

## A Discussion about Addiction

with

Robert West, Editor-in-Chief of the journal, *Addiction*

24<sup>th</sup> May 2019

### Programme

All topics will begin with a presentation of around 10 mins and then the floor will be open for discussion.

*10:00-10:30 What do we want to count as addiction?*

The label 'addiction' has been used to refer to many different things, from a physiological dependence on a drug to nothing more than an excuse given for taking drugs. This discussion will consider what service the label provides and how that can best be addressed with particular definitions. Attendees may wish to view an interview with Robert West recorded on this topic in April this year <https://vimeo.com/334265879>

*10:30-11:00 What processes do we think underlie addiction?*

There are a multitude of theories that purport to explain addiction, each with its own strengths and limitations. This discussion will consider an attempt at a comprehensive list of the processes covered by these theories and whether any more can be added. It will also discuss how far the PRIME Theory of motivation provides a useful integrate framework to bring the different perspectives together. Attendees may wish to read *Models of Addiction* [http://www.emcdda.europa.eu/publications/insights/models-addiction\\_en](http://www.emcdda.europa.eu/publications/insights/models-addiction_en)

*11:00-11:30 How do we think addiction relates to other psychological problems?*

There are strong associations between addiction and a wide range of psychological and psychiatric problems. This discussion will consider the nature and scope of these associations and how they can be explained with our current theorising on addiction. Attendees may wish to read this analysis of the issues <https://www.dualdiagnosis.org/mental-health-and-addiction/the-connection/>

*11:30-12:00 What does this mean for interventions to prevent, treat and manage addiction?*

The main reason for studying addiction is to improve ways of preventing, treating and managing it. This discussion will consider how far, and in what way, public health and enforcement policies and treatment services have been found to be effective and what the successes and failure mean for our understanding of addiction. It will also examine the implications of our understanding of addiction for the development of improved strategies for combating the problem. For a review of prevention programmes attendees may wish to read [http://www.emcdda.europa.eu/publications/insights/preventing-addictive-behaviours\\_en](http://www.emcdda.europa.eu/publications/insights/preventing-addictive-behaviours_en). For tobacco control policies attendees can read <https://www.ncbi.nlm.nih.gov/pubmed/28833834>. For alcohol policies attendees may wish to read <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1360-0443.2010.02945.x>. For a brief review on treatment for illicit drug use attendees can read <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>.

*12:00-13:00 Lunch and informal discussion and networking*