

Addiction Therapy-2014

Chicago, USA
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Jasmin Kaur

Helping Clinicians Connect

Understanding Addiction from the Perspective of a Drug
Abuser

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**SINGAPORE
PRISON SERVICE**

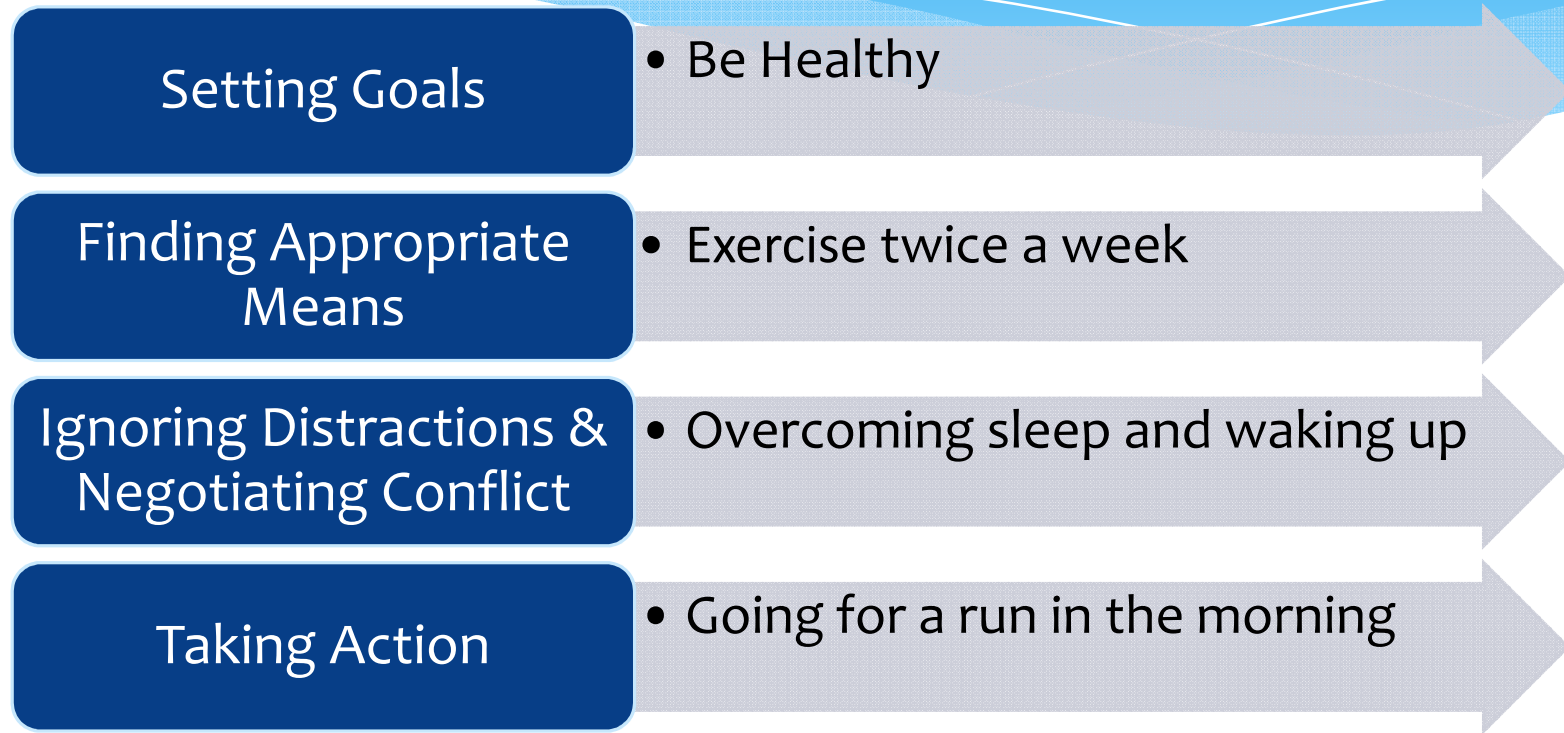
Background: Singapore

- * Small country, 716.1 Sq Km
- * Resident population of 3.8 million (2013)
- * Geographical location
- * Strict legal restrictions on drugs
- * Recidivism rates of drug offenders ~ 27-31%

