Brain and Behavior Substance Abuse

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Teaching Points

- Substance abuse is under recognized and under treated.
- For diagnosis, specific questions about the onset of this disorder need to be asked

Outline

- Course rationale
- Prevalence
- Course Objectives
- Topic areas: drug types
- Diagnostic questions for clinical interview

Why a course
on Substance Abuse ?

- **Very common disorder**

- **Poorly treated in clinical practice**

Prevalence
Substance Use Disorders*

Lifetime

New Haven	Baltimore	St. Louis
15.0%	17.0%	18.1%

Six Months

New Haven	Baltimore	St. Louis
6.6%	7.9%	6.5%

*not including nicotine

Course Objectives

- **Early recognition**
- **Distinguish addiction from normal tolerance, physical dependence and withdrawal**
- **Pharmacology of drugs of abuse**
- **Prevent progression from use to abuse to addiction**
- **Refer to appropriate specialists**

Drug Types

- **Nicotine**
- **Sedatives**
  Alcohol, Benzodiazepines, and other hypnotics
- **Stimulants**
- **Opioids**
- **Cannabinoids**
- **Hallucinogens**
  LSD, PCP, and Ecstasy

Diagnostic Questions for Clinical Interview

- How did this occur ?

- Early signs or clues

- Effects on performance

- Trajectory

- What would you have said to patient if you had been his significant other?

- What caused him to get help ?