Oral Presentation

Trauma & Addiction

Reza Daneshmand¹*, Jafar Mirzaee²

¹Substance Abuse and Dependence Research Center, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran
²Department of Education and Clinical Psychology, Janbazan Medical and Engineering Research Center (JMERC), Sadr Psychiatric Hospital, Tehran, Iran

Published: 23-24 November, 2016

Abstract

Life traumatic experiences are major health problems in different communities. Early trauma exposures such as physical and sexual abuse, and midlife traumatic events like exposing to disasters are predisposing and precipitating risk factors for many psychiatric disorders, although many people facing to trauma may not show any problematic symptoms and are quite resilient. Neuropsychiatric evidences show that exposing to a traumatic event, especially in childhood, may render structural and functional changes of neural system and brain, leading to psychiatric disorders including major depressive disorder, post-traumatic stress disorder (PTSD), schizophrenia and substance use disorder (SUD). The relationship between trauma exposure and SUD has been well established. About 2/3 of substance users have a history of exposing to trauma and alcohol and substance use are leading co-morbid conditions in male and female cases of PTSD. There are many reasons people exposing to trauma tend to use substances, like self-medication, avoiding negative experiences and emotions, recreation and re-experience of traumatic events and etc. This review indicates of some reasons of this comorbidity.

Keywords: Addiction, Trauma, Childhood

*Corresponding Author: Reza Daneshmand
E-mail: daneshmand74@yahoo.com