

## WHAT IS SUBSTANCE ABUSE?

**Substance abuse**, also known as **drug abuse**, is a patterned use of a substance (drug) in which the user consumes the substance in amounts or with methods which are harmful to themselves or others.

## WHAT ARE THE CAUSES OF SUBSTANCE ABUSE?

The exact cause of substance abuse is impossible to know because there is not just one direct cause. However substance abuse and addiction is known to run in families. One theory suggests there is a genetic disposition which predisposes certain individuals toward substance abuse. Another suggests substance abuse is learned there for people subjected to substance abuse by those around them begin to copy the same behaviors.

## IS SUBSTANCE ABUSE A HABIT OR AN ADDICTION?

Substance abuse might start out as a habit but when and if addiction develops it manifests as a chronic debilitating disease.

## WHEN REFERENCING SUBSTANCE ABUSE, WHAT DOES ADDICTION MEAN?

Addiction or substance dependence, is an adaptive state that develops from repeated [drug](#) administration, and which results in [withdrawal](#) upon cessation of drug use.<sup>[1][2]</sup> A **drug addiction**, a distinct concept from substance dependence, is defined as [compulsive](#), out-of-control drug use, despite negative consequences.<sup>[1][2]</sup> An **addictive drug** is a drug which is both [rewarding](#) and [reinforcing](#).<sup>[1]</sup> [ΔFosB](#), a [gene transcription](#) factor, is now known to be a critical component and common factor in the development of virtually all forms of behavioral addiction and drug addictions.

## WHAT ARE SOME PROMINENT DRUGS USED IN SUBSTANCE ABUSE?

- [Alcohol](#)
- [Bath Salts \(Synthetic Cathinones\)](#)
- [Club Drugs](#)
- [Cocaine](#)
- [Hallucinogens](#)
- [Heroin](#)
- [Inhalants](#)
- [K2/Spice \("Synthetic Marijuana"\)](#)

- [Marijuana](#)
- [MDMA \(Ecstasy/Molly\)](#)
- [Methamphetamine](#)
- [Prescription Drugs & Cold Medicines](#)
- [Salvia](#)
- [Steroids \(Anabolic\)](#)
- [Tobacco/Nicotine](#)

- **addiction** – a state characterized by compulsive engagement in rewarding stimuli, despite adverse consequences
- **reinforcing stimuli** – stimuli that increase the probability of repeating behaviors paired with them
- **rewarding stimuli** – stimuli that the brain interprets as intrinsically positive or as something to be approached
- **addictive drug** – a drug that is both rewarding and reinforcing
- **addictive behavior** – a behavior that is both rewarding and reinforcing
- **sensitization** – an amplified response to a stimulus resulting from repeated exposure to it
- **drug tolerance** – the diminishing effect of a drug resulting from repeated administration at a given dose
- **drug sensitization** or **reverse tolerance** – the escalating effect of a drug resulting from repeated administration at a given dose
- **drug dependence** – an adaptive state associated with a withdrawal syndrome upon cessation of repeated drug intake
- **physical dependence** – dependence that involves physical–somatic withdrawal symptoms (e.g., fatigue)
- **psychological dependence** – dependence that involves emotional–motivational withdrawal symptoms (e.g., [dysphoria](#) and [anhedonia](#))

**WE WILL BE DISCUSSING THE FOLLOWING OVER THE NEXT COUPLE WEEKS:**

- 1) CAUSES
- 2) BEHAVIORS/STRESS RESPONSES/ACUTE EFFECTS
- 3) MANAGEMENT OF SUBSTANCE ABUSE
- 4) HISTORY OF SUBSTANCE ABUSE
- 5) SOCIETY AND CULTURE

**Videos:**

[Some Facts About Drug Abuse](#)

[Teen Addiction](#)