

UNIVERSITY OF TEXAS SCHOOL OF PUBLIC HEALTH
FALL 2004
PH 1410
ADDICTIVE BEHAVIOR

CREDIT HOURS: 3

GRADE: P/F

ROOM: DAHS V7.114

TIME: W 5:00-8:00 PM

INSTRUCTOR: Scott Walters, Ph.D.

OFFICE: V8.112

OFFICE HOURS: W 4:00-5:00 & by appt.

PHONE: 214-648-1519

E-MAIL: scott.walters@utsouthwestern.edu

I. COURSE DOMAIN AND BOUNDARIES

Alcohol and other drug use is ubiquitous in the United States, and leads to significant personal, familial, social and economic consequences. Substance abuse is especially likely to affect members of disadvantaged groups, which further complicates their ability to cope with stressful life circumstances. Although substance use disorders are prevalent and identifiable, health care professionals often fail to identify and intervene with most of the substance-using clients they serve. As a result, many opportunities to reduce the suffering of these persons and their families are lost.

This course provides public health students with a introduction to the epidemiology, etiology, prevention and treatment of alcohol and drug use disorders. One-half of this course will address alcohol abuse--the most costly and commonly encountered problem. Other substances will also be discussed, including cocaine, tobacco, marijuana, opioids, hallucinogens, ecstasy, inhalants, and caffeine. As a course with a behavioral science emphasis, practical application will be emphasized, both through classroom discussions and out-of-class assignments.

II. TEXTS

The following texts are required for the course:

Rotgers, F., Morgenstern, J., & Walters, S. T. (2003). *Treating substance abuse: Theory and Technique (2nd Ed)*. New York: Guilford Press.

Knapp, C. (1996). *Drinking: A love story*. New York: Delta Publishing.

McCrary, B. S., & Epstein, E. E. (1999). *Addictions: A comprehensive guidebook*. New York: Oxford.

In addition to these required texts, there will be readings from the following books. Copies of the chapters will be placed on reserve, or students may wish to purchase their own copy:

Rollnick, S., Mason, P., & Butler, C. (1999). *Health behavior change: A guide for practitioners*. New York: Churchill-Livingstone.

Tucker, J. A., Donovan, D. M., & Marlatt, G. A. (1999). *Changing Addictive*

Behavior: Bridging Clinical and Public Health Strategies. New York: Guilford.

Miller, W. R., & C'de Baca J. (2001). *Quantum change: When epiphanies and sudden insights transform ordinary lives.* New York: Guilford.

III. ROLE OF FACULTY AND STUDENTS

Regular attendance is expected. Assignments and readings are due on the dates listed below, unless otherwise indicated by the instructor. Cheating and/or plagiarism of any kind will result in a failing grade for the course.

If you have a learning disability, sensory, or physical disability or other impairment, or if English is your second language, and you may need special assistance in lecture, reading assignments, and/or testing, please contact the instructor.

IV. GRADING SYSTEM

Final grades will be based on a student's knowledge of the course material as demonstrated by participation in class activities and completion of written and experiential assignments.

Statement of Goals (5%). By the second class, please email the following information to the instructor. **Please mention "PH1410" in the subject line of any email communication.**

Example: "PH1410 Statement of Goals - John Smith".

- Name, email, phone.
- Any professional experience with addictions assessment or treatment.
- Professional goals (e.g., what would you like to do with your MPH?)
- What you hope to learn/accomplish by taking this course, or what most interests you about the field.

Reading Quizzes (20%). As an incentive to keep up with the assigned reading, there will be six "pop" quizzes over the course of the semester on the reading assigned for that class. The best five will count toward the final grade. The intent of these short answer quizzes is not to comprehensively test your knowledge, but only to verify that you have (or have not) read the material. Quizzes are open note and book, with no make-ups available.

Research Assignments (25%). Locate two research articles on topics related to addictions, and summarize them in the poster format provided. Be sure to include a "critiques" section that gives your thoughts and critical assessment of the article. After feedback from the instructor, each student will post their poster on the class website as part of a "virtual" poster session.

