

PSYC 517: ADDICTION, FALL 2021

Instructor: Dr. Stacey B. Daughters

Email: daughter@unc.edu

OVERVIEW

Welcome to PSYC 517, Addiction. Pre-requisites: PSYC 101 or equivalent. PSYC 270 (Research Methods) and 245 (Abnormal Psychology) are encouraged but not required.

This is an advanced seminar for undergraduates that provides a comprehensive overview of the scientific study of addiction. This course will focus on addiction to mood altering substances such as alcohol and illicit drugs, although many of the principles reviewed are applicable to behavioral addictions (e.g., gambling).

By the end of the semester you should be able to:

- (1) Describe and evaluate substance use disorder theoretical models and treatment approaches.
- (2) Discuss strengths and limitations of substance use disorder policy, research, and treatment.
- (3) Critically evaluate popular media depictions of addiction.
- (4) Evaluate intervention techniques in the context of your own behavior change.

READINGS

To benefit fully from lectures and discussions, please complete the readings before the class for which they are assigned. Two books are required, and additional required readings will be posted in Sakai/Resources/517F21_Reading List and Assignments.docx at least 2 weeks prior to the class time that they will be discussed.

Course Books:

1. *Unbroken brain* by Maia Szalavitz (2016)
2. *Inside Rehab* by Anne Fletcher (2013)

COURSE EVALUATION

Course Engagement (30%)

This is *your* class. The more you engage in the course the more you will gain from the experience. We expand our thinking by hearing all points of view and I hope you will feel comfortable sharing information, asking questions, and expressing personal opinions. It is critical that you also respect the comments and opinions of others. Your course engagement grade will include the following:

1. Class participation (10%) - defined as respectfully sharing a viewpoint and/or asking a question. It does not officially include class attendance, yet you can't participate if you aren't here.
2. Discussion Questions (15%). A discussion question posted to the Sakai Forum is due every Wednesday by 12pm. We will review the requirement for discussion questions. Additional guidelines in, 'Discussion Question Grading_BloombergTaxonomy.docx' in Sakai/Resources/Assignment Instructions_Guidelines.
3. Discussion Leader (5%). Each student will moderate a 20-25min discussion of one of the questions posted to the Sakai forum. Students may sign up for a week to serve as a discussion leader in Sakai/Sign-Up.

Blog (25%)

You will be required to write 2 blog posts and comment on 5 of your classmates' blogs over the course of the semester. Details to follow. Blog posts = 25% each x 2 = 50%; Comments = 10% each x 5 = 50%

Behavior Change Journal (30%)

Application of new material is the best way to learn. To do this, you will be asked to apply the intervention techniques covered in class to your own behavior change. More details will be provided, but in general, you will track your change behavioral and journal about your experience for a set number of weeks and at the end of the semester turn in a written evaluation of your experience.

Final Exam (15%)

The final exam will include short and long essay questions on topics covered throughout the semester.

Grading Procedure

Scores on each of the above mentioned assignments/exams will be converted to a score in line with UNC's grading system (<http://registrar.unc.edu/academic-services/grades/explanation-of-grading-system/#under>) as follows: A= 94-100, A- =90-93, B+ =87-89, B=84-86, B- =80-83, C+ =77-79, C=74-76, C-=70-73, D=65-69, F=64 and below.

COURSE OUTLINE

This is a **tentative** course calendar. I reserve the right to make changes to the syllabus, including project due dates and test dates. These changes will be announced as early as possible and the most up to date course schedule can be found at **Sakai/Resources/517F21_Reading List and Assignments.docx**. It is each students' responsibility to check the course website regularly for scheduling updates.

