

COURSE OUTLINE

1. GENERAL

FACULTY	SOCIAL SCIENCES		
DEPARTMENT	PSYCHOLOGY		
LEVEL OF STUDY	UNDERGRADUATE		
COURSE CODE	Ψ2606	SEMESTER OF STUDY	C (3rd)
COURSE TITLE	Addiction: An Introductory Course		
INDEPENDENT TEACHING ACTIVITIES <i>in case the credits are awarded to distinct parts of the course e.g. lectures, laboratory exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i>		TEACHING WEEKS	CREDITS
		3	4
<i>Add rows if needed. The teaching organization and teaching methods used are described in detail in (d).</i>			
COURSE TYPE <i>general background, specific background, specialization, general knowledge, skills development</i>	ELECTED		
PREREQUISITE COURSES:	NO PREREQUISITE COURSES		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
COURSE WEBSITE (URL)	https://elearn.uoc.gr/course/view.php?id=4616		

2. LEARNING OUTCOMES

Learning Outcomes

The learning outcomes of the course are described, the specific knowledge, skills and competences of an appropriate level that students will acquire after the successful completion of the course.

Consult Appendix A

- Description of the Level of Learning Outcomes for each cycle of study according to the Qualifications Framework of the European Higher Education Area
- Descriptors of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Annex B
- Learning Outcomes Writing Summary Guide

The aim of the course is to familiarize students with the basic concepts, scientific theories and research outcomes in the field of substance use addiction (e.g. alcohol, cannabis, opiates, etc.) and behavioural addictions (e.g. gambling, internet use, etc.). The lectures focus on basic concepts of addiction, the clinical characteristics of addiction, the psychological and social factors contributing to the development and maintenance of addiction, the treatment of addictions, and contemporary research practices in addictions.

At the end of the lectures, students are expected to:

- Understand basic terms around addictions, such as "dependence", "tolerance", "withdrawal syndrome", etc.
- Understand the basic clinical characteristics of addictions as described in DSM V and

- ICD – 11 diagnostic criteria.
- Understand the psychological, social and biological theories that attempt to explain the nature of addiction and how it develops and persists.
 - Understand the basic addiction treatment programs such as substitution programs, therapeutic communities, etc.
 - Are aware of basic research tools in addictions, such as substance use questionnaires and modern data collection methods such as Ecological Momentary Assessment.

General Competencies	
<i>Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which of them does the course aim at?.</i>	
<i>Search, analyze and synthesize data and information, using the necessary technologies</i>	<i>Project planning and management</i>
<i>Adapting to new situations</i>	<i>Respect for diversity and multiculturalism</i>
<i>Decision-making</i>	<i>Respect for the natural environment</i>
<i>Autonomous work</i>	<i>Demonstrate social, professional and ethical responsibility and sensitivity to gender issues</i>
<i>Teamwork</i>	<i>Criticism and self-criticism</i>
<i>Working in an international environment</i>	<i>Promoting free, creative and inductive thinking</i>
<i>Working in an interdisciplinary environment</i>	<i>.....</i>
<i>Generation of new research ideas</i>	<i>Other...</i>
	<i>.....</i>

- Autonomous work.
- Criticism and self-criticism.
- Promotion of free, creative and inductive thinking.
- Other:
 - o Information processing and sorting.
 - o Study of bibliography and educational material.

The course includes the following topics, which will be further analyzed during the semester:

- **History of addictive substances:** The historical and social phenomena that contributed to the spread of substance use, from antiquity to the present day.
- **Clinical characteristics of addictions:** Basic concepts of addiction (strength, withdrawal syndrome, intoxication, etc.) and clinical criteria for diagnosis according to DSM – 5 and ICD – 11.
- **Substance and behavioral addictions: Categories of substances (e.g., alcohol, cannabis, opium) and behaviours (gambling, internet use) that cause addiction. Basic mechanisms through which substances and certain behaviours such as gambling can lead to addiction. Common characteristics and differences between substance and behavioural addictions.**
- **Factors of development and maintenance** of addictions: Brief summary of the

biological model and the role of the brain. Psychological theories (e.g. Psychoanalytic and Systemic approach). Social factors (e.g. social environment and addiction as a social phenomenon, as opposed to the biological model). Cognitive and motivational psychology (e.g., the role of attention, perception, and motivation in addictions).

- **Addiction treatment:** Study of different therapeutic approaches, such as harm reduction (substitution programs), therapeutic communities and self-help groups. Specific issues of therapeutic challenges, such as the so-called "dual diagnosis" of people with co-occurring substance use disorder and psychological disorder, will be addressed.
- **Modern research practices in addictions:** Familiarization with basic research tools, such as substance use questionnaires with widespread use in the international literature (e.g. Alcohol Use Disorder Identification Test, The Fagerström Test for Nicotine dependence, Iowa gambling task). Reference to modern methods of recording and studying substance use behaviors, such as the Ecological Momentary Assessment method.

4. TEACHING AND LEARNING METHODS - ASSESSMENT

DELIVERY <i>METHOD Face to face, Distance learning, etc.</i>	Face to face	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES <i>Use of ICT in Teaching, Laboratory Training, Communication with students</i>	<ul style="list-style-type: none"> • Power Point Presentations 	
TEACHING ORGANIZATION <i>The method and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliography Study & Analysis, Tutorial, Internship (Placement), Clinical Practicing, Art Workshop, Interactive Teaching, Educational visits, Project Writing, Writing a project / assignments, Artistic creation, etc. The student's study hours for each learning activity as well as the hours of unguided study according to ECTS principles are listed</i>	Activity	Semester Workload
	Lectures	39 hours (1.56 ECTS)
	Independent study	60 hours (2.4 ECTS)
	Total Course	99 (3,96 ECTS)
STUDENT EVALUATION <i>Description of the evaluation process Assessment Language, Assessment Methods, Formative or Summative, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Others</i>	<p>The evaluation is conducted in Greek.</p> <ul style="list-style-type: none"> - Written exams at the end of the course (100%) 	

<p><i>Explicitly defined evaluation criteria and whether and where they are accessible to students are mentioned.</i></p>	
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5. RECOMMENDED-BIBLIOGRAPHY

- *Suggested Bibliography:*

1. Paparrigopoulos, T. and Dalla, C. (2018). *The dependencies*. Crete University Press.
2. Potamianos, G. and Gkitakos, V. (2017). *Addictive substances*. Papazisis Publications.
3. Pouloupoulos, C. (2011). *Social Work and Addictions: Communities of Change*. Pattern Publications.

As well as a collection of articles of international bibliography.