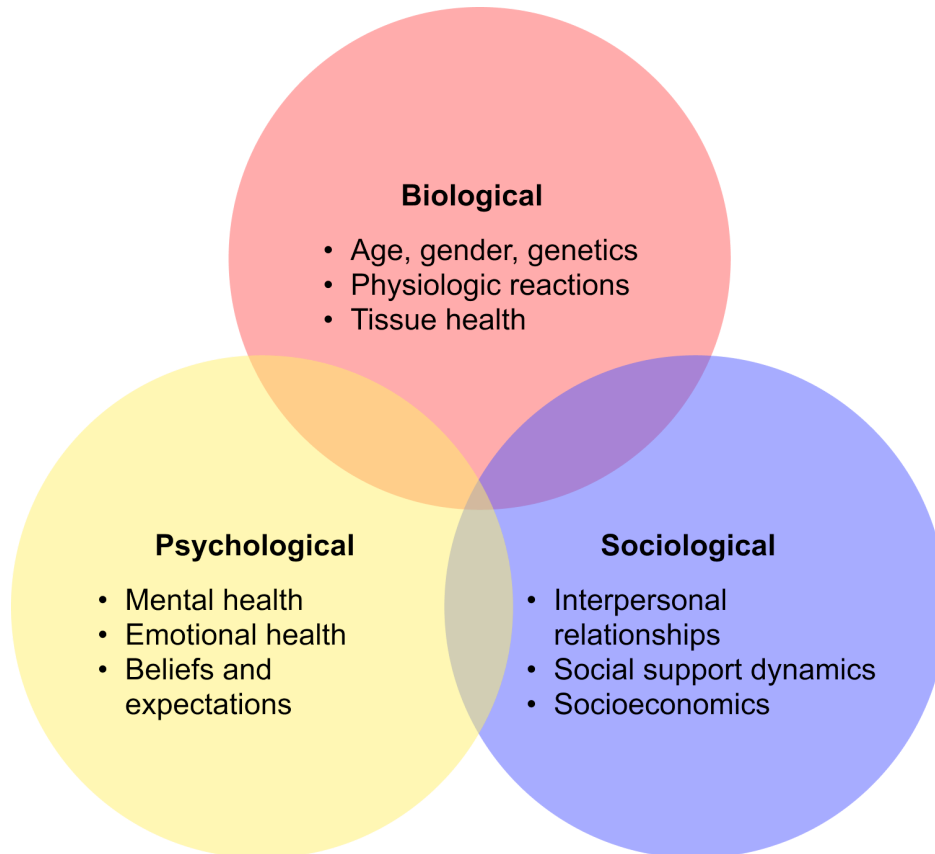


The Biopsychosocial Model of Addiction

Below is the Biopsychosocial Model of Addiction, with its three factors—biomedical, psychological, and social—all interlinked. When planning treatment and prevention strategies, it is important to take all factors into account for the specific individual.



The Biopsychosocial Model of Addiction emphasizes three key factors in the development of substance use disorders (Skewes & Gonzalez, 2013):

Biological factors

Genetic and biological predispositions can increase the risk of addiction. While genetic risk doesn't determine the specific substance, it raises the likelihood of engaging in addictive behaviors.

Factors like gender also play a role, with females often more sensitive to the reinforcing effects of substances. Brain imbalances, such as low D2 receptor density, can further heighten addiction risk. However, some with no genetic predisposition can become addicted, highlighting the need for psychosocial factors.

Psychological factors

Substance abuse often coexists with mental health issues like depression and anxiety, creating a bidirectional relationship. Adverse childhood experiences and behaviors such as aggression and hostility also increase the risk of addiction.

Social factors

Addiction can be influenced by antisocial behaviors, low self-esteem, and family dynamics, including generational transmission through modeling. Peer influence, as well as factors like ethnicity, culture, and socioeconomic status, significantly affect the development of addiction.

Additional notes

Siegel, A. (2024, May 7). Causes of addiction: *Biopsychosocial model, personality theories and neuropsychology*. Olympic Behavioral Health. <https://olympicbehavioralhealth.com/rehab-blog/addiction-causes/>

Skewes, M. C., & Gonzalez, V. M. (2013). The biopsychosocial model of addiction. *Principles of addiction*, 1, 61-70.