Author.  
https://www.samhsa.gov/ebp-resource-center

SAMHSA’s Evidence-Based Practices Resource Center aims to provide communities, clinicians, policy-makers and others in the field with the information and tools they need to incorporate evidence-based practices into their communities or clinical settings. The Resource Center contains a collection of scientifically-based resources for a broad range of audiences, including Treatment Improvement Protocols, toolkits, resource guides, clinical practice guidelines, and other science-based resources.


Taylor, M., Mackay, K., Murphy, J., McIntosh, A., McIntosh, C., Anderson, S., & Welch, K. (2012). Quantifying the RR of harm to self and others from substance misuse: Results from a survey of clinical experts across Scotland. *British Medical Journal Open, 2*(4), 1-7. e000774. 10.1136/bmjopen-2011-000774

http://www.psychiatrictimes.com/sites/default/files/legacy/mm/digital/media/psy1118_ezine.pdf  
Thibaut’s article is available at http://www.psychiatrictimes.com/special-reports/gender-differences-addiction-clinical-implications


Tippett, P. (2020, April 7). Saving your health, one mask at a time [Post]. LinkedIn.  
https://www.linkedin.com/pulse/saving-your-health-one-mask-time-peter-tippett-md-phd/?fbclid=IwAR2LF08YfoBknffkBC1688pCZsSMK5ScnwXVTmkWb72WfvrX2Rpr_5GE4I  
Peter Tippett, M.D., Ph.D. is an Internal Medicine-certified, Emergency Room physician with a Ph.D. in Biochemistry. Dr. Tippett explains how personal protection from a virus like SARS-CoV-2 (the formal name of the virus that causes COVID-19) works, how any given measure individually lowers risk, how various countermeasures work together, and how some simple guidelines can offer protection.


Based in part on the Jack Trimpey’s Addictive Voice Recovery Technique® (AVRT), this book is known as “the small book” of Rational Recovery.


The authors discuss advances in neuroscience and addiction research that have help to describe the neurobiological changes that occur when a person transitions from casual or recreational substance use to a substance use disorder or addiction. Understanding both the etiology and consequences of substance use in vulnerable populations, including those whose brains are still maturing, has revealed behavioral and biological characteristics that can increase risks of addiction. The authors emphasize that these findings have implications for law- and policymakers, as the opioid epidemic increases, as more states legalize marijuana, as new products including electronic cigarettes and newly designed abused substances enter the legal and illegal markets, and as “deaths of despair” from alcohol and drug misuse continue.


https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/podat_1.pdf

http://www.ptsd.va.gov/


This article summarizes Vaillant’s 1995 book.


Cocaine or methamphetamine abuse leads to more rapid and severe consequences in adolescents that it does in adults. Average time from first use to addiction is 1.5 years in adolescents compared to 4 years in adults.


Teens who use e-cigarettes or other noncigarette tobacco products are more likely than their peers to start smoking conventional cigarettes within one year. Watkins et al. surveyed more than 10,000 U.S. teens, ages 12 to 17, about their use of e-cigarettes, hookahs, chewing tobacco, and other tobacco products. At the start of the study, none of the teens had ever smoked a conventional cigarette. When the researchers followed up after one year, 4.6 percent of the teens overall had gone on to try a cigarette. Among those who had used e-cigarettes or other tobacco products at the beginning of the study, 18 to 19 percent had tried a conventional cigarette.


White, W. (1998). *Slaying the dragon: The history of addiction treatment and recovery in America*. Bloomington, IL: Chestnut Health Systems. Based on more than 20 years of research, William White tells the of America’s personal and institutional responses to alcoholism and other addictions. It is the story of mutual aid societies: the Washingtonians, the Blue Ribbon Reform Clubs, the Ollapod Club, the United Order of Ex-Boozers, the Jacoby Club, Alcoholics Anonymous, and Women for Sobriety. It is a story of addiction treatment institutions from the inebriate asylums and the Keely Institutes to Hazelden and Parkside. It is a story of evolving treatment interventions that range from water cures and mandatory sterilization to aversion therapies and methadone maintenance.


Williams, T. (1979). *Crossing the thin line*. Center City, MN: Hazelden. In this pamphlet, Terrence Williams, M.A. encourages people to look at their own drinking habits to decide if they are crossing the very thin line between social drinking and alcoholism.


Wilson, B. (1967). *The Vitamin B-3 therapy: The first communication to AA’s physician*. 
Wilson, B. (1968). *The Vitamin B-3 therapy: A second communication to AA’s physicians*.


Janet Woititz is considered by many mental health professionals to be the person who coined the term adult children of alcoholics.


When an alcoholic’s spouse is active in Al-Anon, the alcoholic is active in AA, the alcoholic is more likely to be abstinent, marital happiness is more likely to be increased, and parenting by both is more likely to improve.


The purposes of this study was to examine whether bipolar disorder patients who stop cannabis use during a manic/mixed episode have better clinical and functional outcomes than continued use or never use. The three cannabis use groups were (1) current use
(between 12-week and 24-month visits), (2) no current but previous use (during first 12 weeks), and (3) never use. Of 1,922 patients analyzed, 6.9% were current users, 4.6% previous users, and 88.5% never users. Previous users had highest rates of remission (68.1%) and recovery (38.7%), and lowest rates of recurrence (42.1%) and relapse (29.8%). Previous users had similar outcomes to never users, whereas current users had lower recovery, lower remission, higher recurrence, greater work impairment, and were more likely not to be living with partner than never users. The authors concluded that bipolar patients who stop using cannabis during manic/mixed episode have similar clinical and functional outcomes to never users, while continued use is associated with higher risk of recurrence and poorer functioning.
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