Understanding Drug Abuse

- * Qualitative study ~ 30 drug abusers
- * Drug Initiation & Maintenance Motives
- * Social Factors ~ Drug Cues

Motivation Model of Behaviour



Köpetz, Lejuez, Wiers, Kruglanski, 2013

Motivation Model of Behaviour : Drug Initiation

Setting Goals

- Seeking Thrill or Belonging

Finding Appropriate Means

- Drug Experimentation
- Joining a sports activity

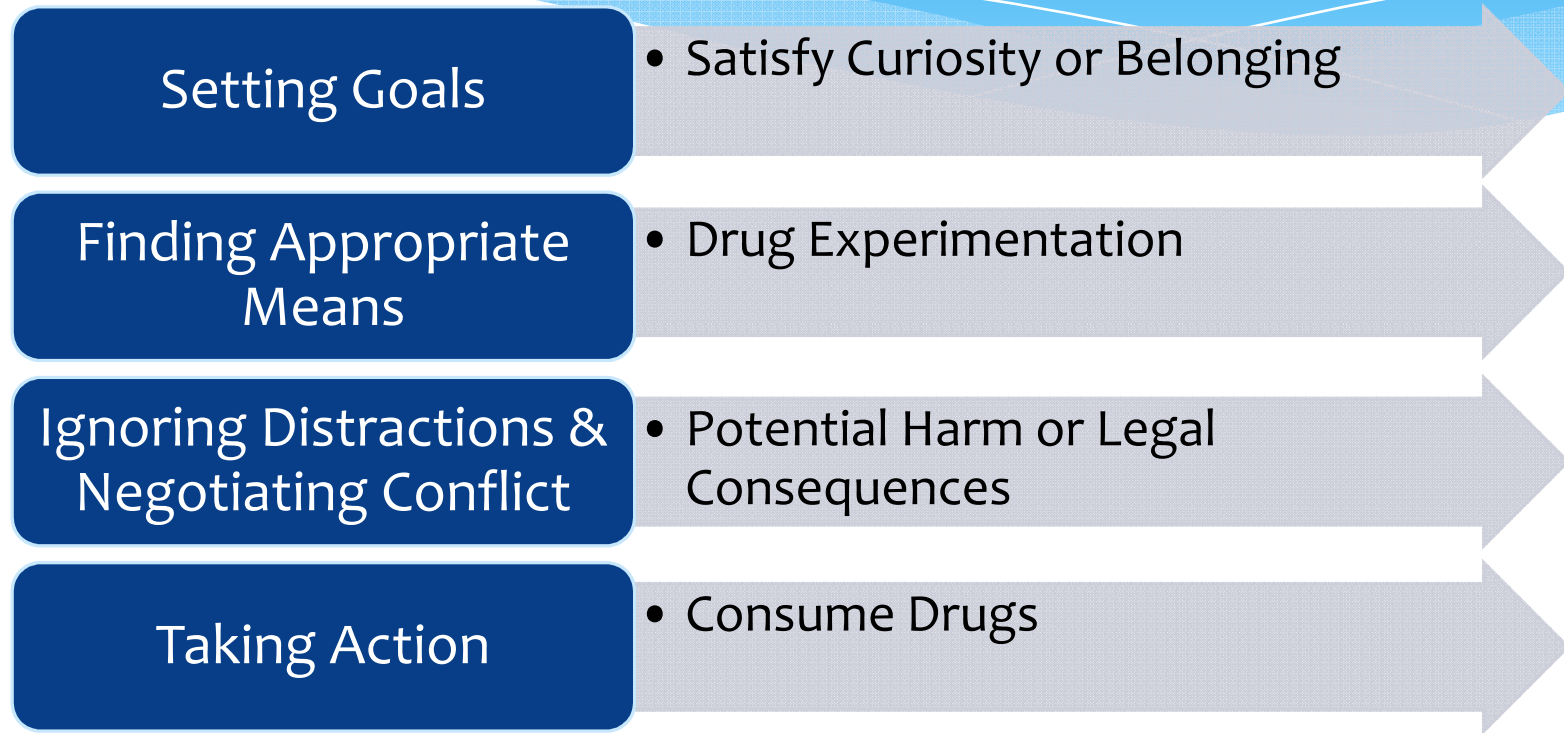
Ignoring Distractions & Negotiating Conflict

