

Substance-related disorders

Psychology



Substance-related disorders (Affiliation) Substance-related disorders In the recent years, there have been rampant cases of use of injurious substances, which have an impact on the normal working of the psychological system of the user. The repeated use of these substances may result to a condition where the body develops unique and abnormal collection of behavioral, cognitive, and physiological characteristics. In such situation, the user finds it difficult to stay without using the substance fails to moderate on its use and has a craving for that particular material. Researchers Kleber and Galanter have noted that, the continuous use of materials such as alcohol, cocaine, marijuana, cigarettes, and other illicit drugs has adverse effects on the general psychological system of the user (2004). Long lasting behavioral impacts that may include addiction, loss of memory and engagement in violent activities.

There exist ranges of disorders that come alongside the repeated use of these stuff which scale between mild to chronic. Research shows that the dangers posed by substance abuse are far reaching and if not tamed at the appropriate time, can go out of proportions hence preventive measures may turn out to be futile (Ruiz et al., 2007). Different disorders are associated with specific materials and the degrees of effects are directly proportional to the type and quantity abused. The common undesirable conditions include personality dysfunction, Psychotic depression, posttraumatic stress disorder, Skin and subcutaneous tissue diseases, infectious and parasitic diseases, and digestive diseases. While some of the materials abused appear not harmful, the disorders associated with them are very adverse and long lasting.

The recent studies have the statistics that among the most commonly

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abused materials across the world include alcohol, cigarette, heroin, and cocaine in order of their incidence rates. Alcoholic substances and cigarettes are on top the list in terms of the highest abused as research shows by (Ruiz et al., 2007). The reasons for this is pegged on the fact that they are cheap to acquire and readily available. It has been discovered that individuals aged between 14-45 years that constitute a reproductive and energetic population commonly use these drugs. This implies that high schools students form part of this affected population because most of them fall within the age bracket aforementioned (Ruiz et al., 2007).

As mentioned earlier, the use of illicit substances has effects and disorders associated with them. Just a recap of these, among the major and most prevalent disorders encompasses; liver, parasitic, skin, subcutaneous diseases, personality disorders, depression and stress. Personality dysfunctions are common to substance abusers in whom they become violent, intolerant, attempts to commit suicide, loss of memory, irritability, loss of self-esteem and social problems like tendency to evading family responsibilities. These disorders are adverse and may become permanent and even cause death if not addressed in time.

In the recent research studies, an approach has been developed to cure behavioral and cognitive based disorders associated with alcohol, marijuana, cocaine, and nicotine. This treatment dubbed Cognitive-Behavioral Therapy (CBT), mainly addresses the problem of decline for drinking individuals, which was later adopted to cure cocaine addiction related problems. The key pillar of CBT is forecasting probable tribulations along with attracting patients' strength of will by enabling them to build up effectual handling approaches (Ruiz et al., 2007).

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In addition, there subsist ranges of diseases that come because of material abuse. These essentially affect the digestive and breathing systems and consist of liver Cirrhosis, lung cancer, viral hepatitis B, and heart disorders. Diagnosis may involve physical examination and confirmed by liver biopsy (Galanter & Kleber, 2004).

The causes of material abuse comprise; peer pressure, monotony, growing up in an environment where drug abuse is usual conduct, dealing with anxiety and Self-medication to compact psychological sickness as outlined by (Gelernter and Kleber, 2004). Substance abuse has been a big menace to the young and productive age as of the recent years. This has been witnessed across the world despite endless efforts to combat the problem. This poses danger to the future generation for the effects of material abuse are very unpleasant. The challenge remains on the strategies to fight this galloping menace for a secured future.

References

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Ruiz, P., Strain, E., & Langrod, J. (2007). *The substance abuse handbook*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.