



什么是成瘾？

这篇关于成瘾的简要说明主要是针对过度使用药物和赌博成瘾的人群，探究其原因，及此类问题的诊断标准。

成瘾是一个内容广泛的术语，包括有害物质（酒精，其他药物，和烟草）的过度使用，赌博问题及其他心理障碍。这些成瘾问题已经被列为公共卫生问题和成瘾治疗服务的重点。

What is Addiction?

This brief guide is for people who are interested in knowing more about why people experience problems with substance use and gambling, and how serious problems that may require specialist help are diagnosed.

Addiction is a broad term that includes substance use (alcohol, other drugs, and tobacco) use and gambling problems. These problems are the main focus for public health and addiction treatment services.



人们为什么会成瘾?

在过去,当人们对酒精、毒品或赌博等上瘾时,就会被认为是因为他们缺乏道德和意志力。因此,提供道德指导的宗教组织和控制惩罚反社会行为的司法体系,被视为是为成瘾人群提供帮助的矫正组织。20世纪后,出现了两种观点:一种观点认为“酒精成瘾”和“药物成瘾”本身是一种疾病,这种观点可以解释成瘾人群为什么不能控制自己滥用成瘾药物和赌博行为。然而,许多人仍然相信另一种观点,这种观点是有一种所谓“成瘾性格”的存在,具有这种性格特点的人更容易产生药物滥用与赌博行为上的问题。

匿名戒酒互助会(AA)成立于1935年,是由两位互助戒酒成功的人士成立的。根据AA 12步康复模型,酗酒是一种“生理-心理-精神”疾病,不是由单一原因引起的。匿名戒赌互助会(GA)和匿名戒麻醉品互助会(NA)也是以12步康复模型为原则的。



据最新研究表明,单一疾病、成瘾性格或缺乏意志力并不是引起成瘾问题的原因。成瘾的原因很复杂,因人而异。目前,关于成瘾相关问题成因有若干理论,其中包括:生理因素、心理健康因素、社会环境因素。

(1) 生理因素

在大脑中,有一个“奖励途径”。当奖赏途径被触发时,大脑会释放出化学物质(如多巴胺),这些物质会让人感到快乐和放松。这条途径通常是由生存所必需的行为触发的,比如饥饿时进食,而进食后良好的感觉会让人想要继续这样做。研究发现,许多药物和行为(如赌博)会触发这个奖赏途径,从而鼓励人们重复使用药物或重复进行某种行为(如赌博)。

(2) 心理健康因素

不同的心理学学术理论对成瘾有不同的解释,例如,成瘾是由某些类型的人格特征引起的,或者是针对特定情况产生的应对策略。随着人们对于人类行为、奖励途径、情绪因素之间关联的深入了解,科学家开始注重心理健康因素对于药物滥用和赌博成瘾等问题的影响,如动机、记忆、学习、冲动控制和决策理论。了解人们对一种崭新行为的学习机理也有助于理解这些心理学过程。这些机理从生理、心理和社会因素三个方面帮助我们解释人们如何开始使用药物或产生赌博行为,以及对上述事物的成瘾是如何随着时间而形成的。

这些机理还有助于解释一些貌似不相关的事物是如何导致药物滥用和赌博成瘾行为的,例如某一首歌或某一事件。以上机理还有助于解释赌徒如何将赢钱与快乐联系起来,以及赌徒如何在赌博之前和赌博期间就会预测赢钱,从而会释放出奖励途径中的多巴胺。

(3) 环境因素

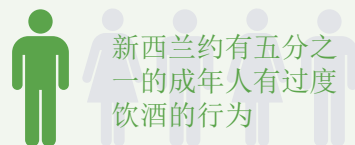
社会学理论认为,药物滥用和赌博成瘾行为是受外在因素影响的,如文化背景、社会根源、经济状况等,与人们的生理因素、遗传因素和心理因素无关。

相反,这些理论表明,贫困、失业、歧视、殖民和生活边缘化是导致人们使用药物且成瘾的原因。

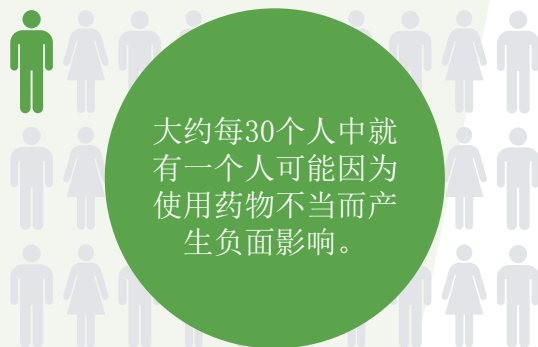
尽管还没有一种理论模式包含上述所有因素,但是该领域的从业人员大都认为以上所有因素都与导致问题药物使用与赌博行为有关。因此,要帮助成瘾人群需要从上述因素入手。

如何判断是否有药物滥用或有赌博成瘾行为?

