



Scientific and Mental Characteristics among Individuals Having Substance use Disorders

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DESCRIPTION

Substance Use Disorder (SUD) represents a persistent and intricate condition that profoundly impacts an individual's brain and behavior, leading to incapacity to regulate their consumption of substances, be they legal or illegal drugs, alcohol, or medications. SUD can yield dire repercussions on one's physical and mental health, social interactions, and overall quality of life. The susceptibility to addiction and the speed at which addiction develops vary depending on the specific substance. For instance, opioids, such as painkillers, pose a higher risk and can lead to addiction more rapidly than other substances. With the passage of time, an individual may find themselves requiring larger doses of the substance to achieve the desired effect. The spectrum of SUD symptoms spans from moderate to severe, with addiction representing the most severe manifestation.

Common indicators encompass

- A compelling need to use the substance regularly, often on a daily or multiple-times-daily basis.
- Intense cravings for the substance that dominate thoughts and override other concerns.
- Gradual tolerance development, requiring larger quantities of the substance to achieve the same effect.
- Consuming more of the substance and over a longer period than originally intended.
- Prioritizing maintaining a steady supply of the substance, even at the expense of financial stability.
- Allocating funds for substances, even when it strains financial resources.
- Falling short on obligations and work responsibilities, or curtailing social and recreational engagements due to substance use.
- Persisting in substance use, despite the recognition of the problems it causes, both in terms of physical and psychological well-being.
- Engaging in behaviours one would not normally consider, such as theft, to secure the substance. Engaging in risky activities like driving while under the influence of the substance.

- Devoting substantial time to acquiring, using, or recovering from the effects of the substance.
- Experiencing unsuccessful attempts to quit using the substance.
- Undergoing withdrawal symptoms when attempting to cease substance consumption.

Over time, an individual may come to rely on the substance simply to experience a sense of well-being. As substance use escalates, it can become increasingly arduous to abstain, with efforts to quit provoking intense cravings and physical discomfort, referred to as withdrawal symptoms. SUD can commence with experimental use of recreational drugs in social contexts, and for some, it evolves into more frequent usage. Others, particularly with opioids, may begin their SUD journey by taking prescribed medications or acquiring them from individuals with valid prescriptions. Supporting someone with Substance Use Disorder (SUD) can present considerable challenges, but it is essential to remember that recovery is attainable. It is vital to educate oneself about SUD and addiction, encompassing familiarity with the signs and symptoms of SUD, the hazards linked to substance use, and the array of available treatment modalities. When discussing problems with a closed person, adopt a non-judgmental and empathetic approach. Encourage them to seek assistance from healthcare professionals or participate in support groups. One can express their belief in the person's capacity to conquer addiction. One can offer to accompany them to appointments or meetings if they so desire. Equally important is the establishment of boundaries with the close person to shield oneself from the adverse repercussions of their addiction, which might include refusing financial support or refraining from enabling behaviors. Caring for someone struggling with SUD can be emotionally and physically taxing. Self-care is essential, and one should seek support from friends, family, or a therapist.

CONCLUSION

Assistance from healthcare professionals, family members, friends, support groups, or structured treatment programs can facilitate individuals in surmounting SUD and sustaining

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sobriety. Treatment for SUD typically combines Medication-Assisted Treatment (MAT), behavioral therapy, and counseling. MAT involves the utilization of medications like methadone or

buprenorphine to alleviate cravings and withdrawal symptoms, while behavioral therapy aids individuals in identifying substance use triggers and cultivating coping strategies.