Attention!
This is a representative syllabus. The syllabus for the course when you enroll may be different.
Use the syllabus provided by your instructor for the most up-to-date information. Please refer to your instructor for more information for the specific requirements for a given semester. Feel free to contact the Psychology Advising Office for any questions regarding psychology courses either by email (psychadvising@osu.edu) or phone (614.292.5750).
THANK YOU!
OVERVIEW

This is an advanced, three credit undergraduate course focused on (1) the psychology of addiction (2) alcohol and drug addiction (3) behavioral addictions (4) emotional and physical causes and consequences of addiction (4) treatment of addiction. The purpose of the course is to familiarize students with current knowledge of addiction, including types and behaviors related to addiction, emotional and mental causes and consequences of addiction and treatment approaches and issues. We will adopt a transactional perspective - addiction cannot be understood as a static entity. Rather, addiction emerges from complex transactions between biological vulnerabilities (e.g., genetic, neural) and environmental risk factors (e.g., family exposure, trauma) over time. No one plans to become addicted, yet addiction is among the most costly public health concerns facing the US. Despite claims that addiction has been destigmatized, traditional conceptualizations that blame character deficiencies such as "weak will" and lack of discipline still permeate our culture. As a result, the US stands alone among Western industrialized nations in the extent to which we stigmatize and criminalize addiction. Rather than treat addiction as a mental, emotional and biological disorder, we judge, condemn, stereotype and/or incarcerate people with addiction, many times slowing or preventing long term recovery. In this class, we will take a holistic approach to addiction by exploring neurobiological, cultural, emotional, mental and sociopolitical contributors. Through the course, we will discuss addictions themselves and treatment issues.
OBJECTIVES
This course is intended to familiarize you with:

1. Environmental and sociocultural contributors to substance use and addiction.

2. Genetic/neural/biological vulnerabilities to addiction.

3. Behavioral addictions, including gambling, internet, sex, food, shopping, social media, and exercise

4. Major classes of addictive substances, including stimulants, opioids, alcohol, benzodiazepines, and cannabinoids.

5. Treatments for addiction.

We will make use of lectures, readings, and videos. There will also be Zoom offerings for people to attend if they choose as a question and answer session about addiction.

EXPECTED OUTCOMES
When you complete this course sequence, it is my expectation that you will:

- understand how addiction is diagnosed in the Diagnostic and Statistical Manual of Mental Disorders (http://www.dsm5.org/Pages/Default.aspx) (5th ed., DSM-5), and limitations of the DSM approach.

- be familiar with specific genetic and neural vulnerabilities to addiction.

- have knowledge of environmental risk factors for addiction including family, emotional, mental, biological causes and consequences.
• Understand some of the more common behavioral addictions, including alcohol, drugs, internet, gambling, exercise, internet, social media, food, shopping and sex.

REQUIRED TEXT

Behavioral Addictions

ISBN-10: 0124077242
Behavioral Addictions: Criteria, Evidence and Treatment. Copyright 2014 Elsevier, Inc.

IMPORTANT REFERENCE SOURCE


How this course works

Mode of delivery: This course is completely asynchronous. There will not be any required meetings. There will, however, be times when Zoom meetings will be offered to discuss the addiction topic of the week according to the syllabus. All assigned readings and preparation for
exams will take place outside of these optional class meetings. Some audio lectures by Dr. Kays will also be available. All material – chapter readings, assigned videos, and audio lectures are subject to being questions on the exams. The videos and audio lectures will not be listed in the syllabus but rather be made in Announcements. I decide along the course of the class what audio lectures are most helpful. The adio files will be on Carmen Canvas and will be under the section “Files”.

Attendance and participation requirements: Your attendance in the Zoom meetings is optional. These meetings, however, will be a great source of learning as my professional career I have dealt with addiction for the past 20 years. The dates and times of the optional group meetings will be made in Announcements as the course progresses.

Course technology
For help with your password, university email, Carmen, or any other technology issues, questions, or requests, contact the OSU IT Service Desk. Standard support hours are available at https://ocio.osu.edu/help/hours, and support for urgent issues is available 24/7.