Day	Date	Topic	Assignment
H	8/19	Introductions	
T	8/24	History and Stigma	
H	8/26	<i>Unbroken</i> , Ch. 1-3	
T	8/31	Race and Stigma, Addiction Models	
H	9/2	<i>Unbroken</i> Ch. 4-7	
T	9/7	Behavioral and Cognitive Models	
H	9/9	<i>Unbroken</i> Ch. 8-11	
T	9/14	Neurobiology; Addiction Model Integration	Final Deadline for 1 st Blog Entry (Etiology)
H	9/16	<i>Unbroken</i> Ch. 12-15 & Class Blog	Final Deadline for first 2 Blog Comments
T	9/21	Intro to Treatment; 12-Step Models	
H	9/23	<i>Unbroken</i> Ch. 16-19 & Class Blog	
T	9/28	Motivation, Functional Analysis	Behavior Change Journal (BCJ) Week 1: Selecting Your Behavior
H	9/30	<i>Inside Rehab</i> , Ch. 1-2 & Class Blog	
T	10/5	CBT/relapse prevention	BCJ Week 2: Functional Analysis and Motivation Reflection
H	10/7	<i>Inside Rehab</i> , Ch. 3-4 & Class Blog	
T	10/12	Behavioral Activation, Contingency Management	BCJ Week 3: Relapse Prevention
H	10/14	<i>Inside Rehab</i> , Ch. 5-6 & Class Blog	Final Deadline for Blog Comment #4
T	10/19		BCJ Week 4: Behavioral Activation
H	10/21	NO CLASS; FALL BREAK	
T	10/26	Mindfulness	
H	10/28	<i>Inside Rehab</i> , Ch. 7-8 & Class Blog	
T	11/2	Technology and Device Based Treatments	BCJ Week 5: Mindfulness
H	11/4	<i>Inside Rehab</i> , Ch. 9-10 & Class Blog	Final Deadline for 2 nd Blog Entry (Treatment)
T	11/9	Harm Reduction	BCJ Week 6: Technology
H	11/11	Class Blog	Final Deadline for Blog Comment #6
T	11/16	Guest Lecture	
H	11/18	Pharmacology	
T	11/23		
H	11/25	NO CLASS; THANKSGIVING	
T	11/30	Wrap Up	BCJ Final Report
T	12/7	8am - FINAL EXAM	

READING LIST AND ASSIGNMENTS

****Below are the weekly postings of course assignments and readings for Fall 2021.**

11/30: Pharmacology

Assignment/Readings

1. BCJ Final Report Due today.
2. Yaden, D. B., Berghella, A. P., Regier, P. S., Garcia-Romeu, A., Johnson, M. W., & Hendricks, P. S. (2021). Classic psychedelics in the treatment of substance use disorder: Potential synergies with twelve-step programs. *The International journal on drug policy*, *98*, 103380. Advance online publication. <https://doi.org/10.1016/j.drugpo.2021.103380>

11/25: HAPPY THANKSGIVING!!



11/23: ASYNCHRONOUS CLASS

1. Spend this time working on your BCJ final report! I'll be available via zoom during class time for anyone who would like to meet.

11/18: Discussion

Assignment/Readings

1. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum or Class Blog.

11/16: Guest Lecture:

Assignment/Readings

1. *Inside Rehab*, Chapters 9-10
2. Submit a discussion question to the forum for [REDACTED] by 12pm on Mon related to Healing Transitions and/or substance use treatment landscape more generally.
3. Complete and submit the Week 6 Behavior Change Journal Assignment.

11/11: Discussion, Technology and Device Based Treatments

Assignment/Readings

1. Budney, A. J., Borodovsky, J. T., Marsch, L. A., & Lord, S. E. (2019). Technological innovations in addiction treatment. In I. Danovitch & L. J. Mooney (Eds.), *The assessment and treatment of addiction: Best practices and new frontiers*. (pp. 75–90). <https://doi-org.libproxy.lib.unc.edu/10.1016/B978-0-323-54856-4.00005-5>
2. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's lecture, BCJ assignment, readings, and/or the class blog.
3. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum or Class Blog. Be sure to choose one question from the class blog and one from the Forum.

11/9: Guest Lecture: XXX - Harm Reduction

Assignment/Readings

1. Blogpost #2 due in two days (November 11th)!
2. Complete and submit the Week 5 Behavior Change Journal Assignment
3. Paquette, C., Daughters, S., & Witkiewitz, K. (in press). Expanding the continuum of substance use treatment: Nonabstinence approaches. *Clinical Psychology Review*.
4. Marlatt, G.A., & Witkiewitz, K. (2010). Update on harm-reduction policy and intervention research. *Annual Review of Clinical Psychology*, 6, 591-606.

