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Perception development: The cause of substance use disorders

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The prevention paradox explains tragedies at both ends of the Substance Use Disorder (SUD) continuum. The reason is simple. The cause of SUDs remains hidden. Through data analysis of college freshmen responses to a new model and assessment, perception development was revealed as the difference between low and high-risk students. Perception development as defined by affective risk response attributes is the necessary and sufficient cause of any SUD. All humans habituate. The order of attributes determines if habituation results in autonomy or dependence. In the short term, intervention before symptom progression and undesirable outcomes is effective as evidenced by MAPP assessment scores. In the long term, on campus alcohol arrests and citations declined 79% from 2013 during the research period 2014-2015 (KSU Annual Security and Fire Safety Report, 2016). Removal of the cause is the most effective public health policy. Current prevention, treatment and aftercare interventions may cause harm without taking this finding into consideration. There is affective risk response pathway common to all students at high or severe risk for SUD. The low risk majority of the sample (75%) uses the same perception risk factors in a different order. Results suggested the autonomy or dependence is decided in stage 1 of the MAPP model based on how the perception risk factor control is used with other perception risk factors at that time. As evidenced by research measurements and supported by campus outcomes, SUD can be identified and intervened on before symptoms and/or negative consequences. Likewise, in treatment, cessation is not change. The assumption that addiction delays development is mistaking correlation for causation. Perception development of one kind appears as delayed development of another. The cause remained hidden because there was no measure for it. One type of perception development must stop for another to start. Interventions based on perception development support three new objectives. Educate the low risk before progression or misinterpretation of others. Identify and intervene on the high risk before further progression or consequences. Prepare the severe risk for long term change and decrease the detox and die syndrome. Removing the causal variable through early intervention can end SUD in our time.

Biography

Patrick N Moore is a Licensed Professional Counselor, Creator of the Motivational Assessment Prevention Program (MAPP) and Author of PREHAB: Leveraging Perception to End Substance Abuse. His research focuses on the risk continuum for SUD from prevention to treatment. His research uncovered causes and effective education methods for all risk levels as evidenced by reduced negative consequences. His research experience is complemented by his clinical experience with individual psychology, cognitive behavior therapy and Myers Briggs personality type.

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