

A photograph of a person standing in the rain, holding a large, heavily worn and tattered umbrella. The umbrella is a light brown or tan color, with significant fraying and holes. The person is wearing dark clothing and boots. The background is a bright blue sky with white clouds. The image is partially obscured by a green triangular graphic on the right side.

# 什麼是成癮？

這篇關於成癮的簡要說明主要針對的是過度使用藥物和賭博成癮的人羣，探究其原因，及此類問題的診斷標準。

成癮是一個內容廣泛的術語，包括有害物質（酒精，其他藥物，和菸草）的過度使用，賭博問題及其他心理障礙。這些成癮問題已經被列為公共衛生問題和成癮治療服務的重點。

# What is Addiction?

This brief guide is for people who are interested in knowing more about why people experience problems with substance use and gambling, and how serious problems that may require specialist help are diagnosed.

Addiction is a broad term that includes substance use (alcohol, other drugs, and tobacco) use and gambling problems. These problems are the main focus for public health and addiction treatment services.





## 人們為什麼會成癮？

在過去，當人們對酒精、毒品或賭博等上癮時，就會被認為是因為他們缺乏道德和意志力。因此，提供道德指導的宗教組織和控制懲罰反社會行為的司法體系，被視為是為成癮人羣提供幫助的矯正組織。20世紀後，出現了兩種觀點：一種觀點認為“酒精成癮”和“藥物成癮”本身是一種疾病，這種觀點可以解釋成癮人羣為什麼不能控制自己濫用成癮藥物和賭博行為。然而，許多人仍然相信另一種觀點，這種觀點是有一種所謂“成癮性格”的存在，具有這種性格特點的人更容易產生藥物濫用與賭博行為上的問題。

匿名戒酒互助會 (AA) 成立於1935年，是由兩位互助戒酒成功的人士成立的。根據AA 12步康復模型，酗酒是一種“生理-心理-精神”疾病。不是由單一原因引起的。匿名戒賭互助會 (GA) 和匿名戒麻醉品互助會 (NA) 也是以12步康復模型為原則的。



據最新研究表明，單一疾病、成癮性格或缺乏意志力並不是引起成癮問題的原因。成癮的原因很複雜，因人而異。目前，關於成癮相關問題成因有若干理論，其中包括：生理因素、心理健康因素、社會環境因素。

### (1) 生理因素

在大腦中，有一個“獎勵途徑”。當獎勵途徑被觸發時，大腦會釋放出化學物質（如多巴胺），這些物質會讓人感到快樂和放鬆。這條途徑通常是由生存所必需的行為觸發的，比如飢餓時進食，而進食後良好的感覺會讓人想要繼續這樣做。研究發現，許多藥物和行為（如賭博）會觸發這個獎勵途徑，從而鼓勵人們重複使用藥物或重複進行某種行為（如賭博）。

### (2) 心理健康因素

不同的心理學學術理論對成癮有不同的解釋，例如，成癮是由某些類型的人格特徵引起的，或者是針對特定情況產生的應對策略。隨着人們對於人類行為、獎勵途徑、情緒因素之間關聯的深入了解，科學家開始注重心理健康因素對於藥物濫用和賭博成癮等問題的影響，如動機、記憶、學習、衝動控制和決策理論。瞭解人們對一種嶄新行為的學習機理也有助於理解這些心理學過程。這些機理從生理、心理和社會因素三個方面幫助我們解釋人們如何開始使用藥物或產生賭博行為，以及對上述事物的成癮是如何隨時間而形成的。

這些機理還有助於解釋一些貌似不相關的事物是如何導致藥物濫用和賭博成癮行為的，例如某一首歌或某一事件。以上機理還有助於解釋賭徒如何將贏錢與快樂聯繫起來，以及賭徒如何在賭博之前和賭博期間就會預測贏錢，從而會釋放出獎勵途徑中的多巴胺。

### (3) 環境因素

社會學理論認為，藥物濫用和賭博成癮行為是受外在因素影響的，如文化背景、社會根源、經濟狀況等，與人們的生理因素、遺傳因素和心理因素無關。相反，這些理論表明，貧困、失業、歧視、殖民和生活邊緣化是導致人們使用藥物且成癮的原因。