- Potential Harm or Legal Consequences
- Overcoming fear of being judged

Taking Action

- Consume Drugs
- Sign up for taekwondo class

Motivation Model of Behaviour : Drug Initiation



Motivation Model of Behaviour : Drug Initiation

Setting Goals

- Satisfy Curiosity

Finding Appropriate Means

- All my friends were doing it, so I just joined in the crowd for the sake of the fun.
- I saw my childhood friends taking Marijuana and getting high.. I was curious, so I did not think to say no.

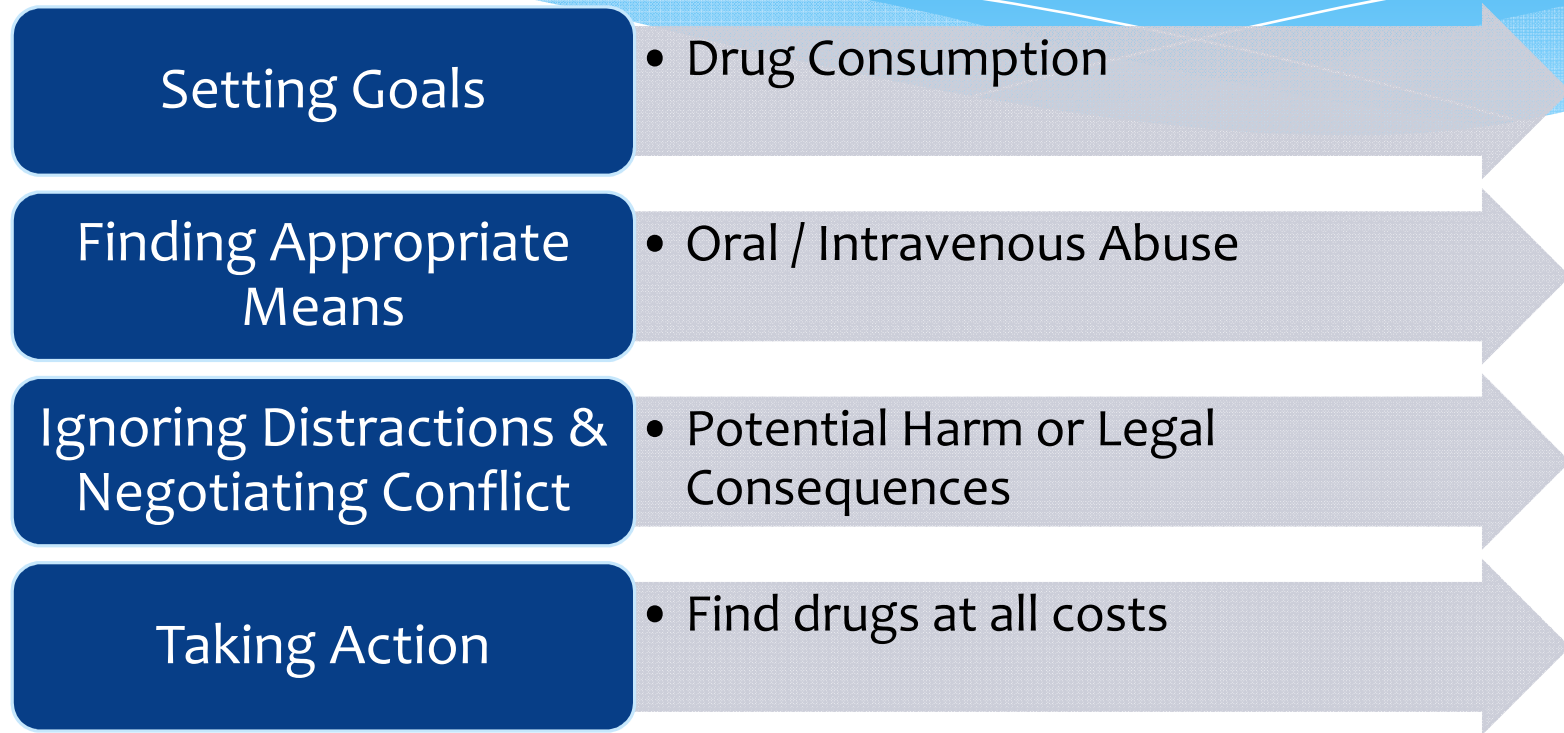
Ignoring Distractions & Negotiating Conflict

