

# Addiction

Psychology

The main models, and what each explains well.

*Educational reference on explanatory models.*

| Model                          | Explains                       | Misses                                     |
|--------------------------------|--------------------------------|--------------------------------------------|
| <b>Disease</b>                 | Loss of control, relapse       | Social context, recovery without treatment |
| <b>Learning</b>                | Cue reactivity, conditioning   | Why some people are vulnerable             |
| <b>Incentive sensitisation</b> | Wanting outlasts liking        | Full behavioural picture                   |
| <b>Social / environmental</b>  | Why context matters enormously | Individual variation                       |
| <b>Self-medication</b>         | Comorbidity with distress      | Cases without prior distress               |

Educational reference. Rat Park and the Vietnam veteran data both show environment powerfully shapes addiction and recovery.