

DEFINITION OF ADDICTION

1. Addiction is a condition that results when a person ingests a substance (e.g., alcohol, cocaine, nicotine) that creates pleasure but continuous use becomes compulsive and interferes with ordinary life responsibilities, such as work, relationships, or health
2. Addiction is a complicated disease involving an inability to stop taking a substance or carrying out a particularly damaging behavior. It can lead to a range of adverse psychological, physiological, and personal effects
3. **Addiction** is a psychological and physical inability to stop consuming a chemical/drug/ substance, activity, even though it is causing psychological and physical harm. ... In these circumstances, a person has a behavioral **addiction**.
4. **Addiction** is a chronic disease that can also result from taking medications. **WHO Oct 25, 2018**
5. An addiction must meet at least 3 of the following; based on the criteria of the American Psychiatric Association (DSM-IV) and World Health Organization (ICD-10).[1]

WHO CRITERIA

Tolerance. Do you use more alcohol or drugs over time?

Withdrawal. Have you experienced physical or emotional withdrawal when you have stopped using? Have you experienced anxiety, irritability, shakes, sweats, nausea, or vomiting? Emotional withdrawal is just as significant as physical withdrawal.

- Limited control.** Do you sometimes drink or use drugs more than you would like? Do you sometimes drink to get drunk? Does one drink lead to more drinks sometimes? Do you ever regret how much you used the day before?
- Negative consequences.** Have you continued to use even though there have been negative consequences to your mood, self-esteem, health, job, or family?
- Significant time or energy spent.** Have you spent a significant amount of time obtaining, using, concealing, planning, or recovering from your use? Have you spent a lot of time thinking about using? Have you ever concealed or minimized your use? Have you ever thought of schemes to avoid getting caught?

COMMON ADDICTIONS

Addiction to substances

1. Alcohol – society accepts social drinking and as a result users are exposed to numerous health risks

WHO states that alcohol contributes at least 60 kinds of diseases and injuries because it is cheap and acceptable

2. Tobacco

3. Heroine

4. Prescription drugs – especially sedatives, anxiolytics like sleeping pills and tranquilizers

5. Cocaine

6. Cannabis

7. Phencyclidine (known as PCP or (Angeldust

Uganda is listed as one of the countries with the largest proportion of hazardous drinkers

The last three decades have been marked with high consumption rates to the extent that in 2004, the country's per capita consumption of pure alcohol (19.8 liters) was declared the highest globally

(According to WHO)

Statistics from *Hope and Beyond* between its inception in 2011 and 2014 show that Kampala and Western Uganda have the highest number of children addicted to alcohol and drugs which include; tobacco, cocaine, kuber and marijuana

Newsweek

How Much Alcohol Is Safe to Drink?

There Is No Healthy Amount, Study Warns

There is no safe level of drinking alcohol when it comes to preserving our health, scientists have warned in a study.

Alcohol was found to be the leading risk factor for illness among men and women 15 to 49 years of age in the paper published in journal *The Lancet*.

Dr. Emmanuela Gakidou, senior author of the study, **of the Institute for Health Metrics and Evaluation at the University of Washington**, said in a statement:

"The myth that one or two drinks a day are good for you is just that—a myth. This study shatters that myth."

Numerous studies have shown a correlation between alcohol abuse and adverse societal effects (Jernigan, 2014). Alcohol is ranked third among the leading global risks for burden of disease as measured in disability-adjusted life years (DALYs), after underweight and unsafe sex (WHO, 2009). In Uganda, however, the burden of disease is greater since alcohol is the second (after tobacco) risk factor for poor health and premature death (WHO, 2014)

Patterns of alcohol consumption and risky sexual behavior: a cross-sectional study among Ugandan university students

Published in: BMC Public Health

A study carried out at Mbarara University in Uganda indicated that almost half of the students had consumed alcohol in the previous 12 months, and a quarter of them had engaged in heavy episodic drinking. Alcohol is easily available to students at Uganda's universities, and according to local reports alcohol consumption is considerable, particularly during celebrations.

In addition, university authorities have acknowledged that alcohol is the main factor in declining academic performance, mental health problems, rape, and violence on and off campus. Studies have shown that consuming alcohol may lead to sexual risk-taking through the agency of behavioral and biological mechanisms. According to the alcohol myopia theory, alcohol disinhibits behavior owing to its pharmacological effects on cognitive capacities.

