

BEHAVIOURAL ADDICTION

Behavioural addiction is a type of addiction involving a compulsion to continually engage in rewarding non-substance or alcohol-related behaviours. The pattern is similar to substance addiction, where the person spends the majority of his/her time thinking about or arranging to engage in the behaviour. There are many types of behavioural addiction, some of them include: (Bektaş, 2018).

- Pathological gambling behaviour,
- Problematic internet use,
- Problematic video game use,
- Problematic online gaming,
- Problematic social media use,
- Compulsive buying,
- Exercise addiction,
- Hypersexual disorders,
- Certain types of eating disorders,
- Human addiction
- Addiction to excitement and danger
- Relationship addiction etc.

Signs and Symptoms of Addictive Behaviours:

- The person becomes preoccupied with the addiction and spends a lot of time on engaging in the behaviour or planning to engage in it. The person's emotions, thoughts and other behaviours are affected by this compulsion.
- By frequently engaging in the behaviour, the person uses it to deal with difficulties and problems. The repetitive behaviour is sometimes aimed at taking pleasure or sometimes lowering anxiety and stress.
- Just like in substance addiction, in time, the person develops tolerance, feeling a strong need to engage in the behaviour more and more to achieve the desired effect.
- When the person does not engage in the repetitive behaviour, they experience unpleasant symptoms like restlessness, agitation, tremors, dizziness.
- Although the person might be able to occasionally manage the behaviour, they start engaging in it again after a short while.

Goodman's diagnostic criteria for addictive disorder

- A. Recurrent failure to resist impulses to engage in a specified behaviour
- B. Increasing sense of tension immediately prior to initiating the behaviour
- C. Pleasure or relief at the time of engaging in the behaviour
- D. A feeling of lack of control while engaging in the behaviour
- E. At least five of the following:
 1. Frequent preoccupation with the behaviour or with activity that is preparatory to the behaviour

2. Engaging in the behaviour over a longer period than intended
 3. Repeated efforts to reduce, control or stop the behaviour
 4. A great deal of time spent in activities necessary for the behaviour, engaging in the behaviour or recovering from its effects
 5. Frequent engaging in the behaviour when expected to fulfil occupational, academic, domestic, or social obligations
 6. Important activities given up because of the behaviour
 7. Continuation of the behaviour despite knowledge of having a recurrent social, financial, psychological, or physical problem that is caused by the behaviour
 8. Tolerance: need to increase the intensity or frequency of the behaviour in order to achieve the desired effect or continue behaviour of the same intensity
 9. Restlessness or irritability if unable to engage in the behaviour
- F. Symptoms lasting for at least 1 month or occurring repeatedly over a longer period of time.

The 5th edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5) has introduced some major changes to the classification of disorders including substance abuse and obsessive-compulsive disorders. While pathological gambling was classified as a disorder of impulse control in DSM-III, gambling disorder has now been placed in behavioural addictions category in DSM-5, since research findings show that gambling disorder is similar to substance-related disorders.

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