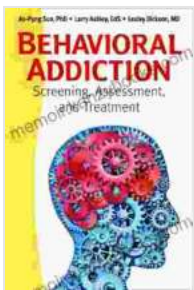


Behavioral Addiction Screening Assessment And Treatment

Behavioral addiction is a relatively new concept that has only recently been recognized as a legitimate mental health disorder. Behavioral addictions are characterized by compulsive engagement in a behavior that leads to negative consequences, such as financial problems, relationship problems, or health problems.

The most common behavioral addictions include:



Behavioral Addiction: Screening, Assessment, and Treatment by An-Pyng Sun

★★★★☆ 4.8 out of 5

Language : English
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Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 248 pages



* Internet addiction * Gambling addiction * Shopping addiction * Sexual addiction * Food addiction

Behavioral addictions can be just as damaging as substance addictions, and they can lead to a variety of problems, including:

* Financial ruin * Relationship problems * Job loss * Health problems *
Suicide

Diagnosis

The diagnosis of behavioral addiction is based on a number of factors, including:

* The person's level of engagement in the behavior * The amount of time the person spends engaged in the behavior * The extent to which the behavior interferes with the person's life * The person's level of distress about the behavior

A number of screening tools can be used to help diagnose behavioral addiction, including:

* The Internet Addiction Test (IAT) * The Gambling Addiction Screening Instrument (GASI) * The Shopping Addiction Screening Test (SAST) * The Sexual Addiction Screening Test (SAST) * The Food Addiction Screening Test (FAST)

Treatment

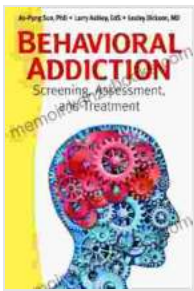
The treatment of behavioral addiction typically involves a combination of therapy and medication. Therapy can help the person understand the underlying causes of their addiction and develop coping mechanisms. Medication can help to reduce the person's cravings and make it easier for them to control their behavior.

A number of different types of therapy can be used to treat behavioral addiction, including:

* Cognitive-behavioral therapy (CBT) * Motivational interviewing * Family therapy * Group therapy

Medication can also be helpful in treating behavioral addiction. The most commonly used medications are antidepressants and anti-anxiety medications.

Behavioral addiction is a serious mental health disorder that can have a devastating impact on the person's life. However, there is hope for recovery. With the right treatment, people can overcome their addiction and live a healthy and productive life.



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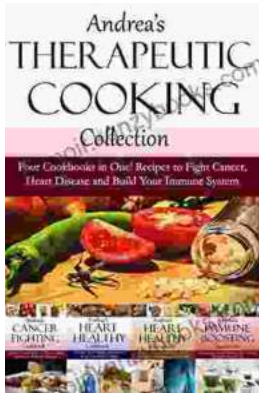
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