

TABLE 9-1

*The Potential of Some Commonly Abused Drugs to Produce  
Dependency with Regular Use*

<i>Drug</i>	<i>Psychological Dependence</i>	<i>Physical Dependence</i>
Narcotics		
Morphine	High	Yes
Heroin	High	Yes
Methadone	High	Yes
Codeine	Low	Yes
Depressants		
Barbiturates (short-acting)	High	Yes
Barbiturates (long-acting)	Low	Yes
Alcohol	High	Yes
Methaqualone (Quaalude)	High	Yes
Meprobamate (Miltown, Equanil)	Moderate	Yes
Diazepam (Valium)	Moderate	Yes
Chlordiazepoxide (Librium)	Moderate	Yes
Stimulants		
Amphetamines	High	?
Cocaine	High	No
Caffeine	Low	No
Nicotine	High	Yes
Hallucinogens		
Marijuana	Low	No
LSD	Low	No
Phencyclidine (PCP)	High	No

responsibilities. Personal health, economic relationships, and family obligations may all suffer as the drug-seeking behavior increases in frequency and intensity and dominates the individual's life. The extreme of drug dependence may lead to behavior that has serious implications for the public's safety, health, and welfare.

Drug dependence in its broadest sense involves much of the world's population. As a result, there must be a complex array of individual, social, cultural, legal, and medical factors that ultimately influence society's decision to prohibit or to impose strict controls on a drug's distribution and use. Invariably, society must weigh the beneficial aspects of the drug against the ultimate harm its abuse will do to the individual and to society as a whole. Obviously, there are many forms of drug dependence that do not carry sufficient adverse social consequences to warrant their prohibi-

not all drinkers of alcohol are psychologically addicted to be "social" drinkers who drink in reasonable amounts and on a social basis. Certainly, there are many who have progressed beyond social drinking and who consider alcohol a necessary crutch for dealing with stresses and anxieties. However, a wide range of behavioral responses exist among alcohol abusers, and to a large extent the degree of psychological dependency must be made on an individual basis. In any case, it would be fallacious to generalize that all users of alcohol do not develop a low degree of dependency on the drug. A number of factors also influence marijuana's effect, and heavy users of marijuana expose themselves to the danger of developing a high degree of psychological dependency.

Physical well-being is the primary motive leading to repeated use of a drug, certain drugs, when taken in sufficient dose are capable of producing physiological changes that encourage continued use. Once the user abstains from such a drug, severe withdrawal follows. It is the desire to avoid this *withdrawal sickness* that ultimately causes physical dependence, or addiction, in the addict who is accustomed to receiving large doses of a drug. The withdrawal symptoms of withdrawal sickness, such as chills, vomiting, convulsions, insomnia, pain, and hallucinations serve as a deterrent for continued drug use.

Physically, some of the more widely abused drugs have little or no potential for producing physical dependence. Drugs such as marijuana, LSD, and caffeine create strong anxieties when their repeated use is discontinued, but no medical evidence exists to attribute these discomforts to physical reactions that accompany withdrawal sickness. On the other hand, the use of alcohol, heroin, and barbiturates can result in the development of physical dependency.

Physical dependency develops only when the drug user adheres to a regular schedule of drug intake; that is, the interval between doses must be short enough so that the effects of the drug never wear off completely. For example, the interval between injections of heroin for the drug addict must not exceed six to eight hours. Beyond this time the addict experiences the uncomfortable symptoms of withdrawal. It is this withdrawal that many users of heroin avoid taking the drug on a regular basis, thus becoming physically addicted to its use. Similarly, the risk of physical dependence on alcohol becomes greatest when the user's drinking is characterized by a continuing pattern of daily use in large quantities.

The following table categorizes some of the more commonly abused drugs according to their effect on the body and summarizes their tendency to produce psychological dependency and to induce physical dependency with