CONTENTS

| Pre Bio | reword eface ography t of Contributors | xiii xv xix xxix |
|------------|--|---------------------------|
| 1. | An Introduction to Behavioral Addictions | 1 |
| | Kenneth Paul Rosenberg, Laura Curtiss Feder | |
| | The History of Behavioral Addictions | 1 |
| | Defining and Determining Criteria for a Behavioral Addiction | 3 |
| | Theories and Evidence in Support of Behavioral Addictions | 5 |
| | Guiding Principles for the Treatment of Behavioral Addictions | 11 |
| | Societal and Legal Issues | 14 |
| | References | 15 |
| 2. | Behavioral Addiction: The Nexus of Impulsivity and Compulsivity | 19 |
| | Natalie L. Cuzen, Dan J. Stein | |
| | Introduction | 19 |
| | Impulsivity and Compulsivity: What's it all About? | 19 |
| | How do Impulsivity and Compulsivity Relate? | 20 |
| | From Impulsivity to Compulsivity in Substance use Disorder | 21 |
| | Behavioral Addiction: on the Border Between Impulsivity and Compulsivity | 22 |
| | Kleptomania Behavior | 23 |
| | An ABC Model to Assess and Manage Compulsive-Impulsive Disorders | 27 |
| | Conclusions | 30 |
| | References | 31 |
| 3. | Diagnosis and Treatment of Gambling Disorder | 35 |
| | Jon E. Grant, Brian L. Odlaug | |
| | Introduction | 35 |
| | Clinical Characteristics | 36 |
| | Clinical Assessment | 38 |
| | Screening/Diagnostic Instruments | 39 |
| | Treatment Options | 40 |
| | Psychotherapy | 41 |
| | Pharmacotherapy | 48 |
| | | |

| | C |
|------|----------|
| VIII | Contents |

| | Conclusions | 52 |
|----|--|-----|
| | References | 54 |
| 4. | Problematic Online Gaming | 61 |
| | Orsolya Király, Katalin Nagygyörgy, Mark D. Griffiths, Zsolt Demetrovics | |
| | History and Typology of Online Games | 61 |
| | Defining Problematic Online Gaming | 64 |
| | Symptomatology and Consequences | 68 |
| | Assessment | 70 |
| | Epidemiology | 74 |
| | Etiology | 78 |
| | Prevention and Treatment | 85 |
| | References | 88 |
| | Appendix 4-1. Problematic Online Gaming Questionnaire (POGQ) | 94 |
| | Appendix 4-2. Motives for Online Gaming Questionnaire (MOGQ) | 96 |
| 5. | Internet Addiction Disorder: Overview and Controversies | 99 |
| | Aviv Weinstein, Laura Curtiss Feder, Kenneth Paul Rosenberg, Pinhas Dannon | |
| | Introduction: Internet Addiction Disorder and its Treatment | 99 |
| | Diagnosis and Clinical Criteria | 100 |
| | Assessment of Internet Addiction | 100 |
| | Prevalence Rates | 101 |
| | Psychiatric Comorbidity | 102 |
| | Relationship of Internet Addiction with Drug and Alcohol use | 102 |
| | The Phenomenology of Internet Addiction | 104 |
| | Personality and Psychosocial Factors Associated With IAD | 104 |
| | Cognitive Factors Associated with Problematic Internet Use | 105 |
| | Physical and Mental Health Hazards | 106 |
| | Treatment | 106 |
| | Conclusions | 108 |
| | Declaration Of Interest | 109 |
| | Acknowledgments | 109 |
| | References | 109 |
| | Appendix 5-1. Internet Addiction Test (IAT) | 116 |
| 6. | Social Networking Addiction: An Overview of Preliminary Findings | 119 |
| | Mark D. Griffiths, Daria J. Kuss, Zsolt Demetrovics | |
| | Brief History of Social Networking | 119 |
| | Etiology and Theories of Social Networking Addiction | 122 |
| | | |

