



Addictive Behavioral Disorders

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Committee on Physician Health and Wellness

- Encourage physician health and well-being
- Promote safe patient care
- Advocate for the physician



PHW Committee Activities

- Help Line (800) 880-1640
- Continuing medical education activities
- Drug screen program for physicians
- PHR Assistance Fund
- Outreach to medical students and resident physicians
- The Joint Commission Standard re: Licensed Independent Practitioner Health

CME Accreditation

- *1 AMA PRA Category 1 Credit™*
- 1 hour is designated as ethics and/or professional responsibility education
- Sign the attendance roster
- Complete the evaluation

PHWC: Types of Referrals

- Substance use disorders
- Mood disorders
- Sexual boundary violations
- Disruptive behavior
- Personality disorders
- Cognitive disorders
- Ethical misconduct

Reporting Trends

Condition	Amounts in Percentages		
	2014	2015	2016
Substance use disorders	69	54	52
Disruptive behavior	8	6	7
Cognitive decline/Impairment	4	6	0
Stress/Overwork	3	3	3
Sexual misconduct	3	1	2
Depression	1	6	9
Physical disabilities	1	0	5
Other psychiatric disorders	17	24	22

(TMA PHW help line calls and CMS quarterly reports)

Addictive Behavioral Disorders



Definition:

Behaviors similar to substance use disorders (SUDs) in clinical expression, brain origin, comorbidity, physiology, and treatment.

These conditions also are termed process disorders.

Common Behavioral Addictions

- Gambling – only one included in DSM 5
- Buying/shopping
- Eating
- Technology-based
 - Internet
 - Cell phone
 - Computer-gaming
 - Cybersex/cyberporn

Scope of the Problem

- Gambling addiction
 - Approximately 1% of adult population
 - Up to 7.9% of college students
- Buying/shopping
 - 6% of general population
 - 8.7% of shopping mall visitors
- Eating addiction
 - 11.4% of normal weight population

Scope of the Problem (cont'd)

Technology-based

- Internet (12% for adults, up to 20% for adolescents)
- Cell phone (up to 34% of millennials sleep with their cell phones)
- Computer-gaming (12% for adults, up to 20% for adolescents)
- Cybersex/Cyberporn



Impact

Health



- Sleep deprivation
- Trigger mood disorder
- Increased anxiety
- Repetitive motion injury
- Obesity and resulting illness/injury

Relationships



Family, colleagues, and friends

- Less time available for all other interactions
- Anger/irritability when addictive behavior interrupted

Physicians

Similar to general population, but physicians held to the highest ethical standards

- Unethical financial decisions pressured by debt
- Unethical procedures to generate “needed” income
- Potential loss of hospital privileges or practice
- Professional and personal bankruptcy
- Potential disciplinary action and loss of license

Case Study No. 1. Dr. Mary

- Debt from online gambling
- Unnecessary procedures to generate income
- Loss of license

Patient Care

- Pressure to increase income can lead to:
 - Higher patient load
 - Decreased quality of care
 - Inappropriate procedures/patient counseling
- Fewer resources and time for CME, training, etc.
- Sleep deprivation increases likelihood of medical errors

A horizontal bar composed of two segments: a teal segment on the left and a pink segment on the right. The text "Specific Behavioral Addictions" is centered within the pink segment.

Specific Behavioral Addictions

Gambling Disorder



Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four or more of the following criteria in a 12-month period

Gambling Disorder Criteria

1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement
2. Is restless or irritable when attempting to cut down or stop gambling
3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling
4. Is often preoccupied with gambling
5. Often gambles when feeling distressed

Gambling Disorder Criteria (cont'd)

6. After losing money gambling, often returns another day to get even
7. Lies to conceal the extent of involvement with gambling
8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
9. Relies on others to provide money to relieve desperate financial situations caused by gambling

Gambling Specifiers

- Specify if:
 - Episodic
 - Persistent
- Specify if:
 - In early remission
 - In sustained remission
- Specify if:
 - Mild, moderate, or severe

Gambling

On and offline (casinos, bookies)

- High comorbidity with SUD (40-50%) and mood disorder
- Significant negative financial impact

Buying/Shopping

- Online, shopping networks, malls
- Huge financial impact
- Neuromarketing
- Four phases
 - Anticipation
 - Preparation
 - Shopping
 - Spending

Eating Addiction

- “Food cravings” and behavioral addiction to eating
- Obese food addicts do not respond well to weight interventions
 - Weight loss may be regained, often within one-four years
 - High cost to health care system (diabetes, cardiovascular disorder, osteoarthritis, etc.)

Not all individuals addicted to food are obese; not all individuals who are obese are food addicts.

Technology-based

- Internet/cell phone
 - Social media
 - Texting
 - “Surfing”
 - Sexting
- Computer-gaming
 - On and offline
 - Cell phone

Technology-based (cont'd)

- Cybersex/Cyberporn
 - “Hook-up” apps
 - Craigslist
 - Cybersex chatrooms
 - Pornography websites (thousands)

Case Study No. 2. Dr. Charles

- Dr. Charles enjoys online gaming
- Progression of gaming disorder throughout residency
- Negative consequences increase, threatening career

Case Study No. 3. Dr. Bill

- Use of non-personal computer to access online porn
- Loss of privileges and practice
- Investigation by Texas Medical Board



Screening/Treatment/Prevention

Screening Tools

- Gambling
 - South Oaks Gambling Screen
 - Gamblers Anonymous 20 questions
 - Lie/Bet questionnaire
- Buying/Shopping
 - Edwards Compulsive Buying Scale
- Eating
 - Yale Food Addiction Scale

Screening Tools (cont'd)

Technology

- Cell phone
 - Problematic Use of Mobile Phone Scale
 - Cellular Phone Dependency Tendency Questionnaire
- Gaming
 - Game Addiction Scale
- Cybersex
 - Online Sexual Addiction Questionnaire

Treatment

- Cognitive behavior therapy
- 12-Step programs
 - Gambling Anonymous
 - Overeaters Anonymous
 - Sex Addicts Anonymous
- Pharmacologic
 - Naltrexone
 - SSRIs
 - Medical treatment of co-occurring mood disorder/anxiety

Prevention



- Education to promote community awareness
- Enlist medical community to evaluate and treat early
- School-based programs

The PHW Committee Needs You

- Are you interested in the well-being of your colleagues?
- Do you enjoy public speaking, or are you willing to help develop CME activities?
- Do you have a small amount of time to devote to a worthwhile cause?

If you answered “yes,” please consider joining the PHW Regional Education Team. Contact (800) 880-1300, ext. 1608, or phw@texmed.org for details.



PHW
Hotline
(800) 880-1640

Assistance is Available



Physicians Caring for Texans