PSYCHOLOGY 470: Drugs and Behavior  
Spring 2020 Syllabus

Instructor: Adrian J. Bravo, PhD  
Day: T/TR 9:30am – 10:50am
Office: ISC 1081  
Class Location: ISC, Room 0248
Email: ajbravo@wm.edu
Office Hours: Wednesday 2:00pm – 4:00pm (or by appointment)

Course Overview

This course is designed to provide you with an overview of theoretical models, research, and clinical techniques related to the understanding, assessment, diagnosis, and treatment of addictive behavior, with a focus on alcohol and psychoactive drugs. Specifically, you will be introduced to the field of substance use and misuse including the development and maintenance of use, effects of use, and prevention and treatment of substance use problems.

Course Objectives

- Develop comprehensive familiarity of the biological, psychological and social nature and impact of various substances of misuse.
- Demonstrate understanding of the history of substance use problems and impact on our society.
- Understand legal, social, psychological, and political aspects of substance use behavior.
- Appreciate various methods of preventing and treating substance use problems.
- Improve awareness about the nature of addiction.
- Gain a deeper understanding of the multifaceted influence that culture has on drug-related beliefs and behaviors, incidence of substance misuse, and treatment.

Required Text

No textbook is required. Required readings will be made available on the course website. I am always happy to recommend additional readings, videos, etc. for any topic in which you are particularly interested, so please let me know if that is the case.

Course Website

The course website is available through Blackboard (http://blackboard.wm.edu). Grades and any additional materials (e.g., supplemental readings) will be made available there.

Important Academic Deadlines

Add/Drop Deadline: January 31, 2020
Withdrawal Period Deadline: March 20, 2020
Final Exam: Wednesday, May 13, 2020 between 9:00 am – 12:00 pm
Final Exam Policies: https://www.wm.edu/offices/registrar/calendarsandexams/examschedules/spring20exam/index.php
Course Requirements/Grading Overview

There will be 2 tests (15% each), the second exam will not be cumulative. You will also be required to complete a case Conceptualization Paper (15%) and a Cultural Considerations Paper (15%). Furthermore, you will lead one article discussion during the semester (10%), along with participating in in-class discussions (5%). Finally, you will also be required to complete a Literature Review Final Paper on a topic of your choice (25%). Please note that if you miss a test or submit your work late, you will receive a zero unless I receive documentation of an illness or an extenuating circumstance. If you have an extenuating circumstance, you are expected to contact the Dean of Students before the test or deadline.

<table>
<thead>
<tr>
<th>Grading Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (94 – 100)</td>
</tr>
<tr>
<td>B+ (88 – 89)</td>
</tr>
<tr>
<td>C+ (78 – 79)</td>
</tr>
<tr>
<td>D+ (68 – 69)</td>
</tr>
<tr>
<td>F (≤=59)</td>
</tr>
<tr>
<td>A- (90 – 93)</td>
</tr>
<tr>
<td>B (83 – 87)</td>
</tr>
<tr>
<td>C (73 – 77)</td>
</tr>
<tr>
<td>D (63 – 67)</td>
</tr>
<tr>
<td>B- (80 – 82)</td>
</tr>
<tr>
<td>C- (70 – 72)</td>
</tr>
<tr>
<td>D- (60 – 62)</td>
</tr>
</tbody>
</table>

Class Activities and Participation (5%)
Although I will not take formal attendance, it is recommended that you attend each class to ensure your success. Material will be covered in lecture that is not in the text. Exams will draw from both readings and lectures, and new material will be covered in lectures. Discussion materials will be provided in class or ahead of time for larger activities as relevant. It is important to complete readings before class so that you can contribute to class discussion and engage with your classmates and me. As you are reading to prepare for each class, note any questions you have about the material, or any times that you disagree with the author(s).

Tests (15% each)
There will be two closed-book, non-cumulative exams, with questions drawn equally from the readings and lecture presentations. Tests will consist of a combination of multiple choice, true-false, and long answer questions that assess your knowledge and understanding of the material. The two tests will be administered during class time. Exams may not be rescheduled except when approved by the Office of the Dean of Students. If a scheduled, sanctioned absence coincides with an exam date, please inform me immediately after the first class so that we can make arrangements. If you believe I made a grading error, please submit a written appeal by email to me within one week of receiving the graded exam.

