

## **ADDICTION**

“Addiction is a game. A game you know the ending of, yet you dare to play it. Addiction is not a single-person game. It is a show where multiple players have a role in it. Neither watching it played nor being a part of the game is pleasant. Nevertheless, the game is played in a never-ending loop... Spoiling the game of addiction brings chaos. And only those who are able to endure chaos can create a new game...” (Ögel,2015)

Addiction is a biopsychosocial disorder, which involves an unstoppable urge to continue to use a substance or continued exhibition of a repetitive behaviour despite physical or social harm, need for noticeably increased amounts of the substance to achieve desired effect, and a feeling of deprivation when the use is stopped or interrupted.

Common types of addiction include alcohol, substance, and nicotine addiction. The latest research, however, show that some types of behaviours as well have been a growing problem, manifesting symptoms similar to substance addiction. Therefore, addiction can be classified in two main categories: substance addiction and non-substance addiction. Non-substance addiction is rather a new field in the realm of psychology, and it is also called behavioural addiction. The biggest difference between the two types of addiction is that either of them can vary depending on the person. For instance, people who frequently take drugs are likely to develop an addiction while not everyone who often shops are necessarily a shopping addict.

There are multiple factors that contribute to the development of an addiction, including a person’s psychological state, genetic, environmental, and cultural factors, easy accessibility to drugs, and so on. But the fundamental ones are biological. The process of substance use usually starts with experimentation and then it evolves into being a social user, followed by abuse and dependency. Most people take lightly the experimentation stage of addiction. They believe they are in control, and they won’t use it if they don’t want to. However, as the addiction deepens, users start spending more time trying to control their substance abuse, accessing the substance, and using it, consequently, bringing about relational problems.

## **TYPES OF ADDICTION**

According to WHO, types of substance addiction are,

- Opioid addiction
- Alcohol, barbiturate, benzodiazepine addiction
- Cannabis addiction
- Cocaine addiction
- Stimulant addiction
- Hallucinogen addiction
- Inhalant and solvent addiction
- Tobacco addiction

DSM-5 lists nine types of substance addictions.

- Alcohol
- Caffeine
- Cannabis
- Hallucinogens (LSD, mescaline, phencyclidine etc.)
- Inhalants (paint thinners, gasoline, glues etc.)
- Opioids (morphine, heroin, codeine, methadone etc.)
- Sedatives, hypnotics, and anxiolytics (diazepam etc.)
- Stimulants (amphetamine, ecstasy, cocaine vb.)
- Tobacco
- Other substances

Behavioural addictions,

- Internet addiction
- Gambling addiction
- Shopping addiction
- Sex addiction
- Relationship addiction
- Food addiction

References

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