Field assignments (25%). Chose one of the following:

- a. Conduct four brief interview sessions with "mock" patients who have drug or alcohol problems, using the brief negotiation skills explained in the class. Tape your interviews and submit them to the instructor. Complete the evaluation form for this exercise.
- b. Attend three AA or other self-help meetings (e.g., GA, CA, Al Anon, SMART Recovery). Complete the evaluation form for this exercise.

Final written exam (25%). During the final class, a series of short answer (1-2 paragraph) questions will be distributed. Responses to the exam will be due in 48 hrs. A review sheet will be provided for this exam. This exam is open note and book.

V. COURSE OUTLINE

Week One: COURSE OVERVIEW; HISTORICAL AND CURRENT ISSUES 9/1 IN ADDICTIVE BEHAVIOR

1. Overview of course
2. Paradoxes and questions about substance use
3. History of alcohol and other drug use
4. Alcohol and other drug use in contemporary society
5. Global and national significance of substance use

Week Two: ETIOLOGY OF ALCOHOL USE AND MISUSE 9/8

1. Definitions of “addiction,” abuse and dependence
2. Etiology of alcohol problems
 - a. Genetic/Biological
 - b. Psychological
 - c. Social/Cultural

Readings: Knapp, Chapters 1-10; McCrady & Epstein, Chapters 1-3

Statement of Goals Due

Week Three: EPIDEMIOLOGY & CONSEQUENCES OF ALCOHOL USE AND 9/15 MISUSE

1. Epidemiology of alcohol use, abuse and dependence
2. Pharmacology of alcohol
3. Medical complications of alcohol and drug abuse.
4. Social consequences (e.g., families, employment, crime)
5. Economic issues

Readings: Knapp, Chapters 11-16; McCrady & Epstein, Chapter 4

Week Four: SCREENING CONSIDERATIONS 9/22

1. Alcohol and drug dependence criteria
2. Screening instruments (e.g., CAGE, TWEAK, MAST, AUDIT)
3. Readiness to change (e.g., URICA, SOCRATES, readiness “rulers”)
4. Options in “evidence-based” alcohol treatment
 - a. Settings (inpatient/outpatient, etc.)
 - b. Format (individual/group/family)
 - c. Modalities (A.A., antabuse, cognitive-behavioral, etc.)

Readings: McCrady & Epstein, Chapter 11, 27

Miller, W.R. Wilbourne, P. L., & Hettema, J. E. (2003). What works? A summary of alcohol treatment outcome research. In W. R. Miller & R. K. Hester (Eds.), *Handbook of alcoholism treatment approaches (3rd Ed.)* (pp. 13-63). New York: Allyn & Bacon.

Research Poster #1 Due

**Week Five:
9/29**

EVIDENCE-BASED TREATMENTS FOR SUBSTANCE ABUSE

This week will cover treatments with a cognitive or behavioral emphasis

1. Overview of treatments: How do they stack up?
2. Advice, FRAMES, and other brief interventions
3. Motivational Interviewing and Motivational Enhancement Therapy
4. Cognitive-Behavioral Treatment
5. Relapse Prevention

Readings: Rotgers, Chapters 8, 11, 12

**Week Six:
10/6**

**EVIDENCE-BASED TREATMENTS FOR SUBSTANCE ABUSE
(CONTINUED)**

This week will cover treatments with a social, community, or pharmacological emphasis

1. Self-Help Groups and AA
2. Coping and Social Skills Training
3. The Community Reinforcement Approach
4. Medication

Readings: Rotgers, Chapters 1, 5, 13; McCrady & Epstein, Chapter 18

Research Poster #2 Due

**Week Seven:
10/13**

PUTTING TREATMENT INTO PRACTICE

This week will cover ways to integrate treatments into a package that is most appropriate and effective for the individual. In addition, we will discuss the “research-practice” gap and methods for disseminating effective treatments into practice.

1. Putting it all together: Multi-modal treatment
2. Disseminating evidence-based approaches
3. Brief screening and treatment methods

Readings: Rotgers, Chapter 14; Rollnick, Chapters 5-6

Gunzerath, L., Faden, V., Zakhari, S., & Warren, K. (2004). National Institute on Alcohol Abuse and Alcoholism report on

moderate drinking. *Alcoholism: Clinical and Experimental Research*, 28(6), 829-847.