儘管還沒有一種理論模型包含上述所有因素，但是該領域的從業人員大都認為以上所有因素都與導致問題藥物使用與賭博行為有關。因此，要幫助成癮人羣需要從上述因素入手。

### 如何判斷是否有藥物濫用或有賭博成癮行為？

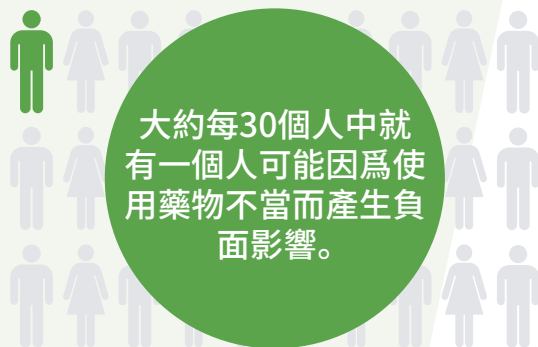
在問題藥物使用和賭博行為的人羣中，一部分人會尋找專業的成癮治療機構；還有一部分人則在朋友、家人或健康服務機構的幫助下進行自我改變。當成癮問題嚴重時，就需要相關專業人士的介入。判斷一個人的藥物使用和賭博問題的嚴重程度，對確定此人需要何種類型的幫助至關重要。

瞭解這些信息可以幫助人們更好的管理飲酒量，提倡選擇



新西蘭約有五分之一的成年人有過度飲酒的行為

這意味着他們喝酒的方式可能會損害他們的身體或心理健康，對工作，社會和家庭關係有不良影響



### 為了減少長期健康風險，健康組織建議：



女性飲酒量每天不應超過2個標準量（1個標準量=10公克純酒精），每週不應超過10個標準量；



男性飲酒量每天不應超過3個標準量，每週不應超過15個標準量

無論男女，每週至少有兩天不應飲酒。

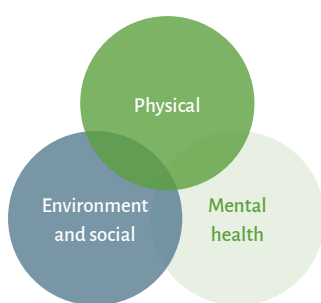
更健康的的生活方式。許多人的飲酒問題和藥物使用還不嚴重，一個簡短的干預就可以有效的幫助他們瞭解相關風險。

只有接受過相關培訓的專業人員才有資格對藥物使用或賭博障礙做出診斷。這些專業人員在診斷時還需考慮其他的生理及心理健康問題，以確保將其他健康問題的治療納入藥物濫用和賭博成癮等問題的治療方案中。在正當有效的專業干預和健康的支持人群和環境下，有不當用藥問題和賭博問題的人群是可以有效的康復到健康狀態的。

## Why do people experience addiction issues?

In the past, when people had difficulty controlling alcohol and drug use or gambling, this was thought to be due to a lack of morals or willpower. For this reason, religious organisations were seen as the right organisations to support people who experienced addiction issues. In the 20th century the idea that “alcoholism” and “drug addiction” were due to a “disease” emerged, and this was used to explain why some people were unable to control their substance use or gambling. Another theory, that many people still believe, is that there is an “addictive personality”, and people with this type of personality are more likely to have problems with substance use and gambling.

Alcoholics Anonymous (AA) was started in 1935 by two people who helped each other stop drinking. According to the AA 12-step model, “alcoholism” is a “physio-psycho-mental disease” that does not have a single known cause. Gamblers Anonymous (GA) and Narcotics Anonymous (NA) are also based on the 12-step model of recovery.



More recently, studies have shown there is no evidence that addiction is caused by a single disease, an addictive personality, or a lack of willpower. The causes of addiction are complex and vary from person to person. Currently there are several theories about what causes addiction issues including: physical factors, mental health factors, and social and environmental factors.

### (1) physical factors

In the brain, there is a ‘reward pathway’. The brain releases chemicals (such as dopamine) when the reward pathway is triggered and these make a person feel happy and relaxed. This pathway is normally triggered by behaviours necessary for survival, such as eating when hungry, and the good feelings make people want to do those behaviours again and again to feel good, and to keep doing them. Many substances and behaviours (like gambling) have been found to trigger the reward pathway and encourage repeated use of substances and behaviours.

### (2) mental health factors

Different psychological approaches have different explanations for addiction. These include, addiction being caused by some types of personality traits and, addiction being a learned behaviour to cope with certain situations. With increased understanding of how behaviours, the reward pathway and emotional factors are all linked, there is now more focus on how substance use and gambling interact with different psychological processes, such as motivation, memory, learning, impulse control and decision making. Understanding how we learn new behaviours helps explain why people begin to use substances or gamble regularly, and how addiction issues can develop over time. How people learn also helps to explain how apparently unconnected things, such as a particular song or event, can lead to someone wanting to use substances or gamble. Learning theories also help understand how gamblers associate winning with pleasure, and how anticipating this before and during gambling releases dopamine in the reward pathway.