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WHO SURVEY among students in Uganda

The WHO launched the Global School-based Student Health Survey (GSHS), an international collaborative surveillance project designed to help countries measure and assess the behavioral risk factors and protective factors in ten key areas (alcohol use being one of them) among young people aged 13-15. Uganda is one of the participating countries. In 2003, a GSHS survey was conducted among 3,215 standard 1, 2 and 3 students (ages 13-15 years). This survey showed that 12.8% of the students in this group had at least one drink containing alcohol on one or more days during the past 30 days. 15.2% of students drank so much alcohol that they were drunk one or more times in their lives. 21% of students said they have had a hang-over, felt sick, got into trouble with their family or friends, missed school, or got into fights as a result of drinking alcohol one or more times during their life.

BEHAVIOURAL ADDICTION

1. Media internet, radio, computer, video games
2. Pornography
3. Work
4. Shopping
5. Sex

Football

Dr. Jill Manning Family Therapist

Pornography, especially via the Internet, harms children, women, and men and fuels pornography addiction, the breakdown of marriage, and sex trafficking.

Pornographers understand that the sexually exploitive pornography they produce and distribute is highly addictive. If they can get children hooked at a young age when their hormones are raging and their brains and bodies are underdeveloped, they will likely have a consumer for life unless the addiction cycle is broken

Research shows pornography short-circuits and distorts the normal personality development process, Supplies misinformation about a child's sexuality, sense of self, and body that leaves the child confused, changed, and damaged

Depression that develops when one spends a great deal of time on social media sites e.g. face book

NB Acceptance by and contact with peers is an important element of adolescent life

Intensity of the online world is a factor that triggers depression in some young people

The parents' role is to instill their own personal values about relationships, sex, intimacy, love, and marriage in their children.

Unfortunately, powerful lies portrayed in exploitive pornography can take the lead in educating children on very important life issues

The sad reality is that Internet pornography particularly that of an extreme, deviant and violent nature, fuels the demand for sex slaves.

Effects of Porn

- ⊙ Disrespect and abuse of women
- ⊙ Destroys intimate relations with opposite sex
- ⊙ Deviant social behaviour
- ⊙ Fuels infidelity
- ⊙ Promotes lust
- ⊙ Breaks God's commands

OTHERS: IMPULSE CONTROL DISORDERS

This is where impulses cannot be controlled and so considered a type of addiction;

- Intermittent Explosive Disorder- compulsive aggressive and assaultive acts
- Kleptomania (compulsive stealing)
- Gambling

A bereaved mother-of-two has posed with her children by the casket of her deceased husband – to raise awareness about the dangers of heroin use.

Eva Holland, whose husband Mike Settles, 26, died of an overdose earlier this month, is seen smiling with children Lucas and Ava following their father's funeral

"I'm sure this photo makes a lot of people uncomfortable it may even p*** a few people off but the main reason I took it was to show the reality of addiction," she wrote.

"If you don't choose recovery every single day this will be your only way out. No parent should have to bury their child and no child as young as ours should have to bury their parent

What Factors Contribute to Drug Addiction?

ADAPTED FROM THE ANAHEIM LIGHTHOUSE ADDICTION TREATMENT CENTER SOUTHERN CALIFORNIA NOV 29, 2016

Have you ever wondered why you became addicted and your siblings didn't? Substance abuse is very individualistic, there are several factors that combine, and all of them have important roles to play. The key contributors to developing an addiction include the following:

1) Genetics

While some believe the roots of addiction may lie deep within you at the cellular level, there are as many variables as our individual DNA. This is why siblings often follow very different paths, some leading to addiction and some not. That being said, genetics do play a role by predisposing you to developing an addiction.

According to the American Psychological Association genes are important in addiction – genetic factors contribute to about half of a person's tendency to become addicted. Our genes have been linked to:

- a quicker reaction to drugs
- a decreased ability to feel any negative effects
- an increased euphoria
- a quick involvement with repetitive behaviors, i.e., an addictive personality

These genetic factors can cause experimental drug use to quickly spin out of control and make it difficult to stop.

2) Environment

Studies have shown that genetics alone does not an addict make. Like so many others, the home that you and your siblings grew up in also plays a significant role in your addiction. There are several factors that play into this:

- divorce
- frequent arguments
- mental illness
- drug or alcohol abuse

Perhaps, your parents stayed together but fought frequently and intensely. Experts believe the stress level that this type of behavior generates in us can predispose us to becoming addicted to kill the pain. They also feel that some children grow up to mimic their parents' drug and alcohol abuse.

The environment right outside an addict's front door also plays a part. If one lives in a neighborhood where drug use is normalized, he begins to see it as normal, and the everyone-is-doing-it rationale comes into play. It can also be stressful to live in that type of environment, which can lead to addiction by way of numbing the fear and worries one might experience.

