

**Drugs and Addictive Behaviours**

Code: 102859  
ECTS Credits: 3

| Degree           | Type | Year | Semester |
|------------------|------|------|----------|
| 2502442 Medicine | OT   | 2    | 2        |
| 2502442 Medicine | OT   | 3    | 0        |
| 2502442 Medicine | OT   | 4    | 0        |
| 2502442 Medicine | OT   | 5    | 0        |
| 2502442 Medicine | OT   | 6    | 0        |

**Contact**

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**Use of Languages**

Principal working language: catalan (cat)

Some groups entirely in English: No

Some groups entirely in Catalan: Yes

Some groups entirely in Spanish: No

**Teachers**

Esther Martinez Membrives

Carles Tapias Espinosa

Joan Taberner Viera

**Prerequisites**

Basic knowledge of basic psychological processes. Understanding of English

**Objectives and Contextualisation**

The subject Drugs and Addictive Behaviors is taught in the second year of the Medicine degree. The general objective of the subject is to ensure that students know the dynamics of addictive behavior from a psycho and neurobiological perspective.

The course offers a current vision of the various neurobiological and psychological mechanisms involved in the initiation and maintenance of addictive behavior, with special emphasis on the most outstanding scientific findings from basic and applied perspectives. Basic concepts will be introduced to understand addictions (tolerance, dependence and withdrawal syndrome, among others).

The neurobiological and psychological mechanisms underlying drug dependence as well as the properties of the different substances considered as addictive and of behaviors classified as behavioral addictions will be explained. Mention will be made of the most common diagnoses, treatments and therapeutic utilities of each of the different drug families.

**Competences**

## Medicine

- Accept one's role in actions to prevent or protect against diseases, injuries or accidents and to maintain and promote health, on both personal and community-wide levels.
- Demonstrate understanding of the causal agents and the risk factors that determine states of health and the progression of illnesses.
- Demonstrate understanding of the importance and the limitations of scientific thought to the study, prevention and management of diseases.
- Demonstrate understanding of the principles of normal human behaviour and its alterations in different contexts.

## Learning Outcomes

1. Argue for future strategies in various areas of mental health, from a scientific perspective.
2. Discuss findings from reliable studies and argue for future strategies in various areas of mental health, from a scientific perspective.
3. Draw up a plan to promote healthy behaviours in different types of patients and circumstances.
4. Establish links between behaviour patterns, personality and health.
5. Identify adaptive and non-adaptive lifestyles for physical and mental health.
6. Identify the biological, psychological and social mechanisms of mental disorders in childhood/adolescence, adulthood and old age, and aggressive behaviour, addictive habits and anomalies in sexual behaviour.
7. Predict individual risk variables for physical and mental health.
8. Use scientific thought in discussions of physical and mental health.

## Content

- Topic 1. Basic concepts about addictions.
- Topic 2. Explanatory mechanisms of drug use.
- Topic 3. Animal models of drug consumption.
- Topic 4. Behavioral addictions.
- Topic 5. Caffeine and other xanthines.
- Topic 6. Nicotine and smoking.
- Topic 7. Cannabinoids.
- Topic 8. Alcohol and alcoholism.
- Item 9. Cocaine and amphetamine.
- Topic 10. Design drugs.
- Topic 11. Heroin and other opiates.
- Topic 12. Evaluation, diagnosis and treatment of addictive behavior.

## Methodology

The subject consists of the following training activities:

- Theoretical classes: There will be several sessions, previously scheduled, in which subjects from 1 to 12 will be taught.
- Specialized seminars: There will be two seminars: 1) a seminar on the legalization of substance use and 2) a seminar on evaluation, diagnosis and treatment of addictive behavior. They will take place in a classroom with a previously scheduled schedule.
- Classroom practice: There will be a classroom practice related to topic 8 of the subject, where clinical cases will be studied.
- Virtual classes: Various self-learning resources will be provided through the Virtual Campus.

All the information related to the subject, such as the general regulations of the course, schedule of classes and practices, mechanics of review of exams, notices and notes, will be found in the Virtual Campus, which will be the official means of communication with the students. students.

## Activities

| Title  | Hours | ECTS | Learning Outcomes |
|--|-------|------|-------------------|
| Type: Directed   |       |      |                   |
| CLASSROOM PRACTICES (PAUL)   | 2     | 0.08 |                   |
| SPECIALIZED SEMINARS (SESP)  | 4     | 0.16 |                   |
| THEORY (TE)  | 20    | 0.8  |                   |
| Type: Supervised   |       |      |                   |
| VIRTUAL CLASSES (VIRT)   | 2     | 0.08 |                   |
| Type: Autonomous   |       |      |                   |
| ELABORATION OF WORK / PERSONAL STUDY / READING OF ARTICLES / REPORTS OF INTEREST | 43    | 1.72 |                   |

## Assessment

Requirements to pass the subject

Multiple choice tests: Minimum grade of 5 in each of the two parts.