- Because around 15 to 16 years old, I left school and left home; I was so free. So I have nothing to do I try to smoke
- “Cannabis had no addiction, makes you chill, relax.”

Taking Action

- Friends were smoking Cannabis when hanging out, I nothing to do, was bored, so just try.
- Heroin I just take for excitement.

Motivation Model of Behaviour : Drug Maintenance



Motivation Model of Behaviour : Drug Maintenance

Setting Goals

- You looked worried, you looked sad. Chase the dragon and you will never forget.” All your problems fly away after you smoke.

Finding Appropriate Means

- Normally when we start I start a lot with soft drug meaning drugs that prevent you from getting caught like taking tablets, injecting tablets – like Dormicum, Subutex. But after a while you start to jab and eat, then from there not ‘shioK’ (good feeling) ready.

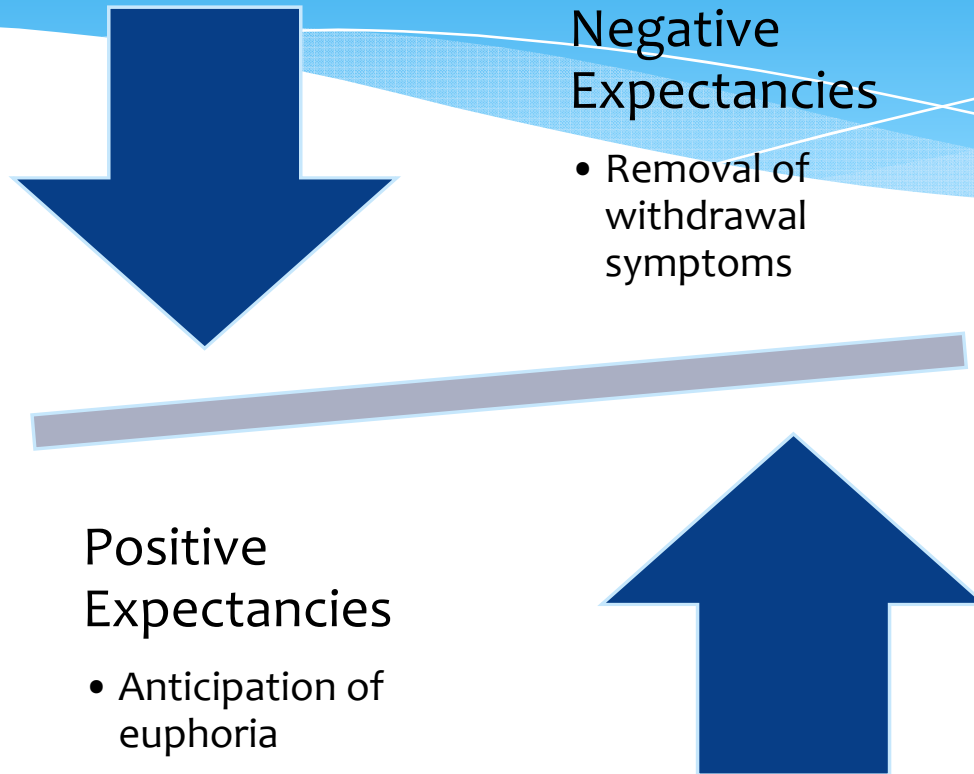
Ignoring Distractions & Negotiating Conflict