11/4: Discussion

Assignment/Readings

1. *Inside Rehab*, Chapters 7-8
2. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's lecture, BCJ assignment, readings, and/or the class blog.
3. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum or Class Blog. Be sure to choose one question from the class blog and one from the Forum.

11/2: Reward Based Interventions

Assignment/Readings

1. Blogpost #2 due on November 11th!
2. Complete and submit the Week 4 Behavior Change Journal Assignment
3. Daughters, S.B., Magidson, J.F., Lejuez, C.W., & Chen, Y. (2016). LETS ACT: A behavioral activation treatment for substance use and depression. *Advances in Dual Diagnosis*, 9(2/3), 74-84.
4. Andrade, L.F., & Petry, N.M. (2014). Contingency management treatments for substance-use disorders and healthy behaviors. In F.K. McSweeney and E.S. Murphy (Eds.), *The Wiley Blackwell Handbook of Operant and Classical Conditioning*, pp. 627-644.

10/28: Discussion

Assignment/Readings

1. *Inside Rehab*, Chapters 5-6
2. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's lecture, BCJ assignment, readings, and/or the class blog. This week is based on readings for relapse prevention, mindfulness-based relapse prevention, and *Inside Rehab* Ch. 5-6
3. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum or Class Blog. Be sure to choose one question from the class blog and one from the Forum.

10/26: Mindfulness

Assignment/Readings

1. Discussion Forum entry this week is based on readings for relapse prevention, mindfulness-based relapse prevention, and *Inside Rehab* Ch. 5-6
2. Complete and submit the Week 3 Behavior Change Journal Assignment
3. *Inside Rehab* Ch. 5-6
4. Witkiewitz et al (2014). Mindfulness-based treatment to prevent addictive behavior relapse: theoretical models and hypothesized mechanisms of change. *Substance Use and Misuse*, 49(5): 513-524.

10/21: NO CLASS – FALL BREAK

Enjoy the break!!

10/19: WRITING AND READING DAY – NO SYNCHRONOUS CLASS

There is no synchronous class today. This is a good opportunity to get a head start on your blogpost, blog comments, and/or caught up on *Inside Rehab*. The 2nd blogpost is due on 11/11 and should focus on media depictions of addiction recovery and/or treatment.

10/14: CBT/Relapse Prevention

Assignment/Readings

1. No Discussion Forum this week
2. Complete and submit the Week 2 Behavior Change Journal Assignment
3. Witkiewitz, K., & Marlatt, G. A. (2004). Relapse prevention for alcohol and drug problems: That was Zen, this is Tao. *American Psychologist*, 59(4), 224-235.

*Recommended but Not Required

1. This is an updated version of Witkiewitz 2004 paper but a bit more detailed than what you need. If you are interested in this topic I recommend checking it out:
Hendershot, C. S., Witkiewitz, K., George, W. H., & Marlatt, G. A. (2011). Relapse prevention for addictive behaviors. *Substance Abuse Treatment, Prevention, and Policy*, 6. <https://doi-org.libproxy.lib.unc.edu/10.1186/1747-597X-6-17>

10/12: WELLNESS DAY – NO CLASS

10/7: Discussion

Assignment/Readings

1. *Inside Rehab*, Chapters 3-4
2. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's lecture, readings, and/or the class blog.
3. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum and Class Blog. Be sure to choose one question from the class blog and one from the Forum.

10/5: Motivation, Functional Analysis

Assignment/Readings

1. Read Thombs Ch. 11 up through p.321
2. The Behavior Change Journal has begun! All journal assignments are posted in this folder: [\Sakai\Resources\Behavior Change Journal](#).
3. Complete the Week 1 Behavior Change Journal (W1_Behavior Change Journal.docx). There are three parts to this assignment which are to be **completed and uploaded to your Sakai dropbox with the following filename: 'LASTNAME BCJ W1'**. It can be in pdf or word doc format. It is very important to follow the guidelines for the document name/label.
 - a. Value and behavior assessment
 - b. Identifying your change behavior
 - c. Daily activity tracking (7 days: Monday through Sunday)

9-30: Discussion

Assignment/Readings

4. *Inside Rehab*, Chapters 1-2
5. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's lecture, readings, and/or the class blog.
6. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum and Class Blog. Be sure to choose one question from the class blog and one from the Forum.