Week Eight:
10/20

PUBLIC HEALTH APPLICATIONS AND POLICY

This week will cover frameworks and methods for translating substance abuse prevention and intervention techniques into public health practice.

1. Levels of intervention: The individual, groups, communities
2. Expectancy theories
3. Social and cognitive theories
4. Economic concerns and interventions

Readings: Tucker, Chapter 8; McCrady & Epstein, Chapter 30-31

Week Nine:
10/26

“HOT TOPICS” IN ADDICTIVE BEHAVIOR

1. How good are our treatments?
2. Controlled use vs. abstinence-only
3. The effectiveness of AA and other widely used treatments
4. “Spontaneous” remission in addiction
5. The “addictive personality” and denial
6. When change is quick

Readings: Miller & C’de Baca, Chapters 1, 4

Chiauzzi, E. J., & Liljegren S. J. (1993). Taboo topics in addiction treatment. An empirical review of clinical folklore. *Journal of Substance Abuse Treatment*. 10(3), 303-16.

Week Ten:
11/3

STIMULANTS

1. Cocaine
2. Caffeine
3. Amphetamines
4. Other
 - a. Khat
 - b. Betel Nuts
 - d. Ephedra

Readings: McCrady & Epstein, Chapter 6

Garrett, B. E. & Griffiths, R. R. (2001). Intravenous nicotine and caffeine: Subjective and physiological effects in cocaine abusers. *Journal of Pharmacology and Experimental Therapeutics*, 296, 486-494.

Jones, H. E., Garrett, B. E., & Griffiths, R. R. (1999). Subjective and physiological effects of intravenous nicotine and cocaine in cigarette smoking cocaine abusers. *Journal of Pharmacology and Experimental Therapeutics*, 288, 188-197.

**Week Eleven:
11/10**

TOBACCO

1. History and extent of tobacco use
2. Characteristics of smoking and smokers
3. Pharmacology of smoking and physical effects
4. Cessation techniques
5. Secondhand smoking, addiction, and other legal and ethical issues

Readings: McCrady & Epstein, Chapter 9

Benowitz, N. L. (1999). Nicotine Addiction. *Primary Care*, 26(3), 611-628.

Hughes, J. R. (2001). Why does smoking so often produce dependence? A somewhat different view. *Tobacco Control*, 10, 62-64.

**Week Twelve
11/17**

MARIJUANA AND HALLUCINOGENS

1. Marijuana
 - a. History and extent of use
 - b. Short and long-term effects
 - c. Assessment, treatment and prevention
 - d. Medical applications and legal issues
2. Hallucinogens
 - a. LSD
 - b. PCP and Ketamine
 - c. Mushrooms and Psilocybin
 - d. Peyote

Readings: McCrady & Epstein, Chapter 7

Hall, W. (2001). Reducing the harms caused by cannabis use: the policy debate in Australia. *Drug and Alcohol Dependence*, 62, 163-174.

Wodak, A., Reinarman, C., Cohen, P. D., Drummond C. (2002). Cannabis control: Costs outweigh the benefits. For and against. *British Medical Journal*, 324, 107-8. (OPTIONAL: You may find the responses to the article to be helpful in understanding the debate: <http://bmj.com/cgi/eletters/324/7329/105>).

Field Assignments Due

**Week Thirteen:
11/24**

OPIOIDS, SEDATIVES, ANXIOLYTICS, AND INHALANTS

1. Opioids -- Morphine and Heroin
2. Sedative-Hypnotics and “date rape” drugs
3. Inhalants

Readings: McCrady & Epstein, Chapter 5, 8

Week Fourteen: OTHER DRUGS OF ABUSE
12/1

1. Designer drugs
 - a. Fentanyl
 - b. MDMA (Ecstasy)
2. Over-the counter medications
3. Steroids

Readings: McCrady & Epstein, Chapter 10, 26

Week Fifteen: DESIGNER, OTC AND “COSMETIC” MEDICATION
12/8

1. How dangerous are OTC and prescription medications?
2. Selective antidepressants and other “smart” medications
3. Ethics of personality “transformation”
4. Addiction and societal expectations

Readings: To Be Announced