Seminars and classroom practice: Attendance and minimum grade of 5 (APT) in the evaluation that takes place in the classroom -the day the activity is scheduled- or through works or questions that have to be answered / presented through the Campus Virtual-UAB, within the deadline set by the faculty. The joint evaluation of these activities will suppose 20% of the final grade of the subject.

Multiple choice tests (80% of the final grade) Partial eliminatory evaluation

There will be two partial elimination exams. The first part will include questions from topics 1 to 6 and virtual classes. The second partial will include questions from topics 7 to 12 and seminars and classroom practice. Students who participate and pass the exams (one or both) with a grade of 5 or higher will have passed the part of the corresponding subject.

The multiple choice questions will have five alternatives, random guesses will be deducted (correct answers - ¼ of the errors) and the note will be converted decimally. The correction of the tests will be subject to all the psychometric requirements.

If the two partial notes are equal to or greater than 5, the final grade will be calculated by making the average of the two partial notes. If one or two partial notes are less than 5, the subject will not have been passed and it will be necessary to submit to the next call (final exam).

Recovery exam

This test will have the same format as the previous partial exams. There will be an exam that corresponds to the first part of the subject (first partial) and another corresponding to the second part (second part). Students will have to do a partial or both (separately) depending on the subject that has been exceeded (grade of 5 or higher) in the partial exams.

Not evaluated

Students who donot take the tests of theoretical evaluation (EXAMINATIONS) and practice (SEMINARS AND PRACTICE) will be considered as NOT EVALUATED and will exhaust the rights to the registration of the subject.

## Assessment Activities

| Title   | Weighting | Hours | ECTS | Learning Outcomes |
|---|-----------|-------|------|-------------------|
| ASSISTANCE AND ACTIVE PARTICIPATION IN CLASSES AND SEMINARS | 20 %      | 1     | 0.04 | 1, 2, 3           |

## Bibliography

Echeburúa, E. (1999). *¿Adicciones... sin drogas? Las nuevas adicciones: Juego, Sexo, Comida, Compras, Trabajo, Internet...* Bilbao: Descleé de Brouwer.

Feldman, R. S., Meyer, J. S. y Quenzer, L. F. (1997). *Principles of neuropsychopharmacology*. Sunderland, Massachusetts: Sinauer Associates, Inc.

Fernández-Teruel, A. (2008). *Farmacología de la conducta. De los psicofármacos a las terapias psicológicas*. Bellaterra, Barcelona: Servei de Publicacions de la UAB.

Díaz-Morán S. and FERNÁNDEZ-TERUEL A. (2013) Integration and interactions among pharmacological and psychological treatments of addictions: a review (Integración e interacciones entre los tratamientos farmacológicos y psicológicos de las adicciones: una revisión). *Annals of Psychology-Anales de Psicología*, 29 (1): 54-65.

Goldstein, A. (2003). *Adicción: de la biología a la política de drogas*. Barcelona: Ars Medica. Graña, J. L. (1994). *Conductas adictivas: teoría, evaluación y tratamiento*. Madrid: Debate.

Lorenzo, P., Ladera, J.M., Leza, J.C. y Lizasoain, I. (2009). *Drogodependencias: Farmacología. Patología. Psicología. Legislación*. Madrid: Médica Panamericana.

Snyder, S.H. (1996). *Drugs and the brain*. New York: Scientific American Library.

### Relevant links

<http://www.socidrogalcohol.org/> (Sociedad Científica Española de estudios sobre el alcohol, el alcoholismo y las otras toxicomanías).

Monographs: alcoholismo/alcohol, opiáceos, tabaco, cannabis, cocaína, drogas recreativas.

Clinical guides : alcoholismo, opiáceos, tabaquismo, cocaína.

Handbooks: *Manual de adicciones para médicos especialistas en formación, Manual de adicciones para psicólogos especialistas en psicología clínica en formación*.

<http://www.nida.nih.gov/> (National Institute on Drug Abuse). Drugfacts

### Infofacts Topics in brief

<http://www.pnsd.msc.es/> (Plan Nacional sobre Drogas).

<http://www.aspb.es/quefem/atenciodroga.htm> (Agència de Salut Pública. Pla d'acció sobre drogues de Barcelona).

<http://www.who.int/es/> (Organización Mundial de la Salud).

<http://www.emcdda.europa.eu/> (European Monitoring Centre for Drugs and Drug Addiction).

<http://www.irefrea.org/> (Instituto Europeo de Estudios en Prevención).