Topic: Choose one other possible “addictive behaviour” (food ‘addiction’) that you may encounter in a professional capacity. This assessment asks you critically to consider the evidence for addiction by comparing your chosen behaviour to what is known and accepted in the case of drugs. You should: - I’ve chosen addictive behaviour- food ‘addiction’.

Background:

For many years “addiction” was a term used to describe an aspect of our relationship with psychoactive chemicals (drugs), however, in more recent times the term “addiction” has been used in a broader context to describe some people’s relationship with certain behaviours e.g. gambling. This has been a source of controversy and the cause of much (sometimes heated) debate: can a behaviour be truly addictive? In 2013 the DSM-V was published with changes that have indicated a definite shift in perceptions about addiction: the condition previously known as “pathological gambling” is now included in the DSM V as “Gambling Disorder” and appears in the same category as alcohol and drug use disorder. This is, however, the only behaviour to be acknowledged in this way, yet, there are other behaviours that have been suggested to have addictive potential.

Choose one other possible “addictive behaviour” (not gambling) that you may encounter in a professional capacity. This assessment asks you critically to consider the evidence for addiction by comparing your chosen behaviour to what is known and accepted in the case of drugs. You should: - I’ve chosen addictive behaviour- food ‘addiction’.

Consider the relationship between drug addiction and “addictive behaviours”.

Consider the mechanisms that might underlie the chosen addictive behaviour.

You could use Gambling Disorder as an example of those aspects used to determine addictive potential of a behaviour.

Presentation: Please use font size 12.

Specific Guidelines:

• Clear definition of terms, eg Abuse, Dependence, Addiction.

• Show critical assessment of current thinking regarding addictive status of non-drug “addictions”.

• Demonstrate an understanding of neurobiological processes thought to mediate addictive/compulsive behaviours

• Reading/research demonstrating well-informed knowledge of the topic area.

• Demonstrate the ability to compare and contrast evidence from a range of different sources.

• Justify, on the basis of the evidence presented, your conclusions.

• Use up-to-date research, and cite original articles

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| Assessed intended learning outcomes  On successful completion of this assessment, you will be able to:   1. Ability to compare and contrast different conceptual approaches to and explanations for addiction and addictive/compulsive behaviours. 2. Identify and define the information required on a given topic and use research skills to identify relevant information resources 3. Manage and critically evaluate the information found and reference appropriately 4. Communication/written expression – students will deal with complex issues both systematically and creatively, and communicate their conclusions clearly as demonstrated by the production of two essays 5. Problem solving – practised through considering different case studies and the application of a range of interventions which would be appropriate to cases of addiction 6. Managing own learning – through extending student’s own knowledge base in this area, enabling students to demonstrate the independent learning ability required for continuing professional development |
| 1. To provide students with a rigorous theoretical and evidence-based introduction to the psychology and treatment of addictions.  2. To consider the changing use of the term "addiction" and status of behaviours that may have addictive potential  3. To critically evaluate the range of addictive and compulsive behaviours  4. To compare, contrast and evaluate different theoretical models of addiction  5. To raise awareness of the problems/risks experienced by the ‘addict’ in western society |