

Peer_Review.docx

by

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Is Addiction a Choice or a Disease?

Name

Institutional Affiliation

Date

Peers' annotation and Writing Plan

The argument I've chosen to pursue is whether addiction is in fact a choice or a disease, as is so widely debated worldwide. My belief is that addiction is, in fact, a disease. This issue stems from my major of psychology as addiction is a disease of the mind, and psychology is the study of human behavior, which is a big part in understanding addictions.

Drug addiction is scientifically proven to be a complex disease which alters the brain in ways that make "just quitting" seem like an unattainable feat. The human brain is wired to reward us for doing things that bring us pleasure. Exercising, eating, and other behaviors linked to health and human survival trigger the release of the neurotransmitter dopamine. Dopamine makes us feel good and urges us to repeat what we have done to make us feel that rush. Drug use triggers the release of dopamine on an exaggerated level, thus the brain responds by reducing the amount of dopamine produced. This begins to rewire the brain and starts the viscous cycle of addiction.

The definition of a disease is: a disorder of structure or function in a human, animal, or plant, especially one that produces specific signs or symptoms or that affects a specific location and is not simply a direct result of physical injury.

Addiction, much like diabetes or cancer, has been shown to have treatments available to those suffering from its ailments. Addicts may be treated with extensive therapy as well as an alternative "drug" regimen to help them recover.

These points show that though addiction begins as a choice, from that first "high" the brain responds and changes its internal wiring. Such is the definition of a disease, where an internal organ function is changed, which is precisely what happens in the brain of an addict.

My audience would ultimately be anyone who views addiction as a choice and not a disease. The problems allowing this audience to see and support my perspective will be vast. This tends to become a heated debate on either side, and people will not be easily swayed to see the facts associated with addiction. They want to believe that addicts are beneath others, they are the lowest on the totem pole.

If I can allow one person to be persuaded to see the other side of addiction and how it changes someone internally, much as any other disease or mental illness, then I feel this essay would be a successful one. To achieve this I'll need to present a vast amount of scientific evidence supporting my position and leave no doubt that although it begins with a choice, ultimately addiction is something that forever changes a person.

As stated from my key points above I intend to show how the brain is altered in addiction. The NIDA website goes into great detail of the chemical alterations that occur within the brain during and after addiction. The CoA website goes into further detail on how addiction relates and

compares to other diseases that are caused by multiple behavioral, environmental, and biological factors such as diabetes, cancer, and heart disease.

Ultimately I feel the best place to integrate evidence into my essay would be after each point to support and enhance the fact presented.

A revision strategy that would aide me in writing my essay is the big picture strategy. It would aide me because it gives you a check list, in a sense, to keep you a track and make sure that you are covering everything I want it to?

Receiving feedback from an outside source is beneficial because it may show me a weakness that I may not have realized by reading my own paper. Sometimes other's see weakness we don't realize when criticizing our own work.

7

<https://www.drugabuse.gov/related-topics/addiction-science>

1

It seems this source is arguing that addiction is, in fact, a disease.

This source is using this evident to support that argument:

2

As a result of scientific research, we know that addiction is a medical disorder that affects the brain and changes behavior. We have identified many of the biological and environmental risk factors and are beginning to search for the genetic variations that contribute to the development and progression of the disorder. Scientists use this knowledge to develop effective prevention and treatment approaches that reduce the toll drug use takes on individuals, families, and communities.

1

My problem is: whether or not addiction is a disease.

My intended argument is that addiction is a disease.

I think this source will be very helpful in supporting this argument because it gives valid, scientifically backed evidence to support my stance on addiction.

1

I think this source will support my other sources because they all go in depth into the brain and how it's affected by substance abuse. All sources coincide.

Why Addiction Should Be Considered a Disease.

¹
<http://ezproxy.snhu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=asn&AN=127674546&site=ehost-live&scope=site>

¹
It seems this source is arguing that addiction is a disease.

