**Course description (general description)**

**Title of the course:** Psychopharmacology and Addiction

**Course code:** PSYM21-CH-107

**Head of the course:** Kun Bernadette

**Academic degree**: PhD

**Position:** Senior lecturer

**MAB Status:** A (T)

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| **Az oktatás célja angolul** |

**Aim of the course:**

Aim of the course is to introduce and analyze effects of psychoactive drugs (prescription drugs, legal and illicit psychoactive substances) on a human organism and human behavior. It is also a goal to discuss addictive behaviors not connected to the use of psychoactive substances (i.e. behavioral addictions). The complex analysis on the interaction between psychoactive substances and humans includes introducing neuroanatomy and neurobiology of human central nervous system, the discussion on neurotransmitter systems and their functions, and the effects of different psychoactive substances on these systems. During the course, the neurobiological background of mental disorders is comprehensively discussed, including psychopharmacological characteristics, practice, indications, effects, side-effects of used medications and other features of psychopharmacological treatments. The course expansively deals with current issues and results of addictions, introducing characteristics and ways of classification of each psychoactive substance (alcohol, caffeine, cannabis, inhalants, opiates, amphetamines, cocaine, ecstasy and other entactogens, hallucinogens and new psychoactive substances), international data from epidemiological studies, etiological and prevention models of addictive behaviors, and psychological and pharmacological treatment of addictions. Beside chemical addictions, the course discusses behavioral addictions in detail, including gaming disorder, internet addiction, gambling disorder, compulsive buying, work addiction and exercise addiction.

**Learning outcome, competences**

knowledge:

* knowledge of the scientific conception and terminology of addiction studies
* knowledge of the characteristics and effect mechanisms of different psychoactive substances
* knowledge of the most important behavioral addictions
* knowledge of the etiology of addictive disorders
* knowledge of the most important models of prevention related to addictions
* knowledge of ways and methods of psychotherapy and pharmacological treatment of addictive disorders
* knowledge of the neurobiology and neuroanatomy of the human nervous system
* knowledge of the neurochemistry of neural functions and neurotransmitters
* knowledge of the fundamental principles, conceptions and rules of psychopharmacology and pharmacotherapy
* knowledge of medications (their biochemistry, indications and other features) used for mental disorders
* knowledge of pharmacotherapy for mental disorders
* knowledge of relations between psychotherapy and pharmacotherapy

attitude:

* learn and work in the biopsychosocial model
* open-minded attitude to addictive disorders and to understand individuals suffering from addictive disorders
* open-minded and critical attitude to etiological models and different kind of treatment methods for mental and addictive disorders
* open-minded and critical attitude to different paradigms of pharmacology
* showing interest and openness to relations between psychotherapy and pharmacotherapy and to understand advantages and disadvantages of both methods

skills:

* ability to understand and use the scientific literature of addictions, neurobiology and psychopharmacology
* ability to expertly use the terminology of addictions, neurobiology and psychopharmacology
* ability to accept and use different treatment approaches of addictive disorders and mental disorders

autonomy/ responsibility:

* Students apply the acquired knowledge on their own in accordance with the ethical guidelines of psychology.
* Students are able to apply the acquired knowledge and skills in context of recent literature findings.

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| **Az oktatás tartalma angolul** |

**Topics of the course**

* neurobiology and neuroanatomy of the nervous system
* neurochemistry of neural functions and neurotransmitters
* biological factors in etiology of mental disorders
* neuroanatomic and neurochemical associations of mental disorders
* terminology and basic rules of pharmacotherapy, pharmacokinetics, and pharmacodynamics
* methods, protocols, and limits of pharmacological treatments in mental disorders
* biochemistry, effects, and indications of medications for mental disorders
* relations between psychotherapy and pharmacotherapy
* terminology of addictions and classification of psychoactive substances
* epidemiology of drug use
* etiological models of chemical addictions
* prevention of addictive disorders, theories of prevention
* therapy of addictive disorders
* behavioral addictions

**Learning activities, learning methods**

Frontal education with the possibility to have a lot of interactions. Guest lecturers invited; case studies and short films help to illustrate each topic.

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| **A számonkérés és értékelés rendszere angolul** |

**Learning requirements, mode of evaluation, criteria of evaluation:**

Requirements:

* being familiar with the content of presentations
* knowledge of compulsory readings

Mode of evaluation: exam mark

written exam, five-point grading scale. Half of the questions are about psychopharmacology, and the other half of the questions represent the addictive disorders part of the course. There is one final grade for completing the course.

Criteria of evaluation:

* depth of knowledge of learning requirements

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| **Idegen nyelven történő indítás esetén az adott idegen nyelvű irodalom:** |

**Compulsory reading list**

* Ruiz, P., Strain, E., (Eds.). (2011*). Lowinson and Ruiz’s Substance Abuse. A Comprehensive Textbook*. New York: Lippincott Williams & Wilkins. Chapters: 2, 5, 6, 9, 11, 13, 15, 16, 17, 18, 20, 21, 22, 23, 26, 28, 31, 33, 38, 42, 43, 47, 76, 77

**Recommended reading list**

* Aboujaoude, E., Starcevic, V. (Eds.), (2015). *Mental Health in the Digital Age: Grave Dangers, Great Promise.* New York: Oxford University Press
* Parrott, A., Morinana, A., Moss, M., Scholey, A. (2004) Understanding Drugs and Behaviour. John Wiley & Sons Ltd, Chichester.
* Rosenberg, K. P., Feder, L. C., (Eds.). (2014). *Behavioral Addictions. Criteria, Evidence, and Treatment.* New York: Elsevier.
* Schatzberg, A.F., Nemeroff, C.B. (Eds.) (2009). *The American Psychiatric Publishing Textbook of Psychopharmacology, Fourth Edition*. American Psychiatric Press Inc.

**Course-specific information (specific to a given lecture or seminar)**

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| **General data** |

**Specific (sub)title of the course (if relevant):**

**Specific (sub)code of the course (if relevant):**

**Date and place of the course:**

**Name of the lecturer:**

**Department of the lecturer:**

**Email of the lecturer:**

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| **Specific syllabus/schedule of the lecture/seminar (if relevant)** |

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| **Further specific information (eg. requirements) (if relevant)** |