

Drugs and Addictive Behaviours

Code: 102859
ECTS Credits: 3

Degree	Type	Year	Semester
2502442 Medicine	OT	2	2
2502442 Medicine	OT	3	0
2502442 Medicine	OT	4	0
2502442 Medicine	OT	5	0
2502442 Medicine	OT	6	0

Contact

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Use of Languages

Principal working language: catalan (cat)
Some groups entirely in English: No
Some groups entirely in Catalan: Yes
Some groups entirely in Spanish: No

Teachers

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Joan Taberner Viera

Prerequisites

Basic knowledge of basic psychological processes. Understanding of English

Objectives and Contextualisation

The subject Drugs and Addictive Behaviors is taught in the second year of the Medicine degree. The general objective of the subject is to ensure that students know the dynamics of addictive behavior from a psycho- and neurobiological perspective.

The course offers a current view of the various neurobiological and psychological mechanisms involved in the initiation and maintenance of addictive behavior, with special emphasis on the most outstanding scientific findings from basic and applied perspectives. Basic concepts will be introduced to understand addictions (tolerance, dependence and withdrawal syndrome, among others).

The neurobiological and psychological mechanisms underlying drug dependence as well as the properties of the different substances considered as addictive and of behaviors classified as behavioral addictions will be explained. Mention will be made of the most common diagnoses, treatments and therapeutic utilities of each of the different drug families.

Competences

Medicine

- Accept one's role in actions to prevent or protect against diseases, injuries or accidents and to maintain and promote health, on both personal and community-wide levels.
- Demonstrate understanding of the causal agents and the risk factors that determine states of health and the progression of illnesses.
- Demonstrate understanding of the importance and the limitations of scientific thought to the study, prevention and management of diseases.
- Demonstrate understanding of the principles of normal human behaviour and its alterations in different contexts.

Learning Outcomes

1. Argue for future strategies in various areas of mental health, from a scientific perspective.
2. Discuss findings from reliable studies and argue for future strategies in various areas of mental health, from a scientific perspective.
3. Draw up a plan to promote healthy behaviours in different types of patients and circumstances.
4. Establish links between behaviour patterns, personality and health.
5. Identify adaptive and non-adaptive lifestyles for physical and mental health.
6. Identify the biological, psychological and social mechanisms of mental disorders in childhood/adolescence, adulthood and old age, and aggressive behaviour, addictive habits and anomalies in sexual behaviour.
7. Predict individual risk variables for physical and mental health.
8. Use scientific thought in discussions of physical and mental health.

Content

Topic 1. Basic concepts about addictions.
 Topic 2. Explanatory mechanisms of drug use.
 Topic 3. Animal models of drug consumption.
 Topic 4. Behavioral addictions.
 Topic 5. Caffeine and other xanthines.
 Topic 6. Nicotine and smoking.
 Topic 7. Cannabinoids.
 Topic 8. Alcohol and alcoholism.
 Item 9. Cocaine and amphetamine.
 Topic 10. Design drugs.
 Topic 11. Heroin and other opiates.
 Topic 12. Evaluation, diagnosis and treatment of addictive behavior.

PRACTICAL AND TUTORED CONTENTS

1- Tutoed activity (tutoring):

Watching the documentary "The Psychology of Addiction", and delivering "online" answers to several short questions about it.

2. PRACTICAL Activities (Classroom):

- Debate "Positions on whether or not to legalize cannabis"
- TALK / DEBATE "ALCOHOLIC ANONYMOUS"
- PRESENTATIONS OF CASES, WORKED IN GROUP, ON "EVALUATION, DIAGNOSIS AND TREATMENT OF THE ADDICTIONS"

Methodology

The subject consists of the following training activities:

- Theoretical classes: There will be several sessions, previously scheduled, in which subjects from 1 to 12 will be taught.
- Specialized seminars: There will be two seminars: 1) a seminar on the legalization of substance use and 2) a seminar on evaluation, diagnosis and treatment of addictive behavior. They will take place in a classroom with a previously scheduled schedule.
- Classroom practice: There will be a classroom practice related to topic 8 of the subject, where clinical cases will be studied.
- Virtual classes: Various self-learning resources will be provided through the Virtual Campus.

All the information related to the subject, such as the general regulations of the course, schedule of classes and practices, mechanics of review of exams, notices and notes, will be found in the Virtual Campus, which will be the official means of communication with the students. students.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
CLASSROOM PRACTICES (PAUL)	4	0.16	1, 3, 4, 5, 6, 7
SPECIALIZED SEMINARS (SESP)	2	0.08	4, 5, 7
THEORY (TE)	20	0.8	1, 2, 4, 5, 6, 7, 8
Type: Supervised			
SUPERVISED/TUTORED ACTIVITY	2	0.08	4, 5, 6, 7, 8
Type: Autonomous			
ELABORATION OF WORK / PERSONAL STUDY / READING OF ARTICLES / REPORTS OF INTEREST	43	1.72	1, 3, 4, 5, 6, 7, 8

Assessment

Requirements to pass the subject

Multiple choice tests: Minimum grade of 5 in each of the two parts.