在问题药物使用和赌博行为的人群中,一部分人会寻找专业的成瘾治疗机构;还有一部分人则在朋友、家人或健康服务机构的帮助下进行自我改变。当成瘾问题严重时,就需要相关专业人士的介入。判断一个人的药物使用和赌博问题的严重程度,对确定此人需要何种类型的帮助至关重要。



这意味着他们喝酒的方式可能会损害他们的身体或心理健康,对工作,社会和家庭关系有不良影响。



为了减少长期健康风险,健康组织建议:



女性饮酒量每天不应超过2个标准量(1个标准量=10公克纯酒精),每周不应超过10个标准量;



男性饮酒量每天不应超过3个标准量,每周不应超过15个标准量

无论男女,每周至少有一天不应饮酒。

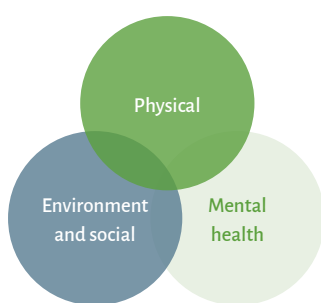
了解这些信息可以帮助人们更好地管理饮酒量,提倡选择更健康的生活方式。

只有接受过相关培训的专业人员才有资格对药物滥用和赌博成瘾等问题做出诊断。这些专业人员在诊断时还需考虑其他的生理及心理健康问题,以确保将其他健康问题的治疗纳入药物滥用和赌博成瘾问题的治疗方案中。在正当有效的专业干预和健康的支持人群和环境下,有不当用药问题和赌博问题的人群是可以有效的康复到健康状态的。

Why do people experience addiction issues?

In the past, when people had difficulty controlling alcohol and drug use or gambling, this was thought to be due to a lack of morals or willpower. For this reason, religious organisations were seen as the right organisations to support people who experienced addiction issues. In the 20th century the idea that “alcoholism” and “drug addiction” were due to a “disease” emerged, and this was used to explain why some people were unable to control their substance use or gambling. Another theory, that many people still believe, is that there is an “addictive personality”, and people with this type of personality are more likely to have problems with substance use and gambling.

Alcoholics Anonymous (AA) was started in 1935 by two people who helped each other stop drinking. According to the AA 12-step model, “alcoholism” is a “physio-psycho-mental disease” that does not have a single known cause. Gamblers Anonymous (GA) and Narcotics Anonymous (NA) are also based on the 12-step model of recovery.



More recently, studies have shown there is no evidence that addiction is caused by a single disease, an addictive personality, or a lack of willpower. The causes of addiction are complex and vary from person to person. Currently there are several theories about what causes addiction issues including: physical factors, mental health factors, and social and environmental factors.

(1) physical factors

In the brain, there is a ‘reward pathway’. The brain releases chemicals (such as dopamine) when the reward pathway is triggered and these make a person feel happy and relaxed. This pathway is normally triggered by behaviours necessary for survival, such as eating when hungry, and the good feelings make people want to do those behaviours again and again to feel good, and to keep doing them. Many substances and behaviours (like gambling) have been found to trigger the reward pathway and encourage repeated use of substances and behaviours.

(2) mental health factors

Different psychological approaches have different explanations for addiction. These include, addiction being caused by some types of personality traits and, addiction being a learned behaviour to cope with certain situations. With increased understanding of how behaviours, the reward pathway and emotional factors are all linked, there is now more focus on how substance use and gambling interact with different psychological processes, such as motivation, memory, learning, impulse control and decision making. Understanding how we learn new behaviours helps explain why people begin to use substances or gamble regularly, and how addiction issues can develop over time. How people learn also helps to explain how apparently unconnected things, such as a particular song or event, can lead to someone wanting to use substances or gamble. Learning theories also help understand how gamblers associate winning with pleasure, and how anticipating this before and during gambling releases dopamine in the reward pathway.

