



The Psychology Of Addiction (Contemporary Psychology Series)

Mary McMurren

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This text provides a comprehensive overview of psychological approaches to understanding addictions. Without denying the importance of biological factors, emphasis is placed more upon social, psychological and emotional factors as is necessary to a complete understanding of addiction. Within this framework, an addiction is not limited to substance-based behaviours such as drinking alcohol, smoking or drug use. Although these important areas are covered, a wider perspective is taken to include behavioural addictions such as gambling, violence and joy riding. Finally, prevention approaches are discussed with reference to the public health model which encompasses issues relating to the agent, the host and the environment. A list of resources and references is provided for those wishing to obtain further information.; Written in a jargon-free style, "The Psychology of Addiction" is aimed at students at the beginning of their courses. It should also be a valuable resource for professionals: nurses, social workers, police and probation officers and medical students, who often encounter the problems described in the book.

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