Case Conceptualization (15%)
Students will choose one character from a movie, television show, or work of literature that struggles with substance use misuse (does not necessarily need to be diagnosed with a substance use disorder). The paper should be 2-3 pages long (12pt font, double-spaced). Draw from the readings in class, as well as lectures, and cite the source of your information. You may use outside sources of information, but this is not required. The assignment is due Thursday, April
9th by beginning of class (uploaded on Blackboard). Grades will be based on how well the paper covers the following components, as well as the clarity and organization of your writing:

- Provide a brief (1 paragraph) overview of the substance use problem and the success or struggles of the character in coping with their substance use misuse. If possible, include some information about the demographic characteristics of the character (e.g., age, gender, race/ethnicity).
- Describe the factors that contribute to the individual’s risk and/or coping, based on what you have learned in class. Factors to comment on (as relevant) include personality factors (e.g., impulsivity), specific life stressors, genetic or biological factors, availability of social support, and life stress.
- Discuss a psychosocial treatment or treatment technique (e.g., cognitive re-structuring, CRAFT, mindfulness) that could be helpful for the character, given their substance use problem and risk factors. Be sure to support your suggestion with research evidence (and cite this evidence).

Cultural Considerations Paper (15%)
Students will choose one concept from the class that they think is influenced by an individual’s cultural background. You may choose any class concept that interests you, and you may examine any aspect of an individual’s cultural identity (e.g., ethnic or racial identity, socio-economic background, sexual orientation, gender). Example topics include, “How does the effectiveness of social support groups for individuals diagnosed with alcohol use disorder compare for males versus females?” or “Does the link between stress and development of a substance use disorder vary by ethnic background?” or “How does racial identity influence rates of adolescent alcohol use within the United States?”.

Investigate the literature about your chosen topic, and write 3-4 pages (12 pt font, double-spaced), citing empirical work to support your argument. This should include one or two articles that we have not previously discussed in class. In some cases, it will be difficult to find literature on the exact topic chosen—you should support your argument with the most relevant evidence possible. Please see me for guidance in your literature search if you are struggling to find relevant papers. Alexandra Flores, a psychology research and instruction librarian at Swem, is also available to answer questions and assist with literature searches. The assignment is due Thursday, April 30th by beginning of class (uploaded on Blackboard).

Alexandra Flores
Make a research appointment online: https://libraries.wm.edu/libraries/departments/research-services
Email: adflores@wm.edu
Phone: 757-221-3107

Article Discussions (10%)
In the second half of the semester you will pick a day to present a peer-reviewed journal article to the class. This should be an article that you are citing in your final paper. You will identify the article you’re presenting at least one week in advance so I have time to post it to the Blackboard page. The rest of the class is expected to come to class that day ready to discuss the article.
Rather than just summarizing the article for the class, you should come with questions and discussion points for the class. You should prepare to be leading discussion for around 20 minutes. You are expected to participate on the days you are not presenting. Poor participation will result in a reduction of your Article Discussion grade. More details will be posted on Blackboard.

**Literature Review Final Paper (25%)**
At the end of the semester, you will individually submit a Literature Review Paper based on the topic of your choice. A detailed description and rubric for the final paper will be available on Blackboard.

**Course/Academic Policies and Resources**

**Academic Integrity**
The full honor code can be found in the Student Handbook. If you have any questions about academic integrity, please ask. I will assume that all students enrolled in the course know and understand what constitutes academic misconduct and agree to be bound by these rules.

**Diversity Statement**
Diversity encompasses differences in age, ability, cultural identity, race, ethnicity, gender, sexuality, faith, neurological make up (neurodiversity), geographic, social, military, marital, and economic backgrounds, and political and ideological perspectives. I value inclusiveness in this classroom and am committed to an environment that fosters, cultivates, and supports the diversity of our learning environment as inclusiveness is necessary to attain our goals for academic and research excellence. I expect and will uphold expectations for respectful communication, support for self-expression, and cooperation among all members of the class. Class members who fail to show respect in language and attitude/behavior towards others in this learning community (be this in class, in written work, or communication) will meet with me to discuss sanctions and possible review of events/behaviors with additional William & Mary faculty/staff.