- Actually I consider stopping the drugs, but I don’t know why [I still take drugs]; people say only until you ‘kena’ catch (get arrested) then you will know when to stop, if not you won’t really know when to stop. It is not really a habit, it is when I want to take it then I take it.

Taking Action

- Sell pirated CDs to finance (my drug habit). Everyday work 2 hours, can buy heroin for 1 day. “Whatever comes I will do.” “(Also some drug trafficking) take big amounts of drugs and resell to other people.” Quick and fast money, work less hours.

Motivations for Continued Drug Use



Leventhal & Schmitz, 2006; Oei & Morawska, 2004

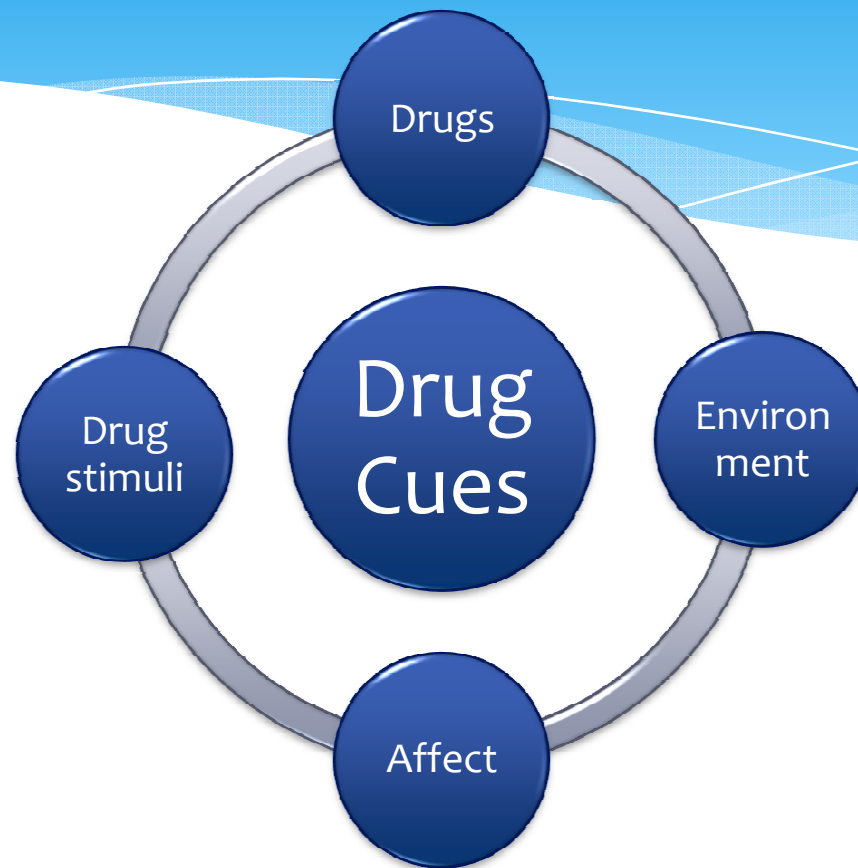
Motivations for Continued Drug Use

Negative Expectancies

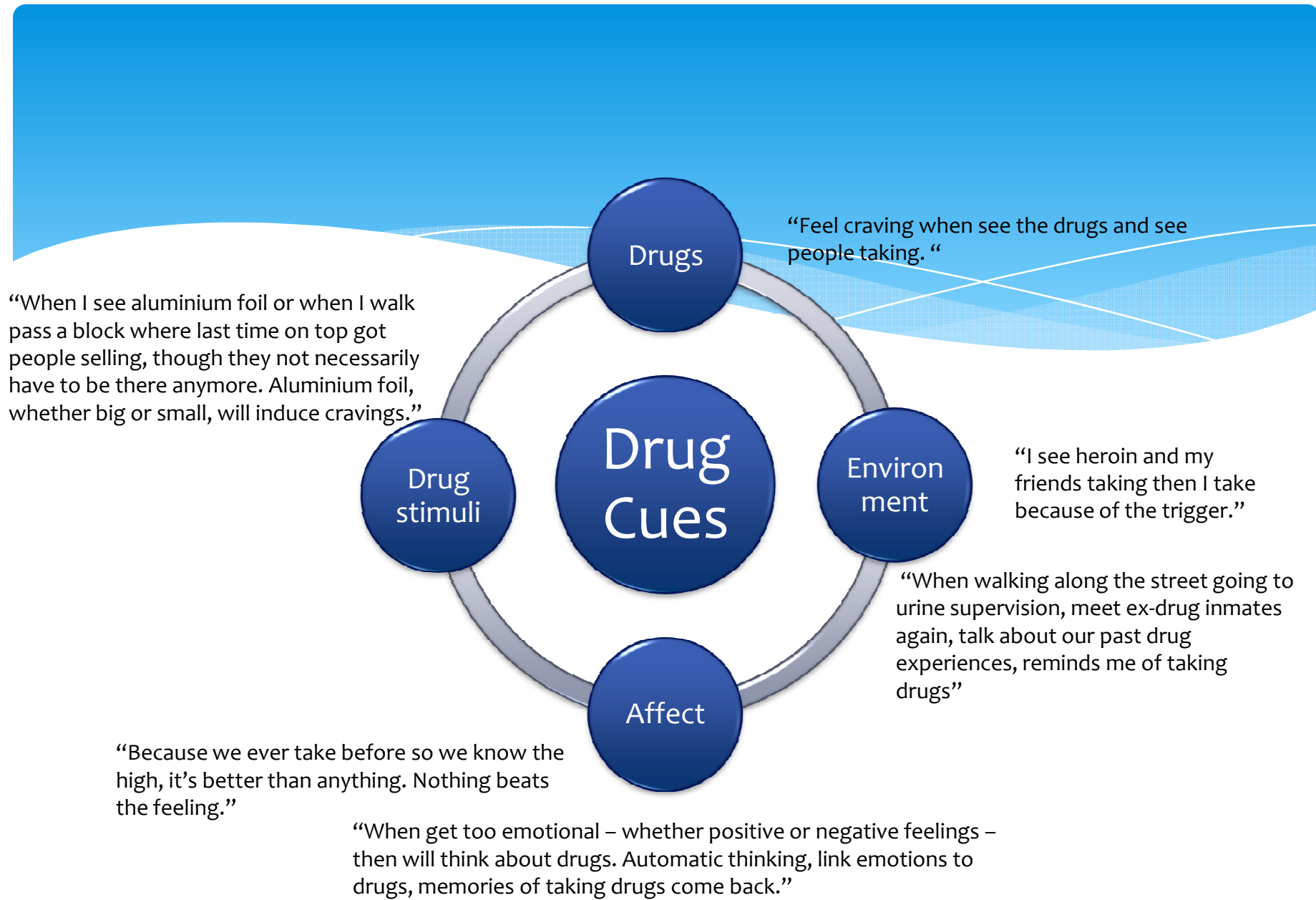
- Continued to smoke (heroin) because cannot take the withdrawal – body aches, vomiting, diarrhoea, running nose). Take not because of the craving but because of withdrawal (from heroin).
- Another reason I go back to Heroin is because of the “sakit” (pain/withdrawals). If I didn’t get this thing I will have the pain.

