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Eating, Smoking, and Recreational Substance Use

Chapter Summary

Managing stressful situations by engaging in over eating or substance use is a maladaptive response to negative feelings and stressful situations. High sugar and fat intake, in addition to lower levels of physical activity, result in higher levels of obesity. Risk factors associated with obesity are environmental, psychological (such as stress combined with anxiety), personality traits, lack of physical exercise, and socio-economic status. Negative outcomes are Type 2 Diabetes, cardiovascular disease and some cancers as well as the psychological and social impacts of depression and social stigmatization. Eating disorders, such as anorexia nervosa and bulimia, are related to misperceptions about one's body image and they also identify with the comorbid factors of depression and anxiety.

Substance-use disorders result from continued use of a psychoactive substance despite experiencing problems as a result (American Psychiatric Association, 2013). Use of recreational drugs, such as alcohol, nicotine, and cannabis, is associated with peer pressure, depression, and anxiety. Addiction is identified when the states of tolerance and withdrawal based on the continued use of a substance are experienced.

Psychosocial interventions, such as cognitive behavioural therapy, are necessary to overcome addictions and reduce relapse rates.

Essay Topics

1. What are the risk factors associated with substance abuse disorder? (pp. 129–132)
2. A classmate announced that cannabis was not a gateway drug and was harmless. What information could you provide that would educate that person on the effects, both positive and negative, related to cannabis use? (p. 129)

3. A friend of yours has been gaining weight. She also has started to refuse invitations to go out socially. What are some things you could do to offer help? (pp. 134–135)
4. How are eating and substance use disorders assessed? (pp. 132–133).

Weblinks

<https://www.cpa.ca/aboutCPA/CPAsections/addictionpsychology>

CPA Addictions Section provides relevant scientific research, information and resources on addictions and addiction psychology including recent updates on alcohol, drugs, sex, gambling, food, overspending and the Internet.

<https://www.camh.ca/en/driving-change/about-camh>

The Centre for Addiction and Mental Health (CAMH) in affiliation with the University of Toronto is Canada's largest mental health teaching hospital and one of the world's leading research centres in its field. This website provides a comprehensive overview of relevant cannabis topics.

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>

A comprehensive overview on substance abuse disorder and teens, complete with research on its impact on brain development throughout the teen years.

https://www.cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_EatingDisorders.pdf

"*Psychology Works*" *Fact Sheet: Eating Disorders*, published by the Canadian Psychological Association.

<https://www.apa.org/helpcenter/obesity.aspx>

APA information article on obesity and the mind/body connection.

Glossary

Anorexia nervosa An eating disorder characterized by extreme weight loss due to very low caloric intake stemming from an intense fear of being or becoming overweight.

Basal metabolic rate (BMR) The specific amount of food energy or calories needed to maintain bodily functions while at rest.

Binge eating Consuming, usually a large amount of food, with a sense of loss of control during the episodes.

Binge eating disorder A condition that is characterized by food binges in which a person eats an excessive amount of food within a discrete period of time with a sense of lack of control during the bingeing episode. The person experiences distress in response to the binge.

Blood alcohol level The amount of alcohol in the bloodstream.

Bulimia nervosa An eating disorder that is characterized by binge eating and purging episodes (e.g., vomiting or taking laxatives) to rid the body of the excess calories.

Carcinogen An environmental factor or substance that increases the risk of developing cancer.

Diabetes A disease in which the body's ability to produce or use insulin is impaired. This results in high levels of sugar in the blood. Type 2 diabetes occurs when the body does not make enough insulin or resists the effects of insulin. Type 2 diabetes may require insulin therapy, but may also be managed through diet and exercise changes.

Fetal alcohol spectrum disorder (FASD) A condition in which the child potentially experiences mental impairment, stunted growth, and facial abnormalities as a result of exposure to alcohol during the fetal stages of development.

Intoxication Diminished physical or mental control due to the effects of psychoactive substances.

Maladaptive behaviours Dysfunctional or disruptive behaviours that interfere with successful adjustment and/or successful adaptation to specific situations.

Substance-use disorders Patterns of symptoms resulting from use of a substance which the individual continues to take, despite experiencing problems as a result.

Tolerance Requiring noticeably larger amounts of a substance, over time, to get the desired effect or noticing less of an effect over time after repeated use of the same amount.

Yo-yo dieting Frequently losing and regaining weight or weight cycling.