**Americans with Disabilities Act**
It is the policy of The College of William & Mary to accommodate students with disabilities and qualifying diagnosed conditions in accordance with federal and state laws. Any student who feels s/he may need an accommodation based on the impact of a learning, psychiatric, physical, or chronic health diagnosis should contact Student Accessibility Services staff at 757-221-2512 or at sas@wm.edu to determine if accommodations are warranted and to obtain an official letter of accommodation. For more information, please see www.wm.edu/sas.

**Resources**
Students may find that a topic in class is personally relevant. All regularly enrolled students at the College of William & Mary are eligible for free confidential counseling services from the William & Mary Counseling Center. They can be reached at 757-221-3620 or on the second floor of the McLeod Tyler Integrated Wellness Center. They also have a website: https://www.wm.edu/offices/wellness/counselingcenter/
Tentative Course Schedule

Thursday, January 23

Introduction and Review of Course Guidelines

Tuesday, January 28 – Drug Use and Abuse

Required Readings

Supplemental Readings

Thursday, January 30 – Neurobiology of Addiction

Required Readings

Supplemental Readings

Tuesday, February 4 – Behavioral Models of Addiction

Required Readings
**Supplemental Readings**


**Thursday, February 6 – Substance Use - Alcohol**

**Required Readings**


**Supplemental Readings**


**Tuesday, February 11 - Substance Use – Marijuana**

**Required Readings**


**Supplemental Readings**


**Thursday, February 13 - Substance Use – Other Drugs**

**Required Readings**


**Supplemental Readings**


**Tuesday, February 18**

*Catch-up and Review*

**Thursday, February 20**

*Exam 1*

**Tuesday, February 25 – Substance Use Prevention**

**Required Readings**


**Supplemental Readings**


**Thursday, February 27 – Substance Use Treatment - Overview**

**Required Readings**


4+/5+ binge or heavy drinking criterion in college and clinical populations. *Addiction, 111*, 1720-1726.

**Supplemental Readings**


**Tuesday, March 3 – Substance Use Treatment – Support Groups and CRAFT**

**Required Readings**


**Supplemental Readings**


**Thursday, March 5 – Substance Use Treatment – CBT and Mindfulness**

**Required Readings**


**Supplemental Readings**

**Tuesday, March 10**

*No Class – Spring Break*

**Thursday, March 12**

*No Class – Spring Break*

**Tuesday, March 17 – Substance Use Treatment – Motivational Interviewing**

**Required Readings**

**Supplemental Readings**

**Thursday, March 19 – College Student Interventions**

**Required Readings**

**Supplemental Readings**
**Tuesday, March 24**

*Catch-up and Review*

**Thursday, March 26**

*Exam 2*

**Tuesday, March 31 – Substance Use & Culture**

*Required Readings*

*Supplemental Readings*

**Thursday, April 2**

Alexandra Flores (adflores@wm.edu)

*Research Session in Class*

**Tuesday, April 7 – Motivational Models of Substance Use**

*Required Readings*

*Supplemental Readings*
The Relationship between Negative Affect and Alcohol and Marijuana Use Outcomes among Dual Users. *Substance Use & Misuse*, 1-8.

**Thursday, April 9 – Assessment of Substance Use**

*Required Readings*


*Supplemental Readings*


*Case Conceptualizations Paper Assignments Due*

**Tuesday, April 14**

*Article Discussion - TBD*

**Thursday, April 16**

*Article Discussion - TBD*

**Tuesday, April 21**

*Article Discussion - TBD*

**Thursday, April 23**

*Article Discussion - TBD*

**Tuesday, April 28**

*Article Discussion - TBD*

**Thursday, April 30 (Last Day of Classes May 1)**

*Final Paper Consultation*  
*Cultural Considerations Paper Due*  

*Wednesday, May 13: FINAL EXAM 9:00 am - 12:00 pm*