### (3) environmental factors

Problematic substance use or gambling can have cultural, social and economic roots. These causes are often external to a person and are not due to physical, genetic or psychological causes. This includes the

impact of poverty, unemployment, discrimination, colonisation, and marginalisation, on wellbeing as reasons for beginning and continuing to use substances.

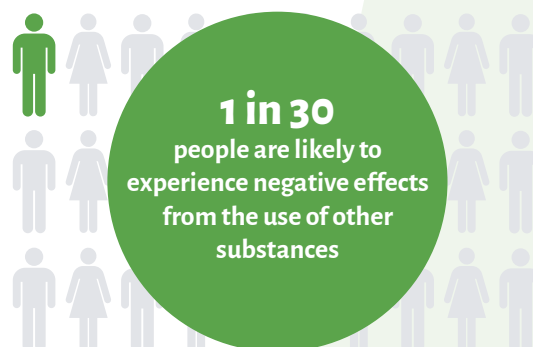
There is no one model or theory that includes all of these factors but most addiction workers agree that all these factors contribute to problematic substance use and gambling. Paying attention to all of them is needed to support people’s wellbeing.

## How are serious substance use and gambling disorders diagnosed?

Some people with problematic substance use and gambling seek formal addiction treatment, while others make changes on their own with the support of friends, family or other health services. The more serious the problem, the more likely people are to need the support of health practitioners. Understanding how problematic a person’s substance use and gambling issues are is important in determining the types of support they need.



in a way that may harm their physical or mental health, work, social and family relationships



## Recommendations to reduce long-term health risks:



women consume no more than 2 standard drinks a day, and no more than 10 standard drinks a week



men consume no more than 3 standard drinks a day, and no more than 15 standard drinks a week

AND at least two alcohol-free days every week.

For example, for many people with less problematic alcohol issues simply being informed of these facts is enough to help them to decide to manage their alcohol use differently.

For people with more serious issues these decisions can be hard to make on their own. This may suggest that they have a substance use or gambling disorder. A diagnosis of a substance use or gambling disorder can only be made by practitioners trained in addiction. Practitioners also consider other possible issues, including mental and physical health issues, and care is provided based on the person’s needs and is not just focussed on treating the substance use or gambling issues. Most people do recover from substance use and gambling disorders. Getting the right help at the right time supports people’s recovery and wellbeing.

## 參考資料及進一步資料

Matua Raki 網上亞裔語言資訊  
[www.matuaraki.org.nz/initiatives/  
asian-language-resources/182](http://www.matuaraki.org.nz/initiatives/asian-language-resources/182)

醫學科學院。(2008)。腦科學, 成癮和毒品。  
英國: 醫學科學院。

健康促進署 (HPA)。(2012)。低風險飲酒建議



### 哪裡可以獲得幫助?

如果您或您認識的人有尋求關於成癮問題的諮詢或幫助, 可以聯繫以下的諮詢熱線和專業服務中心。

#### **Alcohol Drug Helpline** 飲酒與不當用藥問題諮詢熱線

0800 787 797

[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

#### **Asian Family Services** (for gambling problems and other issues) 亞裔家庭服務中心

0800 862 342

Press 1 for English/中文

Mon – Fri, 9am-8pm

[www.asianfamilyservices.nz/2001325991.html](http://www.asianfamilyservices.nz/2001325991.html)

#### **Community Alcohol and Drug Services (CADS)** (Auckland region only) 飲酒與用藥問題諮詢中心 (僅奧克蘭地區)

Ph 09 845 1818 (English)

Language Line 09 442 3232 (中文)

Fax 09 845 1845

[www.cads.org.nz](http://www.cads.org.nz)

#### **Gambling Helpline** 賭博問題諮詢熱線

0800 654 655

#### **Lifeline** 24小時生命熱線

0800 543 354

### References and further information

Matua Raki online Asian language resources: <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>

Academy of Medical Sciences. (2008). Brain science, addiction and drugs. Great Britain: Academy of Medical Sciences

Health Promotion Agency (HPA). (2012). Low risk alcohol drinking advice.

Ministry of Health. (2019). Annual update of key results 2017/18: New Zealand Health Survey. Retrieved from <https://www.health.govt.nz/publication/annual-update-key-results-2017-18-new-zealand-health-survey>

### Where to get support?

If you are concerned about addiction-related problems affecting yourself or a family member, please contact the following services for more information.

#### **Alcohol Drug Helpline**

0800 787 797

[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

#### **Asian Family Services**

(for gambling problems and other issues)

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