9/28: Intro to Treatment and 12-Step Models

Assignment/Readings

1. Read the blog! The deadline for your first **two** blogpost comments is **today**.

Recommended but Not Required

1. Additional background reading on 12-Steps/AA/NA: Kelly (2011) and Pickard (213)

9/23: Discussion

Assignment/Readings

1. The deadline for your first **two** blogpost comments is **9/28**.
2. Read *Unbroken* Chapters 16-19.
3. Post a discussion question to the Forum by 12pm on Wednesday. Focus questions on ways in which *Unbroken* supports or disputes the addiction models we have discussed in class.
4. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum.

9/21: Addiction Model Integration

Assignment/Readings

1. No assigned readings.
2. First blogpost due before class!
3. Discussion questions this week should focus on ways in which *Unbroken* supports or disputes the addiction models we have discussed in class.

9/16: Discussion

Assignment/Readings

1. The deadline for your first blogpost is **9/21**.
2. The deadline for your first **two** blogpost comments is **9/28**.
3. Read *Unbroken* Chapters 12-15.
4. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's readings and class lectures.
5. *Discussion leaders*: come prepared to lead a discussion of your favorite post to the Forum. Choose at least one question related to lecture/article readings and one for *Unbroken*.

9/14: Neurobiology

Announcements

1. Weekly updates/announcements will also be posted to Resources/Slides/Announcements_Updated Weekly_F21.ppt

Assignment/Readings

1. SAMSHA (2016). Chapter 2, The Neurobiology of Substance Use, Misuse and Addiction, p.1-26.
2. The deadline for your first blogpost is **9/21**.
3. The deadline for your first **two** blogpost comments is **9/28**.

Recommended but Not Required

1. Thombs Ch.2, p.40-44
2. Zilverstand & Goldstein (2020). Chapter 3 - Dual models of drug addiction: the impaired response inhibition and salience attribution model. <https://doi.org/10.1016/B978-0-12-815298-0.00003-4>

9/9: Discussion

Assignment/Readings

1. Read *Unbroken* Chapters 6-11.
2. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's readings and class lectures.
3. Discussion leaders: come prepared to lead a discussion of your favorite post to the Forum. Choose at least one question related to lecture/article readings and one for *Unbroken*.
4. The Blog is live! <https://tarheels.live/>
 - The blog assignment is detailed at this link: <https://tarheels.live/>
 - You all have author status, which means you can post your blog at any time.
 - Be aware that this is a public UNC website. If you would like to protect your identity, I recommend using the following instructions to create a nickname prior to posting your first blog or comment.
 - a. Go to <https://tarheels.live> and login with your onyen
 - b. You will see a page called 'My sites' (<https://tarheels.live/wp-admin/my-sites.php>)
 - c. Click on 'Dashboard' under 'PSYC517 Addiction Blog'
 - d. Click on 'Users' then 'Your Profile'. You will see the option to enter a **Nickname**. Once you write your nickname, select it in the 'Display name publicly as' dropdown menu.
 - e. Click **Update Profile** at the bottom of the screen.

9/7: Behavioral and Cognitive Models

Assignment/Readings

1. Thombs Ch. 6, p. **144-155** (stop at contingency management section)
2. Thombs Ch. 7, p. **169-190** (stop at cognitive dynamics of relapse)
3. Wise, R. A., & Koob, G. F. (2014). The development and maintenance of drug addiction. *Neuropsychopharmacology*, 39(2), 254-262. doi:10.1038/npp.2013.261

9/2: Discussion

Assignment/Readings

1. Read *Unbroken* Chapters 1-5.
2. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's readings and class lectures.
 - a. 1 point will be marked off for discussion questions that include stigmatizing language so proofread your work!
3. Discussion leaders: come prepared to lead a discussion of your favorite post to the Forum. Be sure to have more than one question ready in case another discussion leader uses your first choice.