Seminar and classroom practices: Attendance and minimum grade of 5 (APT) in the evaluation that takes place in the classroom -the day the activity is scheduled- or through works or questions that have to be answered / presented through the Campus Virtual-UAB, within the deadline set by the faculty. The joint evaluation of these activities will suppose 20% of the final grade of the subject.

Multiple choice tests (80% of the final grade) Partial eliminatory evaluation

There will be two partial elimination exams. The first part will include questions from topics 1 to 6 and tutored activities/lessons. The second partial will include questions from topics 7 to 12 and seminars and classroom practice. Students who participate and pass the exams (one or both) with a grade of 5 or higher will have passed the part of the corresponding subject.

The multiple choice questions will have five alternatives, random guesses will be deducted (correct answers - ¼ of the errors) and the note will be converted decimally. The correction of the tests will be submitted to all the psychometric requirements.

If the two partial marks are equal to or greater than 5, the final grade will be calculated by making the average of the two partial marks. If one or two partial notes are less than 5, the subject will not have been passed and it will be necessary to submit to the next call (final exam, or recovery exam).

Recovery exam

This test will have the same format as the previous qualifying partial exams as long as there are at least 10 students who have to recover a partial. There will be an exam that will correspond to the first part of the course (first part) and another that will correspond to the second part (second part). Students will have to do a partial or both (separately) depending on the subject that has been passed (grade of 5 or higher) in the partial exams.

If there are less than 10 students with a partial exam pending, then the make-up exam for each partial will be in the format of 10 short open questions (to be developed in 8 lines or less).

Not evaluated

Students who do not take the tests of theoretical evaluation (EXAMINATIONS) and practice (SEMINAR AND PRACTICES -PAULS-) will be considered as NOT EVALUATED and will exhaust the rights to the registration of the subject.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
ASSISTANCE AND ACTIVE PARTICIPATION IN CLASSES AND SEMINARS	20 %	1	0.04	1, 2, 3
WRITTEN EVALUATIONS THROUGH OBJECTIVE TESTING, MULTIPLE CHOICE ITEMS	80 %	3	0.12	4, 5, 6, 7, 8

Bibliography

Echeburúa, E. (1999). *¿Adicciones... sin drogas? Las nuevas adicciones: Juego, Sexo, Comida, Compras, Trabajo, Internet...* Bilbao: Descleé de Brouwer.

Feldman, R. S., Meyer, J. S. y Quenzer, L. F. (1997). *Principles of neuropsychopharmacology*. Sunderland, Massachusetts: Sinauer Associates, Inc.

Fernández-Teruel, A. (2008). *Farmacología de la conducta. De los psicofármacos a las terapias psicológicas*. Bellaterra, Barcelona: Servei de Publicacions de la UAB.

Díaz-Morán S. and FERNÁNDEZ-TERUEL A. (2013) Integration and interactions among pharmacological and psychological treatments of addictions: a review (Integración e interacciones entre los tratamientos farmacológicos y psicológicos de las adicciones: una revisión). *Annals of Psychology-Anales de Psicología*, 29 (1): 54-65.

Goldstein, A. (2003). *Adicción: de la biología a la política de drogas*. Barcelona: Ars Medica. Graña, J. L. (1994). *Conductas adictivas: teoría, evaluación y tratamiento*. Madrid: Debate.

Lorenzo, P., Ladera, J.M., Leza, J.C. y Lizasoain, I. (2009). *Drogedependencias: Farmacología. Patología. Psicología. Legislación*. Madrid: Médica Panamericana.

Snyder, S.H. (1996). *Drugs and the brain*. New York: Scientific American Library.

Stahl S. (2012) [Stahl's Illustrated Substance Use and Impulsive Disorders](#). Cambridge: Cambridge University Press

Relevant links

<http://www.socidrogalcohol.org/> (Sociedad Científica Española de estudios sobre el alcohol, el alcoholismo y las otras toxicomanías).

Monographs: alcoholismo/alcohol, opiáceos, tabaco, cannabis, cocaína, drogas recreativas.

Clinical guides : alcoholismo, opiáceos, tabaquismo, cocaína.

Handbooks: *Manual de adicciones para médicos especialistas en formación*, *Manual de adicciones para psicólogos especialistas en psicología clínica en formación*.

<http://www.nida.nih.gov/> (National Institute on Drug Abuse). Drugfacts

Infofacts Topics in brief

<http://www.pnsd.msc.es/> (Plan Nacional sobre Drogas).

<http://www.aspb.es/quefem/atenciodroga.htm> (Agència de Salut Pública. Pla d'acció sobre drogues de Barcelona).

<http://www.who.int/es/> (Organización Mundial de la Salud).

<http://www.emcdda.europa.eu/> (European Monitoring Centre for Drugs and Drug Addiction).

<http://www.irefrea.org/> (Instituto Europeo de Estudios en Prevención).

- NIDA (National Institute of Drug Abuse, USA) web

Software

No specific programs (software) required.