- Self-Service and Chat support: http://ocio.osu.edu/selfservice
- Phone: 614-688-HELP (4357)
- Email: 8help@osu.edu
- TDD: 614-688-8743

BASELINE TECHNICAL SKILLS FOR ONLINE COURSES
- Basic computer and web-browsing skills
- Navigating Carmen: for questions about specific functionality, see the Canvas Student Guide.

REQUIRED TECHNOLOGY SKILLS SPECIFIC TO THIS COURSE
- CarmenZoom text, audio, and video chat
- Recording a slide presentation with audio narration
- Recording, editing, and uploading video

REQUIRED EQUIPMENT
- Computer: current Mac (OS X) or PC (Windows 7+) with high-speed internet connection
- Webcam: built-in or external webcam, fully installed and tested
- Microphone: built-in laptop or tablet mic or external microphone
- Other: a mobile device (smartphone or tablet) or landline to use for BuckeyePass authentication

REQUIRED SOFTWARE
• **Microsoft Office 365**: All Ohio State students are now eligible for free Microsoft Office 365 ProPlus through Microsoft’s Student Advantage program. Full instructions for downloading and installation can be found at [go.osu.edu/office365help](http://go.osu.edu/office365help).

• **Tophat**: All Ohio State students have free access to Tophat, a classroom response system that can be used from all types of mobile phones, computers, and tablets. Click [here](http://go.osu.edu/office365help) for help getting started with Tophat.

**CARMEN ACCESS**

You will need to use BuckeyePass multi-factor authentication to access your courses in Carmen. To ensure that you are able to connect to Carmen at all times, it is recommended that you take the following steps:

- Register multiple devices in case something happens to your primary device. Visit the [BuckeyePass - Adding a Device](http://go.osu.edu/office365help) help article for step-by-step instructions.
- Request passcodes to keep as a backup authentication option. When you see the Duo login screen on your computer, click “Enter a Passcode” and then click the “Text me new codes” button that appears. This will text you ten passcodes good for 365 days that can each be used once.
- Download the [Duo Mobile application](http://go.osu.edu/office365help) to all of your registered devices for the ability to generate one-time codes in the event that you lose cell, data, or Wi-Fi service.

If none of these options will meet the needs of your situation, you can contact the IT Service Desk at 614-688-4357 (HELP) and the IT support staff will work out a solution with you.

**Grading**

**How your grade is calculated**

<table>
<thead>
<tr>
<th>ASSIGNMENT CATEGORY</th>
<th>POINTS</th>
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</thead>
<tbody>
<tr>
<td>Exam #1</td>
<td>100</td>
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<tr>
<td>Exam #2</td>
<td>100</td>
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<tr>
<td>Exam #3</td>
<td>100</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>300</strong></td>
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</table>

*See course schedule below for exam dates.*

**Late exams**

Late exams will not be accepted. Please see below for dates of exams.
Grading scale

93–100: A
90–92.9: A-
87–89.9: B+
83–86.9: B
80–82.9: B-
77–79.9: C+
73–76.9: C
70 –72.9: C-
67 –69.9: D+
60 –66.9: D
Below 60: E

Faculty feedback and response time

I am providing the following list to give you an idea of my intended availability throughout the course. (Remember that you can call 614-688-HELP at any time if you have a technical problem)

- Email: I will reply to emails within 48 hours on days when class is in session at the university.

OTHER COURSE POLICIES

Examinations

There will be three exams administered in this course. Each exam will cover unique material. All three exams will be multiple choice. There will be somewhere in the range of 30-50 questions per exam. Material for the exams will be taken from the assigned readings, assigned videos, and audio lectures. Each exam is worth 100 points and covers the chapters, videos and audio lectures seen in syllabus below. All exams will be conducted through Carmen Canvas. **The audio lectures will not be listed in the syllabus but rather be made in Announcements. I decide along the course of the class what audio lectures are most helpful.**

**Please note:** All exams will be available on Carmen for a 24-hour period on the date indicated on the syllabus. Students will be permitted to take the exam at any time during this window. However, exams will be timed (5 hour maximum) and include additional measures outlined by the instructor to ensure security and test-integrity. At 11:59 pm EST on the date of the exam, the window will close and the exam can no longer be taken.
Academic integrity policy

POLICIES FOR THIS ONLINE COURSE

- **Exams**: You must complete the exams yourself, without any external help or communication.

