

**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](mailto:psychadvising@osu.edu)) or phone (614.292.5750).

THANK YOU!

# PSYCHOLOGY 4320

Psychology of Addiction  
Fall 2021 (Section 22688)

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## 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.

**AUDIO FILES WILL BE IN CARMENT CANVAS UNDER “FILES”**

**VIDEOS WILL BE POSTED IN ANNOUNCEMENTS**

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## **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.

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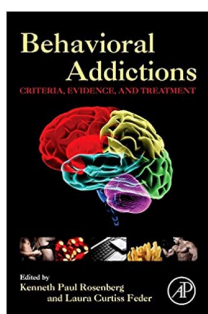
## **EXPECTED OUTCOMES**

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) (<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



ISBN-13: 978-0124077249

ISBN-10: 0124077242

Behavioral Addictions: Criteria, Evidence and Treatment. Copyright 2014 Elsevier, Inc.

## IMPORTANT REFERENCE SOURCE

[American Psychiatric Association \(http://www.dsm5.org/Pages/Default.aspx\)](http://www.dsm5.org/Pages/Default.aspx)  
(2013). Diagnostic and statistical manual of mental disorders (5th ed.).  
Arlington, VA: American Psychiatric Association.



### 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 audio 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](mailto: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](https://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](#) 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](#) 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](#) 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

ASSIGNMENT CATEGORY	POINTS
Exam #1	100
Exam #2	100
Exam #3	100
Total	<b>300</b>

*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](#), 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/>.**

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](http://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](mailto: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](http://ccs.osu.edu) or calling [614-292-5766](tel:614-292-5766). CCS is located on the 4th Floor of the Yunkin Success Center and 10th Floor of Lincoln Tower. You can reach an on call counselor when CCS is closed at [614-292-5766](tel: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](http://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](mailto:slds@osu.edu); 614-292-3307; [slds.osu.edu](http://slds.osu.edu); 098 Baker Hall, 113 W. 12<sup>th</sup> 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

Week	Dates	Topic	Chapters	Exam Dates	Videos and Audio Lectures
1	Week of Aug 23, 2021	Class Introduction; Introduction to Behavioral Addictions; Behavioral Addiction – The Nexus of Impulsivity and Compulsivity	1-2		
2	Week of Aug 30, 2021	Diagnosis and Treatment of Gambling Disorders; Problematic Online Gaming	3-4		Gambling Addiction <ul style="list-style-type: none"> <li>• Inside the brain of a gambling addict – BBC News (<a href="https://www.youtube.com/watch?v=BF5SzIN63w8">https://www.youtube.com/watch?v=BF5SzIN63w8</a>)</li> <li>• 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>)</li> </ul>

3	Week of Sept 6, 2021	Internet Addiction	5		<p>Internet Addiction</p> <p>a. Inside America's First Video Game Addiction Rehab (HBO) (<a href="https://www.youtube.com/watch?v=7yb5Qa4d8P8">https://www.youtube.com/watch?v=7yb5Qa4d8P8</a>)</p> <p>b. Escaping video game addiction: Cam Adair at TEDxBoulder (<a href="https://www.youtube.com/watch?v=EHmC2D0_Hdg">https://www.youtube.com/watch?v=EHmC2D0_Hdg</a>)</p>
4	Week of Sept 13, 2021	Social Networking Addiction	6		<p>Social Networking Addiction</p> <p>a. It's not you. Phones are designed to be addicting. (<a href="https://www.youtube.com/watch?v=NUMa0QkPzns">https://www.youtube.com/watch?v=NUMa0QkPzns</a>)</p> <p>b. Screen Time: Is It Really All Bad?   Florence Breslin   TEDxTysons (<a href="https://www.youtube.com/watch?v=q3XLnHHPVI8">https://www.youtube.com/watch?v=q3XLnHHPVI8</a>)</p>
5	Week of Sept 20, 2021	Food Addiction and New Directions in the Treatment of Food Addiction	7-8		
6	Week of Sept 27, 2021	<p>Exam #1 – Chapters 1, 2, 3, 4, 5, 6, 7, 8, audio lectures, videos (24-hour window to take Exam #1 – September 28<sup>th</sup> at 12:00am – September 28<sup>th</sup> at 11:59pm)</p>		<p>Exam #1 – Chapters 1, 2, 3, 4, 5, 6, 7, 8, audio lectures, videos (24-hour window to take Exam #1 – September 28<sup>th</sup> at 12:00am – September 28<sup>th</sup> at 11:59pm)</p>	
7	Week of Oct 4, 2021	Sexual Addiction	9		

8	Week of Oct 11, 2021	Love Addiction; Relationship Challenges with Sex and Love Addiction	10-11		
9	Week of Oct 18, 2021	Compulsive Buying	12		
10	Week of Oct 25, 2021	Exercise Addiction	13		
11	Week of Nov 1, 2021	Exam #2 – Chapters 9, 10, 11, 12, 13, audio lectures, assigned videos (24-hour window to take Exam #2 – November 3 <sup>rd</sup> at 12:00am to November 3 <sup>rd</sup> at 11:59pm		Exam #2 – Chapters 9, 10, 11, 12, 13, audio lectures, assigned videos (24-hour window to take Exam #2 – November 3 <sup>rd</sup> at 12:00am to November 3 <sup>rd</sup> at 11:59pm	
12	Week of Nov 8, 2021	Alcohol Addiction	Assigned readings, videos and audio lectures		
13	Week of Nov	Marijuana and Other	Assigned readings, videos and		

	15, 2021	Drug Addiction	audio lectures		
14	Week of Nov 22, 2021	No Class – Holiday Break – ENJOY!			
15	Week of Nov 29, 2021	Addiction Treatment	Chapter 14, Assigned readings, videos, and audio lectures		
16	Week of Dec 6, 2021	EXAM #3 - Chapters 14, assigned readings, videos, and audio lectures (24-hour window to take Exam #3 – December 8 <sup>th</sup> at 12:00am – December 8 <sup>th</sup> at 11:59pm)		EXAM #3 - Chapters 14, assigned readings, videos and audio lectures (24-hour window to take Exam #3 - Decemb er 8 <sup>th</sup> at 12:00am – Decemb er 8 <sup>th</sup> at 11:59pm )	