

Psychological Interventions

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Biological Interventions

There are **nicotine patches**, chewing gum etc for smokers to help alleviate the craving.

No drug has yet been **approved in the UK** as a treatment for pathological gambling, however a link has been found between pathological gambling and a **serotonin dysfunction, which means that SSRI's could be helpful** as studies done have shown an improvement.

A drug called **naltraxone** blocks dopamine receptors which should help reduce the pleasure experienced when gambling thus reducing the urge to gamble.

Research has been done that shows **reinforcement** can be used to intervene with addictions. Using a method such as **token economy** whereby a **reward** of sorts is given to the individual for **not engaging in the addictive behaviour**.
A study done found that using **monetary rewards** members of the group who were given rewards **engaged significantly less** in taking the drug than the other group.
The problem with reinforcement interventions is that **they do not address the underlying problem** it also then cant help provide a treatment in preventing it happening in the first place.
Cognitive Behavioural Therapy can help to **alter the individuals perception** of a behaviour and to teach them **new ways of coping** with the cravings.
CBT has a lot of supporting evidence and a research study found that **after treatment 86% of participants no longer fulfilled the DSM's characteristics for pathological gambling**

Public Health Interventions and Legislations

The NIDA Study: National Institute on Drug Abuse: Was set up in order to help intervene with people with social or personal problems with drug abuse.

Telephone smoking and quitline services:

A meta-analysis by **Stead et al (2006)** found that people who got phone calls from a councillor had 50% more chance of succeeding giving up smoking compared to those who only got self help towards giving up.

Anti-Smoking Legislation:

In **July 2007** a legislation came into effect that **banned smoking in public buildings** in the UK, although it intended to protect the public from passive smoking it has been found that is has given smokers a more of a **supportive environment** to quit finding. **Found a quarter of a million people quit smoking in the few months after the legislation came in.** The smoking ban had a **rebound effect** with **less people trying to give up** after the ban than in the **previous 9 months.**