OHIO STATE’S ACADEMIC INTEGRITY POLICY

Academic integrity is essential to maintaining an environment that fosters excellence in teaching, research, and other educational and scholarly activities. Thus, The Ohio State University and the Committee on Academic Misconduct (COAM) expect that all students have read and understand the University’s [Code of Student Conduct](http://studentlife.osu.edu/csc/), and that all students will complete all academic and scholarly assignments with fairness and honesty. Students must recognize that failure to follow the rules and guidelines established in the University’s *Code of Student Conduct* and this syllabus may constitute “Academic Misconduct.”

The Ohio State University’s *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s *Code of Student Conduct* is never considered an excuse for academic misconduct, so I recommend that you review the *Code of Student Conduct* and, specifically, the sections dealing with academic misconduct.

It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term “academic misconduct” includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct [http://studentlife.osu.edu/csc/](http://studentlife.osu.edu/csc/).

If you have any questions about the above policy or what constitutes academic misconduct in this course, please contact me.

Other sources of information on academic misconduct (integrity) to which you can refer include:
• The Committee on Academic Misconduct web pages (COAM Home)
• Ten Suggestions for Preserving Academic Integrity (Ten Suggestions)
• Eight Cardinal Rules of Academic Integrity (www.northwestern.edu/uacc/8cards.htm)

Copyright disclaimer

The materials used in connection with this course may be subject to copyright protection and are only for the use of students officially enrolled in the course for the educational purposes associated with the course. Copyright law must be considered before copying, retaining, or disseminating materials outside of the course.

Statement on Title IX

Title IX makes it clear that violence and harassment based on sex and gender are Civil Rights offenses subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories (e.g., race). If you or someone you know has been sexually harassed or assaulted, you may find the appropriate resources at http://titleix.osu.edu or by contacting the Ohio State Title IX Coordinator, Kellie Brennan, at titleix@osu.edu

Your mental health

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student’s ability to participate in daily activities. The Ohio State University offers services to assist you with addressing these and other concerns you may be experiencing. If you or someone you know are suffering from any of the aforementioned conditions, you can learn more about the broad range of confidential mental health services available on campus via the Office of Student Life’s Counseling and Consultation Service (CCS) by visiting ccs.osu.edu or calling 614-292-5766. CCS is located on the 4th Floor of the Younkin Success Center and 10th Floor of Lincoln Tower. You can reach an on call counselor when CCS is closed at 614-292-5766 and 24 hour emergency help is also available through the 24/7 National Suicide Prevention Hotline at 1-800-273-TALK or at suicidepreventionlifeline.org

ACCESSIBILITY ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

Requesting accommodations

The University strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including mental health, chronic or temporary medical conditions), please let me know immediately so that we can
privately discuss options. To establish reasonable accommodations, I may request that you register with Student Life Disability Services. After registration, make arrangements with me as soon as possible to discuss your accommodations so that they may be implemented in a timely fashion. SLDS contact information: slds@osu.edu; 614-292-3307; slds.osu.edu; 098 Baker Hall, 113 W. 12th Avenue.

**Accessibility of course technology**

This online course requires use of Carmen (Ohio State's learning management system) and other online communication and multimedia tools. If you need additional services to use these technologies, please request accommodations with your instructor.

- Carmen (Canvas) accessibility
- Streaming audio and video
- Synchronous course tools