3) Trauma

Traumatic events can leave a scar on the mind, and over time, victims choose to dull their pain with their drug of choice. These events include:

- neglect
- verbal abuse
- physical abuse
- sexual abuse
- physical altercations
- natural disasters
- accidents
- terrorism

The link behind this kind of childhood trauma and adult substance abuse is striking. Studies show that one in four of American children experience at least one of these traumas during childhood. Other exposure to trauma, even after becoming an adult, has been shown to be correlated with an increased chance for addiction as well.

4) Mental Illness

A strong relationship exists between mental illness and addiction. According to the National Alliance on Mental Illness, more than one half of substance abusers are also dealing with a mental illness. For some addicts, it is a matter of doing something to relieve the stress and pain associated with that illness. For others, the drug abuse sets off a series of events that cause a mental illness diagnosis.

5) Peer Pressure

While many people associate peer pressure strictly with kids and teenagers, it does manifest itself in adults as well. In that case, the influence is usually surrounding who they live with. Hoping to re-experience that first high, a sober partner may join in and begin to abuse drugs with their spouse. Others see it as a way to achieve peace in their relationship. While replacing fighting with using drugs may seem like a solution at the time, a relapse is simply not worth it.

It is important to keep in mind that just the way a person reacts to or thinks about things can predispose him or her to becoming addicted. For example, someone who is impulsive by nature makes snap decisions without thinking about the consequences or long term effects. This impulsivity throws caution to the wind, and experimentation with all sorts of things, including drugs or alcohol, are the result.

The Health Psychology Journal reported that personality factors such as poor self-control can be linked to having difficulty interacting with others, and drug use can help numb that particular pain.

These factors have influenced your family dynamic and make sense out of what has led up to your addiction. It is important to remember, however, that none of them are a guaranteed ride to substance abuse, which is why addiction is like a tornado, seemingly hitting one person but not another. Conversely, there are people who fall under this umbrella of factors, but never tried any controlled substances or could stop after their first negative experience. Some, however, spin out of control.

It is critical to remember that there is help and hope for anyone who has developed an addiction. With the proper intervention, you can make the changes that will put you on the path to sobriety.

FACTORS THAT FAVOUR ADDICTION

- Male sex
- Growing up where drugs or alcohol are abused
- A family history of addiction
- Suffering from another mental health disorder, such as ADHD, PTSD, anxiety or depression
- Acute loneliness
- Difficult family situations/unresolved issues

Romans 7:21-25

21 So I find that this law is at work: when I want to do what is good, what is evil is the only choice I have. **22** My inner being delights in the law of God. **23** But I see a different law at work in my body - a law that fights against the law which my mind approves of. It makes me a prisoner to the law of sin which is at work in my body. **24** What an unhappy man I am! Who will rescue me from this body that is taking me to death?

25 Thanks be to God, who does this through our Lord Jesus Christ! This, then, is my condition: on my own I can serve God's law only with my mind, while my human nature serves the law of sin.

CAUSES OF ADDICTION

1. Environmental Factors

- Social networks/peer pressure.
- Socioeconomic status.
- Stress.
- Parental involvement.
- Personal history, such as physical or sexual abuse, or neglect.

2. Family history.

About 50-60 percent of addiction is due to genetic factors

- **Poor coping skills** for dealing with stress.
- **Negative thinking**, such as an all-or-nothing approach to life.
- **Underlying anxiety** or depression.

UNDERLYING CAUSES

1. Mental health problems:
2. Peer pressure:
3. Genetics:
4. Low self-esteem
5. A history of trauma
6. Media Adverts

1. PSYCHOLOGICAL include;

- An inability to stop using
- Use and abuse of substances continue despite health problems:
- Dealing with problems.
- Obsession
- Taking risks/loneliness/depression/suicide
- Taking an initial large dose

2. PHYSICAL SYMPTOMS

- Withdrawal symptoms
- Appetite changes
- Damage/injury or disease from using a substance
- Sleeplessness:
- A change in appearance:.
- Increasing tolerance

PREVENTION/WAY OUT

- 1.Prevention- in other words don't try nor start
- 2. Seek professional help – medical or go to a counsellor
- 3. Go for treatment
- 4. Rehabilitation
- 5. Put your life and relations right with God

Luke 7:36-48

- V37 The lady lived a sinful life
- V47 sought forgiveness and with Jesus at hand she did not waste time
- V48 You are forgiven JESUS PRONOUNCED AND THAT SETTLED IT