



Psychological Theories of Substance Abuse:

Cognitive Models

Psychology 470

Introduction to Chemical Addictions

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Several Models

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

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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.

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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

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Focus for the Clinician

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

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Expectancy

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

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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

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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

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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

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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).

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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.

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Review

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

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