**COURSE SCHEDULE: FALL 2021**

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic</th>
<th>Chapters</th>
<th>Exam Dates</th>
<th>Videos and Audio Lectures</th>
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<tbody>
<tr>
<td>1</td>
<td>Week of Aug 23, 2021</td>
<td>Class Introduction; Introduction to Behavioral Addictions; Behavioral Addiction – The Nexus of Impulsivity and Compulsivity</td>
<td>1-2</td>
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<td>2</td>
<td>Week of Aug 30, 2021</td>
<td>Diagnosis and Treatment of Gambling Disorders; Problematic Online Gaming</td>
<td>3-4</td>
<td>Gambling Addiction</td>
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<td>Inside the brain of a gambling addict – BBC News (<a href="https://www.youtube.com/watch?v=BF5SzI63w8">https://www.youtube.com/watch?v=BF5SzI63w8</a>)</td>
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<td>Kenya Can't Control Its Children's Gambling Addictions (HBO) (<a href="https://www.youtube.com/watch?v=9CG9p-dDh8A">https://www.youtube.com/watch?v=9CG9p-dDh8A</a>)</td>
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<td>Week of</td>
<td>Internet Addiction</td>
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<td>Internet Addiction</td>
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<td>Week 6, 2021</td>
<td>Inside America’s First Video Game Addiction Rehab (HBO) <a href="https://www.youtube.com/watch?v=7yb5Qa4d8P9">link</a></td>
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<td>a. Inside America’s First Video Game Addiction Rehab (HBO) <a href="https://www.youtube.com/watch?v=7yb5Qa4d8P9">link</a></td>
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<td>Escaping video game addiction: Cam Adair at TEDxBoulder <a href="https://www.youtube.com/watch?v=EHmC2DO_Hdg">link</a></td>
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<td>b. Escaping video game addiction: Cam Adair at TEDxBoulder <a href="https://www.youtube.com/watch?v=EHmC2DO_Hdg">link</a></td>
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<td>Social Networking Addiction</td>
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<td>Social Networking Addiction</td>
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<td>It’s not you. Phones are designed to be addicting. <a href="https://www.youtube.com/watch?v=NUMa0kPzns">link</a></td>
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<td>a. It’s not you. Phones are designed to be addicting. <a href="https://www.youtube.com/watch?v=NUMa0kPzns">link</a></td>
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<td>Screen Time: Is It Really All Bad?</td>
<td>Florence Breslin</td>
<td>b. Screen Time: Is It Really All Bad?</td>
<td>Florence Breslin</td>
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<td>TEDxTysons <a href="https://www.youtube.com/watch?v=q3XLnHPVjB8">link</a></td>
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<td><a href="https://www.youtube.com/watch?v=q3XLnHPVjB8">link</a></td>
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<td>Food Addiction and New Directions in the Treatment of Food Addiction</td>
<td>7-8</td>
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<td>Exam #1 – Chapters 1, 2, 3, 4, 5, 6, 7, 8, audio lectures, videos (24-hour window to take Exam #1 – September 28th at 12:00am – September 28th at 11:59pm)</td>
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<td></td>
<td>Sexual Addiction</td>
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<td>Week of</td>
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<td>8</td>
<td>Oct 11, 2021</td>
<td>Love Addiction; Relationship Challenges with Sex and Love Addiction</td>
<td>10-11</td>
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<td>9</td>
<td>Oct 18, 2021</td>
<td>Compulsive Buying</td>
<td>12</td>
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<td>10</td>
<td>Oct 25, 2021</td>
<td>Exercise Addiction</td>
<td>13</td>
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<td>11</td>
<td>Nov 1, 2021</td>
<td>Exam #2 – Chapters 9, 10, 11, 12, 13, audio lectures, assigned videos (24-hour window to take Exam #2) - November 3rd at 12:00am to November 3rd at 11:59pm</td>
<td>Exam #2 – Chapters 9, 10, 11, 12, 13, audio lectures, assigned videos (24-hour window to take Exam #2) - November 3rd at 12:00am to November 3rd at 11:59pm</td>
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<td>12</td>
<td>Nov 8, 2021</td>
<td>Alcohol Addiction</td>
<td>Assigned readings, videos and audio lectures</td>
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<tr>
<td>13</td>
<td>Nov</td>
<td>Marijuana and Other</td>
<td>Assigned readings, videos and</td>
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<tr>
<td>Week</td>
<td>Topic</td>
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<tr>
<td>14</td>
<td>Drug Addiction</td>
<td>Week of Nov 22, 2021, No Class – Holiday Break – ENJOY!</td>
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<td>15</td>
<td>Addiction Treatment</td>
<td>Week of Nov 29, 2021, Assigned readings, videos, and audio lectures</td>
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<td>16</td>
<td>EXAM #3</td>
<td>Week of Dec 6, 2021, EXAM #3 - Chapters 14, assigned readings, videos, and audio lectures (24-hour window to take Exam #3 – December 8th at 12:00am – December 8th at 11:59pm)</td>
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EXAM #3 - Chapters 14, assigned readings, videos and audio lectures (24-hour window to take Exam #3 - December 8th at 12:00am – December 8th at 11:59pm)