



Addiction

- Describing addiction: physical and psychological dependence, tolerance and withdrawal syndrome.
- Risk factors in the development of addiction, including genetic vulnerability, personality and social influences.
- Explanations for nicotine addiction: brain neurochemistry, including the role of dopamine, and learning theory as applied to nicotine addiction, including reference to cue reactivity.
- Explanations for gambling addiction: learning theory as applied to gambling, including reference to partial and variable reinforcement; cognitive theory as applied to gambling, including reference to cognitive bias.
- Reducing addiction: drug therapy; behavioural interventions, including aversion therapy and covert sensitisation; cognitive behaviour therapy.
- The application of Prochaska's six-stage model of behaviour change.