This source is using this evidence to support that argument:

It uses statistical figures to show how affecting to the population addiction is versus other diseases such as diabetes or cancer, numbers that come from The Center for Disease Control.

¹
I believe the source does a good job of supporting its arguments because it uses factual information from other accredited sources such as the CDC.

¹
My problem is whether or not addiction is a disease.

My intended argument is that it is a disease.

I think the source will be helpful in supporting my argument because it gives relevant and

measurable information when comparing addiction to other diseases

Response

The peer argument is on whether addiction is a choice or a disease. He is aiming to prove that addiction is a disease and not a choice as many debates speculate. He explains that drug addiction causes the brain to increase the amount of dopamine in response to the body's need of pleasure, a fact that I solely buy. Increase pressure on the brain to raise the level of dopamine in response to the body demand for pleasure as a result of drug abuse rewires the brain and causes an alteration, and this marks the beginning of an addiction. He further defines a disease and relates the definition to the facts that come along with addiction. He also explains that just like diseases such as cancer and diabetes, addiction has drugs that treat it. I agree with his argument that just like other diseases, addiction is treated with advanced therapy and an alternative drug regimen. Addiction causes internal changes in the body in response to these changes, and this is the definition of a disease. It is true that how addiction changes the internal organization of an individual portrays it as a disease and not as a choice though it begins as a choice when an individual decides to abuse a drug.

The writer provides adequate sources that support his arguments. He also adequately challenges the opposing arguments with facts that drives to support that addiction is not a choice but a disease though it starts as a choice. He provides the NIDA website that gives information supporting that addiction is a disease. The site provides adequate information on the various chemical changes that occur in the brain resulting in alteration. The vast and detailed information from this website makes me agree with the peer's argument that addiction is a disease and not a choice contrary to how many scholars argue (Van Wormer & Davis, 2016). He further gives the CoA websites that make his argument valid. I agree with the argument from this website as it explains how addiction relates with other conditions that are caused by various factors such as psychological, spiritual, physical, behavioral and environmental just as like diabetes and other disorders. This source provides the most robust information concerning his argument as it does not only offer a manner in which addiction relates to other disease but also provides the pathophysiology of addiction that shows how it resemble other disorders such as mental illness and hypertension for example.

He goes ahead to give outside sources to sink his argument. The source which makes me prove his arguments hold that addiction is a major medical disorder that alters the body functioning and brings about some change in behavior. The source explains the various scientific researches that surround the progression of addiction. This research also bases their arguments on how they can well treat the addiction and generate ways to ways to manage and prevent addiction as early as possible. He offers suggestions to support and validate his arguments. For instance, he provides a source that compares addiction as a disease to other diseases and urges that the source is appropriate and relevant to support the argument on addiction like a drug.

According to me, he provides more than enough information to support his argument and an audience who may think that addiction is a choice would change his mind after reading this writing. The many sources he provides are valid and offer credible information that holds to the arguments. The many sources are easy to read and understand, and the information easily sinks. I like how he urges the audiences to read the references to gain a good insight into his arguments.

He welcomes any suggestion as he says that he might have weaknesses that he may not easily realize but can be easily noticed by others thus call for external sources and critics on his arguments. He respects the opposition's arguments and politely disagrees to them that although addiction starts as a choice, it is not a choice but habit and provides any information to support his arguments. The writer has offered many sources which are valid and clear in terms of information. He provides more than forces sources that are as details as possible and I agree to the information provided by the source. They are as convincing as possible. The manner in which the author encourages his audience to read and reflect on his arguments is motivating and shows how he has courage in his arguments.

References

Science of addiction retrieved from <https://www.drugabuse.gov/related-topics/addiction-science>

Van Wormer, K., & Davis, D. R. (2016). *Addiction treatment*. Cengage Learning.

Why drug addiction should be considered a disease retrieved from

<http://ezproxy.snhu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=asn&AN=127674546&site=ehost-live&scope=site>

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