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).


Note: 1955 edition was written by Lois Wilson.


The book *Living With an Alcoholic* is an expanded and revised version of the original book titled *The Al-Anon Family Groups* (1955), which was Al-Anon’s first book.


The original B-4 book *The Dilemma of the Alcoholic Marriage* was published in 1977.


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 provocer.


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


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.


Addictions Course Resources


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.


Andréasson, S., Allebeck, P., Engström, A., & Rydberg, U. (1987, December 26). Cannabis and schizophrenia. A longitudinal study of Swedish conscripts. *Lancet, 2*(98574), 1483-1486. 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.


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.


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, P., & Campbell, D. T. (1971). Hedonic relativism and planning the good society. In M. H. Appley (Ed.), *Adaptation level theory: A symposium* (pp. 287-302). New York: Academic Press. Brickman and Campbell coined the term *hedonic treadmill*, which is also known as hedonic adaptation or hedonic habituation. This theory holds that as a person makes more money, expectations and desires rise in tandem, which results in no permanent gain in happiness.

participants. *Journal of Religion and Health, 52*(1), 107–113. 10.1007/s10943-011-9456-x


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


Addictions Course Resources


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.


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.


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.


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.


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.


Table 7.1 shows Safety Ratio and Dependence Potential of Psychoactive Drugs


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.


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.


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).


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](http://www.baylor.edu/content/services/document.php/144582.pdf).


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.


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.


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.


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 Janseen 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.


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.


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.


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


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.


The first edition of this book was published in 1999.


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.


Steven Melemis, M.D., Ph.D. presents a three-stage model of relapse, including relapse prevention strategies.


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 Center on Alcoholism, Substance Abuse, and Addictions (CASAA) is a multidisciplinary research center at the University of New Mexico.


Perkinson, R. R., Jongsma, A. E., Jr., & Bruce, T. J. (2014). *The addiction treatment planner* (5th ed.). New York, NY: Wiley. 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.


Petry, N. M., Stinson, F. S., & Grant, B. F. (2005). Comorbidity of DSM-IV pathological gambling and other psychiatric disorders: Results from the National Epidemiological


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](https://kspope.com/fallacies/fallacies.php)


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.


Herbert Quay discusses how an imbalance between the behavioral inhibition system (BIS) and the reward system (RS) may make negative feelings (i.e., fear and anxiety) produced by the BIS less apparent, while making the positive feelings (i.e., euphoria) produced by the RS more prominent in individuals with antisocial personality disorder.


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.

Richmont Graduate University. (2019). *CED 6832: Addictions counseling: An integrative approach to assessment and treatment* [Course syllabus of William F. Doverspike]. Available at https://ecams.richmont.edu/


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).


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


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.


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.


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.


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


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.


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


Thibaut’s article is available at http://www.psychiatrictimes.com/special-reports/gender-differences-addiction-clinical-implications


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. 


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.


Addictions Course Resources


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.


William F. Doverspike, Ph.D., ABPP
Addictions Course Resources


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.


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