

NAME	ADDICTIVE BEHAVIOUR
Course volume ECVET	5
Assessment form	Non-distinctive
Methods of learning	Independent work, group work, case analysis, oral presentation, lecture, movie, Internet search
Approximate amount of contact lessons	30
Lecturer	-
Pre-requirements	None
Course aims	The aim of the course is that the student knows and understands different addictive behaviours. Understands the dangers and risks that addictive behaviour poses on health and quality of life.
Topics and subtopics	<ol style="list-style-type: none"> 1. Nature of addictive behaviour <ol style="list-style-type: none"> 1.1 Biological factors 1.2 Psychological factors 1.3 Social factors 1.4 Spiritual factors 1.5 Factors and joint effect of addictive behaviour 2. Alcohol <ol style="list-style-type: none"> 2.1 Alcohol as substance and history of its use 2.2 Effect on organism 2.3 Levels of alcohol use disorder 2.4 Recognizing and preventing alcohol abuse 2.5 Consequences of alcohol abuse 2.6 Recovery, treatment and rehabilitation - where and how to get help 2.7 Relation between alcohol use disorder and other mental disorders (depression, anxiety, dual diagnosis) and suicide 3. Drugs <ol style="list-style-type: none"> 3.1 Use of psychoactive plants and substances through history (sacraments, pop-culture etc.) 3.2 Types of drugs and their effect on the nervous system: <ol style="list-style-type: none"> 3.2.1 depressants (including medications) 3.2.2 stimulants 3.2.3 psychedelics or hallucinogens 3.2.4 inhalants 3.3 Recognizing and prevention of drug abuse 3.4 Consequences of drug use (psychosocial) 3.5 Recovery, treatment and rehabilitation 4. Lifestyle addictions <ol style="list-style-type: none"> 4.1 Sugar 4.2 Internet addiction 4.3 Cigarettes (nicotine) 4.4 Gambling 4.5 Money and material wealth 4.6 Sport 4.7 Sex (porn) addiction 4.8 Medications 4.9 Relationship and co-dependence 4.10 Recognizing and prevention
Learning outcomes	Students: <ul style="list-style-type: none"> - understands the development of addiction through different factors; - understands the nature of alcohol as substance that can potentially cause dependence; - knows and understands the dangers and risks related to substance abuse; - acknowledges the relation between addictions and behavioural aspects.

<p>Assessment criteria</p>	<p>Student:</p> <ul style="list-style-type: none"> - explains the differences of biological, psychological, social and spiritual factors; - describes the joint effect of these factors in the development of addiction; - describes the main characteristics of addiction; - understands alcohol dependence as a disorder and brain disease, not as lack of willpower; - explains the warning signs and problems in the development of alcohol dependence ; - finds independently an organisation to refer a person who needs help, using Internet search; <p>Assesses through teamwork the factors and risks that have led to drug addiction;</p> <ul style="list-style-type: none"> - differentiates types of drugs according to their effect; - finds independently an organisation to refer a person who needs help, using Internet search; - names different addictive behaviours related to lifestyle; - connects the short and long term effects of addictions with all aspects of health and quality of life; - describes the consequences of different addictive behaviours to health, indicating a change in the quality of life.
<p>Independent work</p>	<p>Written assignment: describe (independently/in pairs) one addiction, based on received instructions</p> <ol style="list-style-type: none"> 1. Describe and analyse the risks of alcohol use and the distinction between reasonable use and alcohol dependence, based on scientific sources, study materials and statistics. 2. Describe and analyse personal experiences related to lifestyle addictions (short and long term effect on the quality of life).
<p>Assessment methods</p>	<p>Module is assessed non-distinctively. All independent and group assignments have been presented.</p> <p>Oral presentation of individual assignment No 2.</p>
<p>Study literature and materials</p>	<p>Harro, J. (2006). Uimastite ajastu. Tartu Ülikooli kirjastus</p> <p>Eesti Arstide Liidu kirjastus Medicina (2010). Alkoholisõltuvus. Toimetajad: K.Seppä, H.Alho, K.Kiiänmaa Kustannus Oy Duodecim. http://raulpage.org/koolitus/alkoholisoltuvus.pdf</p> <p>Useful links on the Internet: www.alkoinfo.ee www.narko.ee http://www.tubakainfo.ee/LÜHIFILM "SUITS" http://www.tai.ee/et/kainem-ja-tervem-est http://www.ave.ee http://raulpage.org/alko/</p> <p>Recommended reading: Harro, J. (2006). Sõltuvuse neurobioloogia. Eesti Arst: 85 (10): 697–703 Lausvee E, Seermaa U. Alkoholismist kaassõltuvuses oleva inimese vaimne tervis. Eesti Arst 2007;86:455–67. Rebane A. Elades Kainelt. Tallinn: Eesti keele Sihtasutus; 2010</p> <p>Radio programme: Avameelselt depressioonist ja sõltuvushaigustest: http://r2.err.ee/v/agenda/archive/159726c2-90f6-4a8d-b554-beb9665441b1/avameelselt-depressioonist-ja-soltuvushaigustest</p> <p>Treatment and rehabilitation: http://www.tsfclinic.ee / http://www.lootusekula.ee / http://loksakeskus.org/ee/ http://narkokeskus.ee / AA https://aaestonia.com / Balti Kriminaalpreventsiooni ja Sotsiaalse Rehabilitatsiooni Instituut http://www.crimeless.eu/ Hasartmängusõltuvuse Nõustamiskeskus http://www.15410.ee</p> <p>Reccommended films:</p>

Ain Mäeots: "Deemonid (2012)" <http://www.imdb.com/title/tt2225324/>
Stuart Blumberg: Thanks for Sharing (2012)
http://www.imdb.com/title/tt1932718/?ref_=nv_sr_2
Hippo In The Living Room: <https://www.apollo.ee/joehobu-elutoas.html>
Free from co-dependence: <https://www.rahvaraamat.ee/p/kaass%C3%B5tuvustest-vabaks/421255/et?isbn=9789985993545>
