

Unit 5

ADDICTIONS

“**Addiction** (εθισμός) is a psychological and physical inability to stop consuming a chemical, drug, activity, or substance, even though it is causing psychological and physical harm.

The term addiction **does not only refer** to *dependence on substances* (εξάρτηση από ουσίες) such as heroin or cocaine. A person who cannot stop taking a particular drug or chemical has **substance dependence**.

Some addictions also involve *an inability to stop partaking in activities*, such as gambling, eating, or working. In these circumstances, a person has a **behavioral addiction** (συμπεριφορά εξάρτησης, εθιστική συμπεριφορά).

Treatment (θεραπεία) can take a long time and may be complicated. Addiction is a chronic condition with a **range of psychological and physical effects**. Each substance or behavior may require *different management*. Addiction treatment can be difficult, but it is effective. The best form of treatment depends on the substance and the presentation of the addiction, which varies from person to person. However, **treatment** often involves counseling (συμβουλευτική), medication (φαρμακευτική θεραπεία), and community support (στήριξη από την κοινότητα).

When a person has an addiction and they stop taking the substance or engaging in the behavior, they may experience certain symptoms (**withdrawal symptoms/συμπτώματα στέρησης**). These symptoms include:

- anxiety
- irritability
- tremors and shaking
- nausea
- vomiting
- fatigue
- a loss of appetite”

Source: <https://www.medicalnewstoday.com/articles/323465.php#withdrawal>

“According to the National Institute on Drug Abuse, people begin taking drugs for a **variety of reasons**, including:

- to feel good — feeling of pleasure, “high”
- to feel better — e.g., relieve stress
- to do better — improve performance
- curiosity and peer pressure

Treatment: Effective treatments for addiction are available.

The first step on the road to recovery is **recognition of the problem**. The **recovery process** can be hindered when a person denies having a problem and lacks understanding about substance misuse and addiction. The intervention of concerned friends and family often prompts treatment.

A **health professional** can conduct a formal assessment of symptoms to see if a substance use disorder exists. Even if the problem seems severe, most people with a substance use disorder can benefit from treatment. Unfortunately, many people who could benefit from treatment don't receive help.

Because addiction affects many aspects of a person's life, **multiple types of treatment** are often required. For most, a **combination of medication and individual or group therapy** is most effective. Treatment approaches that address an individual's situation and any co-occurring medical, psychiatric and social problems can lead to sustained recovery (βιώσιμη ανάκαμψη, επαναφορά).

Medications are used to control drug cravings (έντονη επιθυμία) and relieve severe symptoms of withdrawal. Therapy can help addicted individuals understand their behavior and motivations, develop higher self-esteem, cope with stress and address other mental health problems. Treatment may also include:

- Hospitalization
- Therapeutic communities (highly controlled, drug-free environments) or sober houses
- Outpatient programs"

Source: <https://www.psychiatry.org/patients-families/addiction/what-is-addiction>

Useful videos

https://www.youtube.com/watch?v=BfXu9DXVYI8&t=13s <i>Causes of Substance Abuse & Addiction</i>
https://www.youtube.com/watch?v=PY9DcIMGxMs <i>Everything you think you know about addiction is wrong</i>
https://www.youtube.com/watch?v=aqhzFd4NUPI <i>Reclaim Your Brain from Addictive Living</i>
https://www.youtube.com/watch?v=TXNrremsWYY <i>Lessons from the Child of an Addict</i>
https://www.youtube.com/watch?v=Y18Vz51Nkos <i>How do cigarettes affect the body?</i>

Word/phrase	Synonym	Greek translation
Enforce the law	Put in force, implement the law	Εφαρμόζω το νόμο
potentially	Possibly, likely	Δυνητικά
lethal	deadly	θανατηφόρος
adulterated spirits		Νοθευμένα ποτά
ban	prohibit	απαγορεύω
Consume, consumption, consumer	Use up	καταναλώνω
morbidity	The incidence of disease	νοσηρότητα
mortality	The incidence of death	θνησιμότητα
multidimensional approach		Πολυδιάστατη προσέγγιση
under no circumstances	On no occasion	Σε καμιά περίπτωση
cultural traits	Cultural characteristics	Πολιτισμικά χαρακτηριστικά
misguided	Mistaken, unwise	Εσφαλμένος, λανθασμένος
harmful consequences	Damaging, destructive results/effects	Βλαβερές συνέπειες
spur	Urge, prompt, motivation	Ωθώ, παρακινώ/ώθηση, κίνητρο
acknowledge	Admit, recognize	Αναγνωρίζω, παραδέχομαι
tackle	Deal with	Αντιμετωπίζω, διαχειρίζομαι
proliferation	Rapid increase in the number, amount of something	Ταχεία αναπαραγωγή, γρήγορη εξάπλωση
Awareness Raise awareness	Knowledge, understanding	επίγνωση, συνειδητοποίηση ευαισθητοποιώ
render	Cause to be, make	Καθιστώ, κάνω, αποδίδω
relapse	Reverse, deteriorate	Υποτροπή, ξανακύλισμα

From the Teacher's Book: "Education is very important; prevention is always better than treatment".

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The sooner you get help the better

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Trained/specialised psychologists/therapists should be recruited at schools

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Addiction treatment centres should be fully equipped with qualified staff

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Family, relatives and friends/ loved ones of the addicted persons should try to understand them and be supportive without judging, criticizing, blaming, humiliating or condemning them.

They should stand by them, encourage them – avoid abandonment or rejection.

- Imprisonment or any other form of punishment must be avoided. Addicted persons are patients, not criminals and they should be treated as such.

- Ongoing support is crucial to help deal with the challenges and prevent relapse”.