| | | Contents ix | |
|----|---|-------------|--|
| | Epidemiology: Empirical Studies of Social Networking Addiction | 124 | |
| | Prevention and Treatment of Social Networking Addiction | 136 | |
| | Conclusions | 137 | |
| | References | 139 | |
| 7. | Food Addiction: Evidence, Evaluation, and Treatment | 143 | |
| | Yvonne H.C. Yau, Carrie D. Gottlieb, Lindsay C. Krasna, Marc N. Pot | enza | |
| | Introduction | 143 | |
| | Criteria and Definition | 144 | |
| | Epidemiology Epidemiology | 146 | |
| | Evidence for Food Addiction | 147 | |
| | Treatment | 153 | |
| | Prevention: Public Health and Policy Implications | 165 | |
| | Conclusion | 167 | |
| | References | 168 | |
| | Appendix 7-1. Yale food Addiction Scale | 177 | |
| | Instruction Sheet for the Yale Food Addiction Scale | 182 | |
| R | New Directions in the Pharmacological Treatment of Foo | d | |
| 0. | Addiction, Overeating, and Obesity | 185 | |
| | Amelia A. Davis, Paula J. Edge, Mark S. Gold | | |
| | Introduction | 185 | |
| | The Drive to Overeat | 187 | |
| | Food Addiction | 187 | |
| | Reward Deficiency Syndrome | 190 | |
| | Food Reward System | 191 | |
| | Surgical Treatments of Obesity | 195 | |
| | Pharmacotherapies for Treatment of Obesity and Food Addiction | 197 | |
| | In the Pipeline | 200 | |
| | FDA-Approved Medications that do not have FDA Indications | | |
| | for Weight Loss | 202 | |
| | Treatment Approach Based on the Drug Abuse Model | 204 | |
| | Conclusion | 207 | |
| | References | 208 | |
| 9. | Sex Addiction: An Overview | 215 | |
| | Kenneth Paul Rosenberg, Suzanne O'Connor, Patrick Carnes | | |
| | Historical Context | 215 | |
| | Prevalence | 216 | |

x Contents

| | SA-Related Diagnoses in the ICD and DSM | 216 |
|-----|--|-----|
| | Screening Instruments for SA | 221 |
| | Cybersex | 222 |
| | Comorbidity in SA-Related Disorders | 222 |
| | Addiction Interaction Disorder | 224 |
| | The Possible Neuroscience of SA | 225 |
| | Treatment of Sex Addiction | 227 |
| | Summary | 232 |
| | References | 233 |
| 10. | The Tyranny of Love: Love Addiction—An Anthropologist's View | 237 |
| | Helen E. Fisher | |
| | Romantic Love as a Positive Addiction | 238 |
| | Romantic Rejection as a Negative Addiction | 241 |
| | Evolution of Romantic Addictions | 245 |
| | Infidelity Intensifies Rejection Addiction | 249 |
| | Divorce Intensifies Rejection Addiction | 252 |
| | Biopsychological Consequences of Rejection | 253 |
| | Personality and Love Addictions | 253 |
| | Implications for Treatment | 256 |
| | Conclusion | 259 |
| | References | 260 |
| 11. | Picking Up the Pieces: Helping Partners and Family Members | |
| | Survive the Impact of Sex Addiction | 267 |
| | Stefanie Carnes, Mari A. Lee | |
| | Treating Partners of Sex Addicts: Clinical Implications | 268 |
| | Staggered Disclosure as a Trauma to the Partner | 270 |
| | Treatment for the Partner | 272 |
| | Impact of Sex Addiction on Children | 279 |
| | References | 283 |
| | Appendix 11-1. Recommended Reading | 283 |
| 12. | Compulsive Buying Disorder | 285 |
| | Emma Racine, Tara Kahn, Eric Hollander | |
| | Introduction | 285 |
| | Diagnostic Criteria of Compulsive Buying Disorder | 288 |
| | Epidemiology of Compulsive Buying Disorder | 293 |
| | Comorbidity | 300 |
| | | |

| | | Contents | xi |
|-----|---|------------|---|
| | Treatment Next Steps and Further Research References Appendix 12-1. Compulsive Buying Scale | | 307 311 312 314 |
| 13. | Exercise Addiction | | 317 |
| | Krisztina Berczik, Mark D. Griffiths, Attila Szabó, Tamás Kurimay, Ró Zsolt Demetrovics | bert Urbar | ١, |
| | The History of Exercise Addiction Definition and Diagnosis Assessment Epidemiology Comorbidity Etiology Treatment Acknowledgments References Appendix 13-1. Exercise Addiction Assessment Measures Exercise Dependence Scale Scoring | | 317 318 320 324 326 327 331 335 340 341 342 |
| 14. | Meditation and Spirituality-Based Approaches for Addicti | ion | 343 |
| | Sri Sri Ravi Shankar, Kenneth Paul Rosenberg, Anju Dhawan, Achar Vedamurthachar | | |
| | Introduction Lessons from Alcoholics Anonymous and 12-Step Facilitation Yoga and Addiction Mindfulness-Based Meditation Transcendental Meditation (TM) Sudarshan Kriya Yoga (SKY) How does Meditation/SKY Work? Conclusion References | | 343 343 345 347 348 349 354 356 357 |
| 15. | Behavioral Addiction in American Law: The Future and the Expert's Role | | 361 |
| | Daniel H. Willick | | |
| | Introduction Behavioral Addiction in the Law of the United States - Legal Issues in | Which | 361 |
| | Behavioral Addiction May Be Considered | | 362 |

xii Contents

| Pitfalls for the Expert Witness | 367 |
|---------------------------------|-----|
| Conclusions | 37 |
| References | 372 |
| | |
| Index | 373 |