THE MEANING OF ADDICTION: SMOKING

IHRA 21st International Conference
Liverpool, April, 2010
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I. Four Questions

Is smoking addictive?

What does addiction mean?

How does this help us?

Why aren’t I more popular?
II. 1964 Surgeon General's Report

Smoking and Health

You know the report?

Told us smoking caused cancer

What did it say about addiction?
III. Smoking NOT Addictive

• It was habituating – like caffeine

• Why not addictive?

• Not intoxicating

• Smokers not antisocial psychopaths
IV. 1988 SGR Nicotine Addiction

- Addiction Changes!
- Don’t have to be criminal psychopath
- You just have to really want drug
- Belatedly: it does cause withdrawal!
V. What is Addictive?

- Cocaine in the 1980s
- Marijuana in the 1990s
- DSM-V (2012): gambling
- Come on – can anything be addictive?
VI. Addiction is.

An overwhelming negative attachment

People wish to quit but can’t

You can make a list (DSM-V)

But it’s a relationship
VII. Who Still Smokes?

- Everyone here knows – the addicted!
- It’s the basis for harm reduction
VIII. NCI 2002
Those Who Continue To Smoke

Not More Addicted

• “In summary, these trends do not suggest that the population of smokers who remains is more addicted, more resistant to cessation messages, less likely to attempt cessation, or increasingly composed of those with limited activities or poor mental health.”

• Older more dependent *more* likely to quit!
X. The Drugging of Quitting

• In 1980s, half smokers had quit
• 95% cold turkey
• Massive advertising this impossible
• Now 65% do it on their own
XI. Four Ideas

• God didn’t chisel addiction in stone

• Addiction is not the object

• Thinking affects addiction

• Harm reduction shouldn’t be God
XII. What Does This Tell Us?

- I’m for harm reduction!
- I pioneered it
- People can overcome addiction
- Don’t reify ourselves