



Brief Note on Behavioral Addiction

Surendranath Reddy *

Department of Life Sciences, University of Texas, U.S.A

INTRODUCTION

Behavioral addiction is a type of addiction characterized by a compulsion to engage in a satisfying non-substance-related behavior-sometimes referred to it as an organic reward-despite whatever negative consequences to the patient's overall, mental, social, or financial well-being. Addiction is traditionally associated with substance abuse; even so, since the 1990s, the season's connotation has been expanded to also include behaviours which may result in a reward (e.g., gambling, eating, or shopping).

DESCRIPTION

A transcriptional regulation factor called FosB has been recognized as a necessary common link in both behavioural and opiate problems, which are linked to the same set of neural adjustments in the reward system. Currently, diagnostic designs do not include criteria needed to identify behaviours as addictive behaviors in a clinical setting. Behaviour addictions have been considered as a novel class in DSM-5, but only gambling habit is included. Internet gaming dependency is listed in the appendix as a condition that requires more research. Behavioral addictions, also known as conduct disorder, are becoming more widely recognized as treatable types of addiction. Gambling, eating, having sexual encounters, utilizing pornography, computer systems, video games, internet as well as digital media, physical exercise, as well as shopping are examples of addictive behaviours. Behavioral addiction is a condition that can be treated. Psychotherapy, psych pharmacotherapy (medication), or a mixture of the two is treatment options. Cognitive Behavioral Therapy (CBT) is the most commonly used type of psychotherapy in the treatment of behavioural addictions; it aims at identifying patterns that trigger compulsive behaviour and implementing lifestyle changes to promote healthier behaviours. Even though cognitive behaviour therapy is a short-term therapy, the number of treatment sessions typically rang-

es from five to twenty. Therapists would then guide patients through the topics of identifying the issue, to become aware of one's feelings concerning the topic, identifying whatever negative or false thinking, as well as reshaping said negative and false thinking during in the session. While CBT does not cure behavioural addiction, it does assist in dealing with it in a healthy manner. There really are currently no medications approved for the treatment of behavioral addictions in overall; however some medications used to treat drug dependency may also be beneficial for the treatment of specific behavioural addictions. Any unconnected psychiatric disorders must be managed separately from the making a contribution factors that cause the addiction. One of the most significant drug abuse discoveries has been the drug-based reinforcement and, much more importantly, reward-based educational experiences. Several neural circuits are important in the conditioning process of behavioural addiction; these subcortical structures form the reward brain regions. The amygdala, a brain structure with emotional significance and associated learning, is among the major areas of research. Dopaminergic projections from of the ventral tegmental area have been shown in studies to enable an inspirational or learned affiliation to a particular behavior. Dopamine neurons play a role in the learning and maintenance of several learned behaviours.

CONCLUSION

The intracellular signalling pathways that underpin dopamine's immediate actions have been identified through Parkinson's disease research. Dopamine's greatest common mechanism is to generate addictive properties in conjunction with specific behaviours. The dopamine system has three phases: dopamine bursts, behaviour triggering, as well as further impact on behaviour.

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Corresponding author Surendranath Reddy, Department of Life Sciences, University of Texas, U.S.A, E-mail: surendhranathreddy.midhunam@gmail.com

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Conflict of Interest

The author's declared that they have no conflict of interest.

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