

## PSYC 517: Addiction

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### Overview

PSYC 517 is an upper level seminar course for undergraduates that will provide a comprehensive overview of the scientific study of addiction. This course will focus primarily on addiction to mood altering substances such as alcohol and illicit drug use, although many of the principles reviewed are applicable to behavioral addictions (e.g., gambling). Over the course of the semester the student will examine (1) the etiology of addiction across classic and contemporary theoretical models, (2) motivational, pharmacological, cognitive, and behavioral treatments for addiction, and (3) real-life personal stories of addiction. The student will also be exposed to the multiple research methods used to study addiction (e.g., neuroscience, self-report, behavioral).

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

### Readings

To benefit fully from lectures and discussions, please complete the readings before the class for which they are assigned. Additional required readings will be posted to Sakai in Resources. The list of articles for each class period will be posted to the Sakai Blog no later than 1 week prior to the class time that they will be discussed. In addition, the following two books are required:

1. *A Million Little Pieces* by James Frey
2. *Terry: My Daughter's Life-and-Death Struggle with Alcoholism* by George McGovern

Additional suggested reading:

1. *Inside Rehab* by Anne Fletcher (2013)

### Course Evaluation

#### Attendance

In most courses there is a direct relationship between class attendance and grades. If one of your goals is to get an "A" in this course; come to class. If you miss class it is your responsibility to contact a fellow student to catch up on any material you have missed. Missed exams or late assignments that have not been previously excused by the instructor will be penalized by a full letter grade (for example, from A to a B) for each partial or whole day late. If you are missing a significant number of classes due to an illness, or for some personal difficulties, contact me during the 'situation' so we can work something out. Please do not 'disappear' for 3 or 4 or 5 or 6 weeks; suddenly reappear with the excuse and expect to hand in late work or makeup exams.

#### Participation

You are encouraged to participate in class discussions and ask questions. This is *your* class. Students should feel free to share information, ask questions and express personal opinions. Please respect the comments and opinions of others. Class participation will be worth 15% of

your final grade, and includes class discussions as well as graded class activities (e.g., reading roles, uploaded discussion questions), the details of which will be discussed in class and posted on Sakai under Resources\Assignments.

### Quizzes

Short quizzes will be given at the beginning of most lectures. These will mostly be in multiple choice format, although it is possible there will be an occasional short answer question. We will be using Poll Everywhere for most class quizzes. The average of your quizzes will be worth 15% of your final grade, and the lowest quiz grade will be dropped.

If you do not already have a Poll Everywhere account through the UNC system, please use the following link to set one up: [http://help.unc.edu/CCM3\\_033949](http://help.unc.edu/CCM3_033949)

Once you create your account, you will be able to respond to quizzes in class via computer or cell phone (note: to use a cell phone to respond to quizzes, you will need to associate your cell phone number with your account- refer to link above on how to do this)

- Computer: [pollev.com/psyc517](http://pollev.com/psyc517) (make sure you have logged in first!)
- Text: text "PSYC517" to 22333 to join the session, then text your response to the quiz question (e.g., "A" or "B")

### Reaction Papers

You will be required to turn in four reaction papers. The reaction paper is a 1.5 to 2 page, double-spaced (in 12-point, Times New Roman font, 1" margins) representation of your thoughts regarding each of the assigned book readings. Each reaction paper should follow the format of: (1) brief, 5-7 sentence review of the section of the book, in your own words; (2) discussion of the link(s) between the book(s)' content and the course lecture material; and (3) questions or points of support/criticism that arose in your reading of the book(s)' content and the stated views and/or data presented by the authors.

A key goal of the reaction papers is to provide you with a method for organizing your thoughts and questions about the books, with the larger goal of promoting lively and challenging course discussions. See the Course Calendar for assigned papers and due dates. Please upload your reaction paper as an attachment in Microsoft Word (or Word-compatible format) to Sakai in your personal Drop Box folder by 9am on the assigned due date.

### Exams

There will be two Exams, a midterm and a final. Each will include multiple choice, short answer and brief essay questions. The midterm will cover material presented prior to the midterm and the Final Exam will cover all material throughout the semester, with an emphasis on material presented after the midterm. Pre-approved absences from exams are rare, but if needed, must be approved during the first week of the course. In the event of an emergency absence please contact the instructor within twenty-four hours or as soon as circumstances allow. You will be asked to provide documentation to allow a make-up exam.

