

## Definitions and Concepts for AQA Psychology A-level

### Option 3: Addiction

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**Addiction:** A chronic craving to continuously engage in an activity, to the detriment of one's everyday living.

**Aversion therapy:** Therapy that aims to pair an undesirable behaviour with a negative stimulus. For example, pairing alcohol with a drug to make hangovers more likely and feel worse should reduce the desire to drink alcohol.

**Behavioural interventions:** The use of consequence to reduce/increase behaviour. For example, aversion therapy.

**Covert sensitisation:** A therapeutic technique that aims to reduce undesirable behaviour by associating it with an imagined unpleasant response.

**Cue reactivity:** A theory that suggests humans associate various activities with certain “cues” such as environment or mood. For example, associating smoking with stress, or work.

**Dependence:** To rely on something excessively, to the point where if it were to be removed, there would be some type of withdrawal.

**Drug therapy (for addiction):** The use of drugs to help battle addiction, such as drugs to reduce withdrawal symptoms.

**Genetic vulnerability to addiction:** According to some research, it is likely genes may play a role in addiction. Examples such as the “reward gene” may increase risk of addiction due to increasing the amount of dopamine released when completing an activity.

**Partial reinforcement:** To only receive reinforcement *occasionally* rather than every time.

**Physical dependence:** To require a substance to the extent that if it were to be removed, a person would suffer from withdrawal symptoms. Furthermore, a person would depend on this substance to function normally.

**Prochaska's six-stage model of behaviour change:** A model to explain how behaviour changes, claiming it occurs through 6 stages; precontemplation, contemplation, preparation, action, maintenance and termination.

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**Psychological dependence:** To require a drug to the extent that if it were to be removed, a person would suffer from extreme emotional/motivational withdrawal. Such a person would be constantly thinking about the substance until they were able to engage with it again.

**Theory of planned behaviour:** A theory that suggests human behaviour is a result of intention.

**Tolerance:** For a substance to have reduced efficacy and effect on a person, due to the body's adaptation to the substance.

**Variable reinforcement:** A type of partial reinforcement wherein the reinforcement does not follow a regular, fixed pattern and is instead erratic and unpredictable.

**Withdrawal syndrome:** Symptoms that occur when a person who was physically dependent on a drug reduces its intake.