8/31: Race and Stigma, Addiction Models

Announcements:

1. Grades for discussion questions have been posted. If you didn't get the grade you expected my recommendation is to re-review the youtube video on Blooms taxonomy. I've also copied strong examples from this week's forum into a docx 'Discussion Questions_Examples' in Sakai/Resources/Assignment Instructions and guidelines. I'll also discuss a few tips on Tuesday. For your reference, the grade breakdown for the class was 32% 4's, 42% 3's, 16% 2's, 9% 0's.
 - a. Next week 1 point will be marked off for discussion questions that include stigmatizing language so proofread your work!

Assignment/Readings

1. Thombs, Chapter 1 p. 23-28
2. Mendoza, S., Hatcher, A.E., & Hansen, H. (2019). Race, Stigma, and Addiction. In JD Avery & JJ Avery (Eds.), *The Stigma of Addiction: An Essential Guide*, p.131-152.
3. Volkow, N.D., & Koob, G. (2015). Brain disease model of addiction: why is it so controversial? *Lancet Psychiatry*, 2(8), 677-679.
4. Hart, C. (2017). Viewing addiction as a brain disease promotes social injustice. *Nature Human Behavior*, 1, 0055. <https://doi.org/10.1038/s41562-017-0055>

Recommended but Not Required

1. Heyman, G. M. (2017). Do addicts have free will? An empirical approach to a vexing question. *Addictive Behaviors Reports*, 5, 85–93. <https://doi.org/10.1016/j.abrep.2017.02.001>
2. Hall, W., Carter, A., Forlini, C. (2015). The brain disease model of addiction: is it supported by the evidence and has it delivered on its promises? *Lancet Psychiatry*, 2, 105-110.
3. Video: The Importance of Racial and Social Justice in Addiction Research Webinar https://youtu.be/vcWHSY_zz8

8/26: Discussion

Assignment/Readings

1. Please take a few minutes to fill out this questionnaire if you were unable to do so during class. https://unc.az1.qualtrics.com/jfe/form/SV_ctDCz3JhSClFyvt
2. Post a discussion question to the Forum by 12pm on Wednesday. The topic should be related to this week's readings and class lectures.
3. Discussion leaders: come prepared to lead a discussion of your favorite post to the Forum. Be sure to have more than one question ready in case another discussion leader uses your first choice.

8/24: History and Stigma

Assignment/Readings

1. Sign up for a day to serve as a discussion leader at Sakai/Sign-Up.
2. Watch this 50 minute NOVA video (Season 45, Episode 12, Addiction): <https://www.pbs.org/video/addiction-afsxne/>
The video will focus on the opioid epidemic, but also touch on the etiology of substance use disorder more broadly, from a neural, genetic, and behavior perspective. Several theories on addiction are presented in the video. See if you can identify any of them.
3. Thombs, Chapter 1, p. 7-22 at the section 'Conceptions of Addiction in US History'
4. Kelly, J.F., Saitz, R., & Wakeman, S. (2016). Language, Substance Use Disorders, and Policy: The Need to Reach Consensus on an "Addiction-ary", *Alcoholism Treatment Quarterly*, 34:1, 116-123, DOI: 10.1080/07347324.2016.1113103
5. Check out this website: <https://www.recoveryanswers.org/addiction-ary/>

*Recommended but Not Required

1. Daughters, S.B., & Yi, J. Y. (2018). Substance-related and addictive disorders: Drugs. In D.C. Beidel & B.C. Frueh (Eds.), *Adult psychopathology and diagnosis (8th ed.)* (pp. 695-724). Hoboken, NJ, US: John Wiley & Sons Inc.
2. Wagner, E.F., Hospital, M.M., Sobell, M.B., & Sobell, L.C. (2014). Substance-related disorders: Alcohol. In D.C. Beidel, B.C. Frueh, M. Hersen (Eds.), *Adult psychopathology and diagnosis (7th ed.)* (pp. 641-672). Hoboken, NJ, US: John Wiley & Sons Inc.
3. Zgierska AE, Miller MM, Rabago DP, Hilliard F, McCarthy P, Cowan P, Salsitz EA. Language Matters: It Is Time We Change How We Talk About Addiction and its Treatment. *J Addict Med.* 2021 Jan-Feb 01;15(1):10-12.