## **CONTENTS**

1 Introduction: journey to the centre of addiction Preparing for the journey In the end What this book does The synthetic theory of addiction in brief	1 1 3 5 7
References	9
2 Definition, theory and observation Defining addiction (addiction is not an elephant) Diagnosing and measuring addiction Theory and supposition 'Big observations' in the field of addiction Recapitulation References	10 10 20 22 30 36 36
3 Beginning the journey: addiction as choice Addiction as a reflective choice Box 3.1 The myth of addiction Box 3.2 Vaguely right or precisely wrong? The Theory of Rational Addiction Box 3.3 The Self-medication Model of addiction Box 3.4 Opponent Process Theory Irrational, ill-informed choice and unstable preferences Box 3.5 Expectancy Theories Box 3.6 Skog's Choice Theory Box 3.7 Slovic's Affect Heuristic Box 3.8 Cognitive Bias Theories Box 3.9 Behavioural Economic Theories Box 3.10 Gateway Theory Box 3.11 The Transtheoretical Model of behaviour change Box 3.12 Identity shifts and behaviour change Addiction as the exercise of choice based on desires	41 41 44 45 50 53 60 62 65 67 70 72 78 80 86 87

4	Choice is not enough: the concepts of impulse and self-control	95
	Reports of feelings of compulsion	95
	Powerful motives versus impaired control	96
	Box 4.1 The Disease Model of addiction	96
	Personality and addiction typologies	98
	Box 4.2 Tridimensional Personality Theory	98
	Self-efficacy	100
	Box 4.3 Self-efficacy Theory	100
	The transition from lapse to relapse	102
	Box 4.4 The Abstinence Violation Effect	102
	Impulse control	105
	Box 4.5 Inhibition Dysregulation Theory	106
	Self-regulation as a broadly based concept	108
	Box 4.6 Self-regulation Theory	108
	Urges and craving	108
	Box 4.7 A Cognitive Model of Drug Urges	109
	Addiction as a failure of self-control over desires and urges	110
	References	111
5	Addiction, habit and instrumental learning	114
	Instrumental learning	114
	Box 5.1 Instrumental learning (operant conditioning) and addiction	115
	Mechanisms underpinning instrumental learning	118
	Box 5.2 The Dopamine Theory of Drug Reward	119
	Box 5.3 Addiction arising from functional neurotoxicity of drugs	121
	Classical conditioning	122
	Box 5.4 Classical conditioning and addiction	122
	More complex learning models	124
	Box 5.5 Addiction as a learning/memory process	125
	Box 5.6 Incentive Sensitisation Theory	126
	Box 5.7 Balfour's theory of differential drug effects within the	
	nucleus accumbens	129
	Social learning	130
	Box 5.8 Social Learning Theory	131
	Associative learning	133
	References	133
6	Addiction in populations, and comprehensive theories	136
	Addiction in populations	136
	Box 6.1 Diffusion Theory	137
	Comprehensive theories of addiction	139
	Box 6.2 Excessive Appetites Theory	140
	Box 6.3 The Pathways Model of pathological gambling	146
	What is addiction and how can we explain it?	149
	References	150

7	Development of a comprehensive theory	152
	A functional classification of theories of addiction	153
	Addiction as reflective choice	158
	Addiction as irrational choice	162
	Addiction, compulsion and self-control	165
	Addiction, instrumental learning and habit	168
	Addiction, choice, compulsion and habit	179
	References	185
8	A synthetic theory of motivation	192
	Understanding behaviour in context: the COM-B model	192
	Focus on motivational theory	194
	The human motivational system	194
	Structure and function of the human motivational system	195
	The 'head model'	205
	Momentum and inertia	206
	Adaptation: ways in which experience affects motivational disposition	207
	The 'representational system', consciousness and dual process models	210
	Self and self-control	213
	Mental effort and motivational resources	216
	What motivates us	216
	The unstable mind	218
	A summary: key propositions from PRIME theory	225
	References	227
9	A theory of addiction	229
	Addiction is	229
	The pathologies underlying addiction	230
	A return to some 'big observations' about addiction	233
	The abnormalities underlying addiction	241
	Effects of interventions	244
	Recommendations and predictions regarding addiction interventions	244
	Testing the theory	250
	First results	251
	Conclusions	252
	References	253
In	dex	257

Contents ■ vii