

PSYCHOLOGY PHD RESEARCH PROPOSAL SAMPLE

PSYCHOLOGY OF ADDICTION

In all the more prominent interdisciplinary contexts of the systematic struggle against addiction, psychology has recognized as a profession its space for action, both in the area of prevention and in the field of suppression of addiction and treatment of addicts. But it may have been less exploited as science, and more as an aiding activity. However, psychology is increasingly actively involved in solving socially relevant public health issues in areas that have recently been "reserved" for the medical profession until recently. Psychologists as members of multidisciplinary teams currently have insufficiently defined, but solidly affirmed and fully recognizable and recognized positions of health care professionals in the health care system, as well as the position of professional associates in the system of education, social care and other systems. The independent role of a psychologist has so far been linked solely to the clinical approach to addiction treatment and addictive behavior, while also limiting it to reactive action (when the problem arises) while proactive action remains inadequate and sporadic and hence inefficient. Preventive activities rely heavily on specific education, psychoeducation and supportive practices, so psychology "has become" the only profession that in the system of early identification of problems, prevention, early interventions and later treatment (addicts) can offer a complete set of scientific knowledge based interventions. This psychology as an expert gives a leading role in trying to make the problem of addiction as small as it is quite certain that in the near future this problem will not come to an end. Inadequate to psychology is that a relatively small number of psychologists deal with addiction psychology, and those who are too busy dealing with them are investigating the phenomenon, analyzing the opportunities and limitations of the profession and failing to publicize the texts about new knowledge and experience.

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Because of this, psychology can be "dangerous" that, in the absence of a critical mass of experts who will deal with this issue, its impact will be relativized or overwhelmed. In order to define and revitalize the guidelines for effective interventions that psychologists can carry out at all preventive levels, it is very important to investigate the occurrence, explore the scientific and helpless context, and to create new and more economical methods in the work. All of this is equally important to publish so that new discoveries become available to everyone, and some may induce intellectual curiosity that will lead them to new discoveries, which would surely create additional value to existing knowledge and skills, and thus the psychological profession is positioned even better in the interdisciplinary context of the common and coordinated professional activities of various assistive professions. Targeting for harmful substances such as drugs is associated with a number of factors that are complex, and by their very nature biological, psychological and social. Risk factors for the development of problems and / or disorders derive from the interaction of the nervous system, other body systems, patterns of behavior, cognitive functioning and surrounding factors, and accordingly a modern approach to understanding the problem addiction is called a biopsychosocial approach.

Aside from this approach psychology can offer a range of possible interventions within the system of prevention and suppression of addiction (psychodiagnostics, psychoeducation, treatment ...), it is also a link to the understanding of biological (biological psychology), narrow psychological (from branch of basic or theoretical psychology) factor (social psychology). Therefore, psychology is slow but surely imposed as the "armor" of the system of prevention and suppression of addiction in our country. Psychology can "reach out for the sake of knowledge" that explains the dynamics of developing and maintaining risky and addictive behaviors (and consequential addictions), but also has a tool that is effective in preventing such behaviors and in treating addicts.

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General psychology tries to recognize the principles and principles of the psychic functioning of addicts (the emergence and maintenance of addictive behavior). Physiological or biological psychology can explore the physiological or biological basis of such psychological functioning of addicts (especially electrochemical processes in the brain of addicts who maintain addictive behavior). Developmental Psychology studies the changes in the psychological life of addicts and even those before birth, catalyzing the risks for addicts (especially within a more significant psychotherapeutic approach to understanding the adverse effects of dependence of addicts, then the risks that multiply in adolescence or those who come from a family of addicts). Social psychology that deals with the study of the social life of man, the relationship between the individual in the group and the relationship between the individual and the group can provide high quality responses to the influence of the surrounding factors in the emergence and maintenance of addictive behavior, especially those related to "triggers" that are a cause of harmful abuse of addictive resources , but it can also help in the development of communication skills of stakeholders in the prevention and suppression of addiction or in the promotion of health. Psychometry can be a useful tool in evaluating preventive activities and programs. Apart from being important to understanding the emergence and maintenance of addiction, all these are the notions that psychology comes with its growth and development as a science applicable. In the first place, application refers to a key element in the fight against addiction, which is the prevention of risk behavior. Psychologists as experts are generally well-sensitized to recognize the importance of prevention and have an important task to encourage other experts to recognize the importance of preventive action.

The use of knowledge within psychodiagnostics, psychoeducation, and immediate treatment as a support for the treatment of addicts in a clinical approach is already well developed, but the progression space still exists.

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In an attempt to explain the place and role of a psychologist in expert teams conducting preventative activities or treatment of addicts, it is difficult to avoid a syntagm that the role of psychology in this context is irreplaceable when that is the case. Indeed, the role of a psychologist in a team of experts is often a guiding factor, and it is certainly safe and almost always cohesive. It is thus for at least two reasons: 1. Psychology is, as has already been said, a link to the understanding of biological, psychological and social factors in understanding the problem and 2. Psychology as a profession has scientifically-based capacities for complex and wide-ranging education (specific education and psychoeducation) as well as treatment of addicts or treatment of other risk behavioral individuals who may manifest addictive behavior without having already developed addiction as a disease. Multidisciplinary approaches are most visible in professional teams at county public health institutes, and perhaps even elsewhere in healthcare institutions. Public health departments have units (departments, centers or activities) where physicians (mostly psychiatrists), psychologists (including psychologists) are systematized within the professional team (seldom there are defectologists or social workers, perhaps pedagogues, but as a pre-existing condition, not as anticipated members of professional teams) and technical medical staff (nurses or technicians).

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