

ÇAĞ UNIVERSITY
FACULTY OF ARTS AND SCIENCES
DEPARTMENT OF PSYCHOLOGY

Code	Course Title	Credit	ECTS
PSY 319	Psychology of Addiction	3 (3-0-3)	5
Prerequisites	None		
Language of Instruction	English	Mode of Delivery	Face to face/Online
Type and Level of Course	Elective/3rd Grade/FALL TERM		
Lecturers	Name(s)	Lecture Hours	Office Hours
Course Coordinator	Ayşe Şenay KOÇ, PhD	Mondays 13:20-15:40	Mondays 12:30-13:00
Others			Contacts aysezenaykoc@cag.edu.tr

Course Objectives This course aims to provide the students with the competence to know the fundamentals of addiction and to recognize and intervene. The course is designed to equip students with up-to-date information and actionable knowledge on the problem of Addiction. Through the lessons offered they will gain insight into the causes of substance and behavioural addiction and learn how to better assess addiction situations and intervene appropriately.

Learning Outcomes of the Course	Upon successful completion of this course, students will be able to:		Relationship	
			Prog. Output	Net Effect
	1	Explain the general concepts and definitions related to the addiction field.	1,3,4	3,4,5
	2	Evaluate the dynamics of addiction.	1,4,8	3,5,4
	3	Discuss prevention, treatment and rehabilitation process and policies.	4,6,7,9	4,4,5,5
	4	Explore social work practices for addicted individuals and their families.	2,5,7	3,5,4
	5	Discuss the biology and psychology of addiction.	3,5,8	3,3,4
	6	Discuss the causes and effects of substance addiction and behavioural addictions such as gambling and obsessive-compulsive behaviour.	9	5
	7	Classify the latest treatment models and theories.	2,7,9	5,4,3
	8	Explain how to work with individuals with drug problems and how to help those affected by their drug use.	1,3,6	5,3,4
9	Identify co-dependency, families of addicted persons, and relapse prevention.	6,7,8	3,4,5	

Course Description: Psychology of Addiction introduces issues regarding the aetiology, treatment, and prevention of addictive behaviours. A multidimensional approach that includes biological, psychological, and social factors will be emphasized. Topics covered include dependence on alcohol, nicotine and other drugs, as well as pathological gambling, eating disorders and online gaming. The approach will be biopsychosocial, addressing neurobiological, behavioural, psychological, and social factors that influence addiction.

Course Contents: (Weekly Lecture Plan)

Weeks	Topics	Preparation	Teaching Methods
1	Syllabus review/ Introduction to Addiction Psychology	Lecture Notes/Slides	Presentation & Discussion
2	What is addiction? A Brief History of Addiction	Lecture Notes/Slides	Presentation & Discussion
3	Brain, Behaviour and Addiction	Lecture Notes/Slides	Presentation & Discussion
4	Addictive behaviours: Diagnosis, maintenance, course, consequences	Lecture Notes/Slides	Presentation & Discussion
5	Theories of Addiction	Lecture Notes/Slides	Presentation & Discussion
6	Theories of Addiction	Lecture Notes/Slides	Presentation & Discussion
7	MIDTERM WEEK	Lecture Notes/Slides	Presentation & Discussion
8	MIDTERM WEEK	Lecture Notes/Slides	Presentation & Discussion
9	The Cycle of Addiction	Lecture Notes/Slides	Presentation & Discussion
10	Substance Addiction	Lecture Notes/Slides	Presentation & Discussion
11	Non-substance Addiction	Lecture Notes/Slides	Presentation & Discussion
12	Theories of Counselling Related to Addiction Treatment	Lecture Notes/Slides	Presentation & Discussion
13	Motivational Interviewing	Lecture Notes/Slides	Presentation & Discussion

14	Clinical Treatments in Addiction	Lecture Notes/Slides	Presentation & Discussion
15	Psychosocial Treatments in Addiction	Lecture Notes/Slides	Presentation & Discussion
16	FINAL WEEK		
17	FINAL WEEK		
18	RE-SIT EXAM		

REFERENCES

Textbook

Related links

<https://www.apa.org/topics/substance-use-abuse-addiction>
<https://learn.genetics.utah.edu/content/addiction/mouse/>
<https://newsinhealth.nih.gov/2015/10/biology-addiction>
<https://www.uk-rehab.com/addiction/psychology/>

Course Notes

Lecture notes/slides will be shared by the instructor during sessions.

Recommended Readings

Thombs, D. L., & Osborn, C.J. (2019). Introduction to addictive behaviours (5th ed.). New York: Guilford.

West, R. & Brown, J. (2013). Theory of Addiction (Second Edition). John Wiley & Sons, Ltd.

Filbey, F. M. (2019). The Neuroscience of Addiction. Cambridge University Press

Currie-McGhee, L. K. (2011). Drug Addiction: Diseases and Disorders. Reference Point Press, Inc.

Stoehr, J. D. (2006). The Neurobiology of Addiction. Chelsea House Publishers

Walker, I. (2013). Addiction in America: Society, Psychology, and Heredity. Harding House Publishing Services, Inc.

Elinore F. McCance-Katz & H. Westley Clark (Eds) (2004). Psychosocial treatments (Key readings in addiction psychiatry). Brunner-Routledge

Koob, G. F., Arends, M. A., & Moal, M. L. (2014). Drugs, Addiction, and The Brain. Academic Press

Miller, G. (2005). Learning the Language of Addiction Counselling (Second Edition). John Wiley & Sons, Inc.

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: Author.

Svanberg, J. (2020). Bağımlılık Psikolojisi. Ezgi Tanıl (Çevirmen). Nobel Akademik Yayıncılık

Ögel, K. (2020). Bağımlılık Asla Sadece Bağımlılık Değildir. İletişim Yayınları

DiClemente, C. C. (2016). Bağımlılık ve Değişim. Muzaffer Şahin (Çeviri Ed.) Nobel Kitap

Ögel, K. (2017). Bağımlılık ve Tedavisi Temel Kitabı. IQ Kültür Sanat Yayıncılık

Ögel, K. (2014). Bağımlı Aileleri İçin Rehber Kitap. Türkiye İş Bankası Kültür Yayınları

Çalışkan, M. (2018). Madde Bağımlılığının Biyo-Psiko-Sosyal ve Hukuksal Analizi. Beta Basım Yayın A.Ş.

Işık, E., Coşkunol, H., Evren, C., ve Işık, U. (2015). Şizofreni ve Alkol-Madde Bağımlılığı, Kişilik Bozuklukları ve Alkol-Madde Bağımlılığı. Erdal Işık & Umut Işık (Eds.). Sigma Publishing

Uzbay, İ. T. (2015). Madde Bağımlılığı: Tüm Boyutlarıyla Bağımlılık ve Bağımlılık Yapan Maddeler. İstanbul Tıp Kitabevi

Material Sharing

Materials will be shared by either e-mail or Moddle.

ASSESSMENT METHODS

Activities	Number	Effect	Notes
Midterm Exam	1	40%	
Presentation			
Project			
<i>Effect of The Activities</i>			
<i>Effect of The Final Exam</i>	1	60%	

ECTS TABLE

Contents	Number	Hours	Total
Hours in Classroom	14	3	42
Hours out Classroom	14	4	56
Presentation			
Project			
Midterm Exam	1	20	20
Final Exam	1	32	32

Total	150
Total / 30	150/30=5
ECTS Credit	5

RECENT PERFORMANCE