

CONTENTS

Contributors xi

Foreword Zsolt Demetrovics xiii

Preface xv

Acknowledgments xix

1. **Introduction to Behavioral Addictions** 1
 Why Read a Book About Behavioral Addictions? 1
 What Makes a Behavior an Addiction? 3
 Public Health Model of Behavioral Addiction 7
 Summary 12
 References 13
2. **Neuroscience of Behavioral Addictions** 17
 Why Is Neuroscience Important? 17
 Neurotransmission 18
 Reward Circuitry 19
 Genetic Predisposition to Behavioral Addictions 24
 Neuroadaptations Caused by Addictive Behaviors 26
 Interaction Between Genetic and Environmental Factors 28
 Summary 31
 References 31
3. **Internet Gaming Addiction** 35
 How Do I Conceptualize It? 35
 How Do I Identify It? 42
 How Do I Assess It? 44
 How Do I Treat It? 46
 Voices From the Field: Clinical Work With Internet Gaming Addiction 47
 How Can I Learn More? 50
 References 51
4. **Social Media Addiction** 55
 How Do I Conceptualize It? 55

How Do I Identify It?	63
How Do I Assess It?	65
How Do I Treat It?	67
Voices From the Field: Clinical Work With Social Media Addiction	68
How Can I Learn More?	72
References	72
5. Sex Addiction	77
How Do I Conceptualize It?	77
How Do I Identify It?	84
How Do I Assess It?	86
How Do I Treat It?	87
Voices From the Field: Clinical Work With Sex Addiction	88
How Can I Learn More?	93
References	94
6. Pornography and Cybersex Addiction	99
How Do I Conceptualize It?	99
How Do I Identify It?	107
How Do I Assess It?	108
How Do I Treat It?	110
Voices From the Field: Clinical Work With Porn Addiction	111
How Can I Learn More?	115
References	116
7. Love Addiction	121
How Do I Conceptualize It?	121
How Do I Identify It?	129
How Do I Assess It?	131
How Do I Treat It?	132
Voices From the Field: Clinical Work With Love Addiction	133
How Can I Learn More?	137
References	138
8. Gambling Addiction	143
How Do I Conceptualize It?	143
How Do I Identify it?	151
How Do I Assess It?	153
How Do I Treat It?	155
Voices From the Field: Clinical Work With Gambling Addiction	156
How Can I Learn More?	160
References	161
9. Nonsuicidal Self-Injury	165
How Do I Conceptualize It?	165
How Do I Identify It?	171
How Do I Assess It?	174
How Do I Treat It?	175

Voices From the Field: Clinical Work With NSSI	176
How Can I Learn More?	180
References	181
10. Food Addiction	185
How Do I Conceptualize It?	185
How Do I Identify It?	192
How Do I Assess It?	193
How Do I Treat It?	194
Voices From the Field: Clinical Work With Food Addiction	195
How Can I Learn More?	200
References	201
11. Exercise Addiction	205
How Do I Conceptualize It?	205
How Do I Identify It?	213
How Do I Assess It?	215
How Do I Treat It?	216
Voices From the Field: Clinical Work With Exercise Addiction	217
How Can I Learn More?	220
References	221
12. Work Addiction	225
How Do I Conceptualize It?	225
How Do I Identify It?	229
How Do I Assess It?	232
How Do I Treat It?	234
Voices From the Field: Clinical Work With Work Addiction	235
How Can I Learn More?	239
References	240
13. Shopping Addiction	245
How Do I Conceptualize It?	245
How Do I Identify It?	252
How Do I Assess It?	254
How Do I Treat It?	255
Voices From the Field: Clinical Work With Shopping Addiction	257
How Can I Learn More?	260
References	261
14. Advocating for Clients With Behavioral Addictions	265
What Is Advocacy?	265
Addiction Advocacy	266
Advocating for Those With Behavioral Addictions	268
Looking to the Future	275
References	276