

NON-SUBSTANCE BEHAVIORAL ABUSE DISORDERS

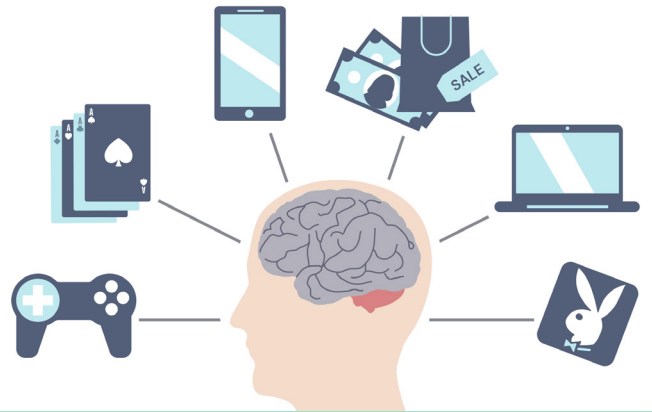


Non-substance abuse, also known as behavioral addiction, is excessive engagement in certain behaviors.

Common non-substance use disorders include:

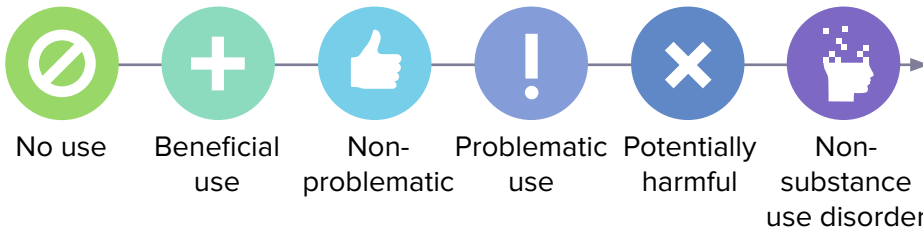
- Gambling
- Sex
- Internet use
- Mobile device use
- Pornography
- Shopping

Dopamine release triggered by the behavior is thought to have stimulating effects on the brain, which lead to increased behavior seeking.



Many of the behaviors associated with non-substance use disorders are normal in moderation. A disorder is present when the behavior takes over the individual's life, creating negative consequences.

Continuum of Non-Substance Use



Nursing Considerations

- Facilitate open, nonjudgmental communication.
- Assess readiness for change.
- Utilize motivational interviewing strategies.
- Remain aware of resources available in your area.
- Provide support and referral as needed.

Treatment Options

- Meetings and support groups
- Individual, couple, or family therapy
- Mindfulness practices
- Pharmacotherapies developed for substance use disorders are under investigation for potential benefit in non-substance use disorders.

Signs of Non-Substance Use Disorder

- Excessive amounts of time spent seeking the behavior
- Continuing to engage in the behavior despite negative outcomes and consequences
- Prioritizing the behavior over other activities
- Increased risk-taking in order to engage in and hide the behavior
- Continuing the behavior despite the loss of significant familial, social, or professional relationships
- More frequent engagement in the behavior required to attain pleasure
- Unsuccessful attempts to limit the behavior
- Withdrawal symptoms (mood changes, irritability) when unable to engage in the behavior

NOTES