### Group Presentation

Students will be assigned into groups of 4-5 to research a topic relating to addiction that either (1) we have not covered in class, or (2) combines and expands upon 2 or more topics that we have covered in class, and provide a 15 minute class presentation. Example topics and additional

assignment details will be uploaded to Sakai under Resources\Assignments. The presentation must reference a minimum of 8 refereed journal articles written within the last 10 years (additional articles from later years are also acceptable). Articles taken from the internet will not be accepted. Power point is the suggested format for class presentations, although you are welcome to use a different format if you first check with the instructor to make sure it is acceptable. The group project will be worth 15% of your final grade.

### Self-Help Group Assignment & Paper

Each student will attend a minimum of one open AA or NA meeting and one Al-Anon or Nar-Anon open meeting. In addition to attending the meetings, you should also briefly speak with at least one member at each group attended. In a 5 page paper (in 12-point, Times New Roman font, 1" margins), each student should describe their reaction to attending the meetings and talking to group members. You can discuss each meeting in separate sections OR combine the discussion of them both throughout the paper. Start with a short description of the name of the group(s), type of meeting, and brief description of the demographic characteristics of the group, atmosphere and tone ( $\leq \frac{1}{2}$  page). Answer the following questions: What specific aspect of the meetings did you react to most positively and which did you react to most negatively? Why? What thoughts and emotions did you experience during and after the meeting? Also address your reaction to how these meetings fit in with what you have learned about the successful treatment of addiction. Do you believe they are helpful? Why and/or why not? The paper will be worth 10% of your final grade.

A number of twelve step meeting locations and times can be found at:

<http://www.addiction.com/meeting-finder/>

You will want to filter your search query to only include Open (O) meetings. You can also locate meetings by doing a google search, checking the telephone book, or calling any substance abuse treatment facility or community mental health center. If you have trouble locating meetings, please let me know so I can assist you.

### **Grading Procedures:**

Your final grade is based on the following criteria, and is assigned per UNC's grading system (<http://registrar.unc.edu/academic-services/grades/explanation-of-grading-system/#under>).

Quizzes	15%
Participation (e.g., reading roles)	15%
Response Papers	15%
Group Project/Presentation	15%
Self Help Paper	10%
Midterm	15%
Final	15%

### Course Outline / Course Calendar:

Schedule changes throughout the semester are likely, and any resulting updates to the syllabus will be announced in class and uploaded to the course website. It is also the students' responsibility to check the course website regularly for scheduling updates.

Date	Topic	Assignment
8/18	Introduction; syllabus review	
8/20	What is Addiction	Class Readings
8/25	Disease vs Choice	Class Readings, Reading Roles
8/27	Social-Cognitive Models	Class Readings
9/1	Positive Reinforcement & Disinhibition/Impulsivity	Class Readings, <i>Terry</i> Ch. 1-3
9/3	Behavioral Economics	Class Readings <b>Due:</b> Response Paper for <i>Terry</i> Ch. 1-3
9/8	Cognitive Disruptions	Class Readings
9/10	Reward Processing	Class Readings
9/15	Craving	Class Readings
9/17	Stress/Negative Reinforcement	Class Readings
9/22	Genetics	Class Readings <b>Due:</b> Proposed Group Project Topics
9/24	Disease vs Choice Revisited	Class Readings, Finish <i>Terry</i> <b>Due:</b> 2 discussion questions for <i>Terry</i>
9/29	Discuss <i>Terry</i>	<b>Due:</b> Response Paper for <i>Terry</i> 4 – End
10/1	<b>Exam #1</b>	
10/6	Treatment Overview	Class Readings <b>Due:</b> Final Group Project Topics Approved
10/8	12-Step	Class Readings
10/13	Relapse Prevention	Class Readings
10/15	<b>Fall Break – No Class</b>	
10/20	Mindfulness Based Relapse Prevention	Class Readings, <i>Pieces</i> pp. 1-215
10/22	Cognitive Behavioral Therapy (CBT)	Class Readings
10/27	Behavioral Activation	Class Readings
10/29	Technology Enhanced Interventions	Class Readings
11/3	Stages of Change & Motivational Interviewing	Class Readings
11/5	Contingency Management	Class Readings
11/10	Behavioral Addictions	Class Readings
11/12	Pharmacological Treatment	Class Readings, Finish <i>Pieces</i> <b>Due:</b> 2 discussion questions for pp.216-End
11/17	Discuss <i>A Million Little Pieces</i>	<b>Due:</b> Response Paper for <i>Pieces</i> 216-End
11/19	Class Presentations	
11/24	Class Presentations	<b>Due:</b> Self Help Paper
11/26	<b>Thanksgiving – No Class</b>	
12/1	Class Presentations	
12/8	<b>Final Exam –8am</b>	