

Is Stress and
Drug
Addiction a
Vicious
Cycle

**INTRODUCTION
TO RESEARCH
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LITERATURE REVIEW FOCUS

- **Is stress a factor in drug abuse?**
- **Research Question:** Is Stress and drug addiction a vicious cycle.
- **Aims:** To determine whether the hypothesis that stress leads to and keeps people relapsing back into substance abuse are founded or not.
- **Objectives:** Through various research studies and clinical trials, to try and find out if stress and addiction is a vicious cycle. Are there interventions for stress that are current practice in drug rehabilitation?

METHODS

- **Secondary research**
- **Keywords:** Drug addiction, substance abuse, stress, stress management, vicious cycle, relapse, vulnerability.
- **Data sources:** Journal Articles (e.g. *Addiction, Research and Theory*), clinical trials, scientific reports via University library databases (e.g. Science Direct) and Google Scholar (e.g. NCBI).
- **Inclusion:** Adults, adolescent rats, alcohol, heroin, cocaine, cannabis, amphetamines, substance abuse, drug addiction.
- **Exclusion:** Children, tobacco, books, interviews, questionnaires.

FINDINGS & KEY THEMES

Key findings:

- **Stress is a contributory factor in drug addiction** (Schwabe, Dickinson and Wolf, 2011; Ruisoto and Contador, 2019; Yanovich et al, 2018)
- **Stress management used alongside drug rehabilitation can improve outcomes** (Sinha, 2008)
- **Stress, anxiety and depression increases the risk of relapse**(Sinha, 2008).
- **(There is not enough evidence to support that stress management interventions are being put in place.)**

Key themes:

- **Stress is a risk factor in substance abuse** (Schwabe, Dickinson and Wolf, 2011; Ruisoto and Contador, 2019; Yanovich et al, 2018; Sinha, 2008; Sinha, 2009).
- **Stress is a risk factor for relapse back into substance abuse** (Sinha, 2009; Schwabe, Dickinson and Wolf, 2011; Ruisoto and Contador, 2019; Yanovich et al. 2018).