科目ナンバリング	U-LAS70 10002 SE50						
授業科目名<英訳>	ILAS Seminar-E2 :Psychology of Addiction（依存症の心理学） ILAS Seminar-E2 :Psychology of Addiction			担当者所属職名・氏名	医学研究科　講師　SAHKER, Ethan Kyle		
群	少人数群	単位数	2単位	週コマ数	1コマ	授業形態	ゼミナール（対面授業科目）
開講年度・開講期	2026・前期	受講定員(1回生定員)	10 (6) 人	配当学年	主として1回生	対象学生	全学向
曜時限	水5	教室	共西12			使用言語	英語
キーワード	drugs / alcohol / gaming / internet / behavior						

[授業の概要・目的]

Addictive disorders like drug and alcohol dependence, internet addiction, and gambling disorders are a widespread problem affecting millions of people in Japan and across all cultures. Nearly everyone knows someone affected by addiction, from "kitchen drinkers" and methamphetamine use disorders, to video game and shopping addiction. This course is designed to help students understand why people become addicted, problems associated with addiction, and how people can recover from addiction. This course will provide students with an understanding of how addictions develop and how they are maintained. Students will gain knowledge in the biological, psychological, and social factors of addiction. Then, they will learn about distinct types of addictive disorders. Further, students will gain knowledge in the methods of identification and behavioral concepts in addiction recovery. At the end of the course, students will understand how addictions are conceptualized and the processes involved with behavior change.

[到達目標]

To gain basic knowledge of problems associated with addiction
To learn about the biological, psychological, and social factors of addiction
To understand the ethics considered in addiction
To understand the psychological concepts of addiction recovery

[授業計画と内容]

1. Addiction Background and Prevalence
2. Neurobiology of Addiction
3. Psychology of Addiction
4. Social Influences of Addiction
5. Substance Use Disorders (Alcohol and Drugs)
6. Behavioral Addictions (Technology and Gambling)
7. Assessment and Diagnosis
8. Laws and Ethics
9. Punishment and Rehabilitation
10. Clinical Access and Referral
11. Cognitive Behavioral Concepts
12. Motivational Interviewing, Support Groups, and Relapse Prevention
13. Presentations I
14. Presentations II

- Feedback

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[履修要件]

特になし

[成績評価の方法・観点]

40% - Group Presentation
30% - Short Personal Reflection Paper
15% - Quizzes
15% - Class Participation

[教科書]

使用しない
No Textbook will be used. Materials will be provided in class.

[参考書等]

（参考書）
授業中に紹介する
Reference materials will be provided in class.

[授業外学修（予習・復習）等]

Students are expected to complete assigned readings and assignments before class.

[その他（オフィスアワー等）]

Students may contact the instructor if they have questions and they may schedule an in-person appointment by email.

[主要授業科目（学部・学科名）]