Several Models

- Past talked about
  - Classical Conditioning
  - Operant Conditioning
  - Social Learning Models
- This section will discuss
  - Cognitive Models of Addiction

**Psychological Theories of Substance Abuse:**
Cognitive Models

Psychology 470
Introduction to Chemical Addictions
Steven E. Meier, Ph.D.

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**Cognitive Models**

- Previous models
- Classical Conditioning models
  - S - S - R
- Operant Conditioning models
  - S - R - S
- Cognitive Models
  - S - O - R
  - S - O - R - S

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**Focus**

- Is on the internal aspects that are within the organism
- Some internal aspect within the person causes them to become a substance abuser
- Internal aspect is not biological but psychological

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**Examples**

- Internal vs. External locus of control
- Obsessive – Compulsive behavior
- Expectancy
- Mood
- Others

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**Example**

- Internal vs. External Locus of Control
  - Persons with high internal LOC believe they have control over their lives
  - Persons with high external LOC believe outside influences have more control over their lives
- Addiction
  - Person with high External LOC focuses on outside aspects causing them to use compounds
    - Spouse, work stress, kids, etc.
Craving / Relapse Behavior

- Stimulus is presented
  - Person sees their dealer
- Organism
  - Some unidentified internal variable causes the person to begin wanting the drug
- Response
  - Person seeks out or does not seek out drug
  - Person performs alternative behavior
    - Goes to NA, RA, AA, or their counselor
  - Person is then reinforced for some aspect of their behavior
  - Influences their mental processing
  - Impacts processing for when the next exposure occurs

Focus for the Clinician

- Focus on changing the underlying thought patterns of the client
- Don’t worry about the behavior

Expectancy

- Is another internal aspect
- What do you expect to happen becomes important to the response

Example

- **S - O - R - S**
  - Stim Exp. Resp. Consequence
- Focus is on the expectation not the behavior.
- Focus is also on how the consequence changes the expectation.
- Again, the focus is on the internal aspects, not the stimuli or the response

Applied Example

- Stimulus
  - Person sees some cocaine
- Expectation
  - This stuff will make me feel good
- Response
  - Heart rate increases, neurotransmitters increase, etc
- Drug taking reinforces the response of feeling good

Alternative

- Person sees cocaine
- Expectation
  - This stuff will make me feel bad
- Response
  - Lowered levels of neurotransmitters, anxiety about being around the drug
- Consequent stimulus
  - Is not as reinforcing, or can even be a negative consequences resulting in behavior increase
Focus

- Focus for clinicians is to change the person’s expectation about what will happen when some stimulus is presented
- Go from a positive expectation (get high) to a negative expectation (made my head all messed up, caused me to throw up, etc).

Other Internal Variables

- Mood
  - Bad mood, take a drug to get better
  - Sometimes makes the person worse
- Alternative
  - Good mood, take a drug to feel even better.
  - Sometimes it works
  - Sometimes it does not.

Review

- Again, the focus is on the internal aspects of the organism and how they influence the behavior.