

CONTENTS

List of Figures	<i>page</i> vii
List of Tables	viii
Preface	xi
Acknowledgments	xiv
PART I: ADDICTION AND ADDICTIVE EFFECTS	1
1 A General Introduction to the Concept of Addiction and Addictive Effects	3
2 Addictive Effects and Appetitive Needs	32
3 Variables that Increase the Likelihood of Developing an Addiction	46
4 Consequences of Addiction	71
PART II: TYPES OF ADDICTIONS	87
5 Types of Addictions: General Overview	89
6 Substance Addictions: Their Prevalence and Co-Occurrence	103
7 Behavioral Addictions: Their Prevalence and Co-Occurrence	118
8 Patterns of Addiction Co-Occurrence, Replacement, and Lifestyle Demands	134
9 Assessing the 11 Focal Addictions	148
PART III: RESOLVING THE PROBLEMS OF ADDICTION AND FUTURE DIRECTIONS	183
10 Resolving the Problems of Addiction – Prevention: General Principles	185
11 Prevention: Intrapersonal-Level Approaches	199
12 Prevention: Extrapersonal-Level Approaches	210
13 Resolving the Problems of Addiction – Cessation: General Principles	242
14 Cessation: Intrapersonal-Level Approaches	259

Contents

15	Cessation: Extrapersonal-Level Approaches	282
16	Future Considerations for Substance and Behavioral Addictions	301
	Glossary	316
	Bibliography	342
	Index	390