(3) environmental factors

Problematic substance use or gambling can have cultural, social and economic roots. These causes are often external to a person and are not due to physical, genetic or psychological causes. This includes the

impact of poverty, unemployment, discrimination, colonisation, and marginalisation, on wellbeing as reasons for beginning and continuing to use substances.

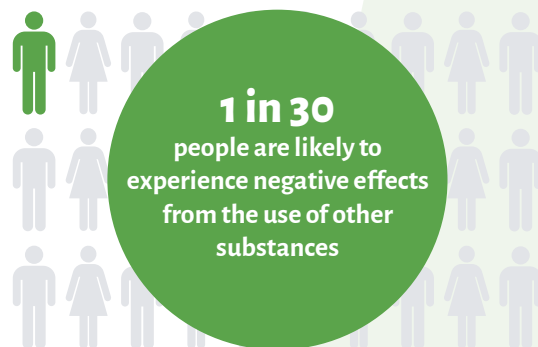
There is no one model or theory that includes all of these factors but most addiction workers agree that all these factors contribute to problematic substance use and gambling. Paying attention to all of them is needed to support people’s wellbeing.

How are serious substance use and gambling disorders diagnosed?

Some people with problematic substance use and gambling seek formal addiction treatment, while others make changes on their own with the support of friends, family or other health services. The more serious the problem, the more likely people are to need the support of health practitioners. Understanding how problematic a person’s substance use and gambling issues are is important in determining the types of support they need.



in a way that may harm their physical or mental health, work, social and family relationships



Recommendations to reduce long-term health risks:



women consume no more than 2 standard drinks a day, and no more than 10 standard drinks a week



men consume no more than 3 standard drinks a day, and no more than 15 standard drinks a week

AND at least two alcohol-free days every week.

For example, for many people with less problematic alcohol issues simply being informed of these facts is enough to help them to decide to manage their alcohol use differently.

For people with more serious issues these decisions can be hard to make on their own. This may suggest that they have a substance use or gambling disorder. A diagnosis of a substance use or gambling disorder can only be made by practitioners trained in addiction. Practitioners also consider other possible issues, including mental and physical health issues, and care is provided based on the person’s needs and is not just focussed on treating the substance use or gambling issues. Most people do recover from substance use and gambling disorders. Getting the right help at the right time supports people’s recovery and wellbeing.

参考资料及进一步资料

Matua Raki 在线亚裔语言资讯：
[www.matuaraki.org.nz/initiatives/
asian-language-resources/182](http://www.matuaraki.org.nz/initiatives/asian-language-resources/182)

医学科学院。(2008)。脑科学，成瘾和毒品。
英国：医学科学院
健康促进署 (HPA)。(2012)。低风险饮酒建议



哪里可以获得帮助？

如果您或您认识的人有寻求关于成瘾问题的咨询或帮助，可以联系以下的咨询热线和专业服务中心。

Alcohol Drug Helpline 饮酒与不当用药问题咨询热线
0800 787 797

www.alcoholdrughelp.org.nz

Asian Family Services (for gambling problems and other issues) 亚裔家庭服务中心

0800 862 342

Press 1 for English/中文

Mon – Fri, 9am-8pm

www.asianfamilyservices.nz/2001325991.html

Community Alcohol and Drug Services (CADS) (Auckland region only) 饮酒与用药问题咨询中心 (仅奥克兰地区)

Ph 09 845 1818 (English)

Language Line 09 442 3232 (中文)

Fax 09 845 1845

www.cads.org.nz

Gambling Helpline 赌博问题咨询热线

0800 654 655

Lifeline 24小时生命热线

0800 543 354

References and further information

Matua Raki online Asian language resources: <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>

Academy of Medical Sciences. (2008). Brain science, addiction and drugs. Great Britain: Academy of Medical Sciences

Health Promotion Agency (HPA). (2012). Low risk alcohol drinking advice.

Ministry of Health. (2019). Annual update of key results 2017/18: New Zealand Health Survey. Retrieved from <https://www.health.govt.nz/publication/annual-update-key-results-2017-18-new-zealand-health-survey>

Where to get support?

If you are concerned about addiction-related problems affecting yourself or a family member, please contact the following services for more information.

Alcohol Drug Helpline

0800 787 797

www.alcoholdrughelp.org.nz

Asian Family Services

(for gambling problems and other issues)

0800 862 342

Press 1 for English/Chinese

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nz/2001325991.html](http://www.asianfamilyservices.nz/2001325991.html)

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