Positive Expectancies

- Yes. I like the euphoria effect. [It's] like joy like that, because we all drug addicts have the feeling and the mind that you cannot think of anything [other than drugs] – if I don't do drug I don't know what to do. And if got money also doesn't know what to do with the money, [so] then have money then just take drug. If no drug, the emptiness cannot match (nothing can match the effects given by drugs).
- I use Ecstasy twice a week because I just want to, it's just for a moment of euphoria, like very happy.



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Regulation

- * Extrinsic vs. Intrinsic
- * Self-regulation
 - * Essential
 - * Resource-intensive
 - * Easily drained when cognitively overloaded

‘Wanting’ vs. ‘Liking’

- * No need for liking when abuser wants a drug
- * Dislike of negative consequences but unable to stop drug use

I have lost my job, friends, girlfriend and freedom. After first DRC already like this. I continue because I really cannot control. It is very hard to say if it is worth it because when you take drugs, you will think that this stuff is stupid but when you are taking drugs, you won't feel that it is stupid.

What has helped?

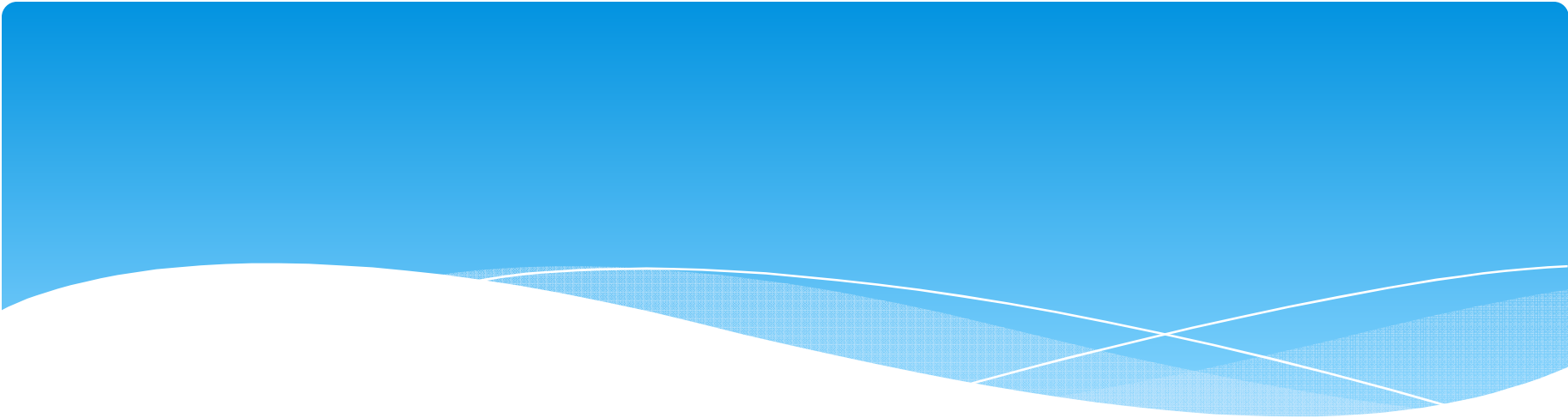
- * Remove Drug Cues
- * Seek Alternative Actions
- * Reduce Cognitive Load

How Clinicians Can Connect?

- * Effective coping & self-regulation strategies
- * For new abusers - addressing underlying motivation of drug use and find alternatives to satisfy these motivations
- * For long-term abusers, seeking alternatives to drug cue activations

Acknowledgements

- * Research Team at Singapore Prison Service
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Thank You

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