



# ADE Incorporated In Touch

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## New Research Probes the Decision to Use Substances

By: Gary A. Enos

**A better understanding of impulsivity's role could improve  
intervention options**

Would you be inclined to accept a \$25 reward now or wait a year and receive \$100 instead?

This type of questioning is frequently applied to the decision to use alcohol or drugs, with individuals who are prone to addiction tending to discount the value of delayed rewards. Yes the research community has often asked whether the impulsivity seen in many addictions preceded the addiction or followed it.

A new study from a pair of Indiana researchers, tracking behavior in mice bred to prefer or avoid alcohol, suggests that impulsivity is a predictive trait for alcoholism. The researchers emphasize that it is not known whether impulsivity causes alcoholism, but their data

appear to indicate that higher impulsivity preceded drinking and could be associated with it.

"People have tried to understand how drugs act on the brain, but what is the drug-taking decision about?" says Nicholas Grahame, PhD, associate professor of psychology at Indiana University-Purdue University Indianapolis (IUPUI) and co-author of the study to be published in the July issue of *Alcoholism: Clinical and Experimental Research*. "What allows people not to take the drug? I believe the field will be turning to understanding the decision-making, not just the drug's effect. Otherwise, you're too late."

*(Continued on page 2)*

### Attention: Substance Abuse Professionals



ADE Incorporated would like to add you to our newsletter/email distribution list. Please provide your email address to us by writing us at: support@adeincorp.com or by calling 1-800-334-1918. It is our goal to add all of our Oklahoma customers to the ADE mailing in 2009!

*(Continued from page 1)*

Comparing choice behaviors among mice bred to be either high alcohol-preferring or low alcohol-preferring, the research team found that genetic differences in drinking were positively correlated with differences in impulsivity. They concluded from their findings that the “genetic risk factor for alcoholism in humans may be accounted for, at least in part, by an enhancing tendency to choose impulsively.”

Grahame says such findings could help sharpen the addiction field’s focus on identifying strategies to help people resist immediate impulses (i.e., to choose instead of drinking or drugs alternative activities that bring longer –term rewards, such as developing personal relationships). These strategies could take the form of behavioral interventions and even possibly drug treatments, Grahame believes.

In addition, Grahame says, the research findings help illustrate why it remains important for the addiction field also to pay attention to the link between alcohol use and other disorders associated with impulsivity, such as bipolar disorder and attention-deficit disorder.

Addiction Professional—Online Exclusive

Posted on: 5-6-2009



**Have a safe and relaxing summer!  
Eat well and drink responsibly!**

**Many Americans Choose to Live Unhealthy**

Source: HealthKnowItAll (Boston)

Fewer Americans are choosing to live healthy say the authors of a new report from the Department of Family Medicine, Medical University of South Carolina.

The study was conducted to determine if Americans are realizing that health is important and eating a good diet and not drinking alcohol in excess are vital for good health. The researchers analyzed the results of 2 large surveys conducted on American health, focusing on a group of people from 20 years ago, and a group from this current decade.

The researchers learned that although Americans know very well the benefits to living healthy, many still choose to live poorly, eating bad food and drinking heavily. Rates of smoking remained the same for both study groups, rate of exercise dropped for the more current group, and rates of obesity rose sharply for this decade.

It is fair to say that if the same study is conducted in another decade from now, we would learn that the health of Americans is continuing to deteriorate as more Americans ignore healthy living options.

## ADE Incorporated Calendar of Events

June 2009	<b>Maine Training</b>	<b>Oklahoma Training</b>	<b>Georgia Conference</b>
July 2009	<b>HAPPY</b>	<b>FOURTH</b>	<b>OF JULY!</b>
August 2009	<b>New Mexico Training</b>		
September 2009	<b>New Mexico Symposium</b>		<b>Georgia Conference</b>
October 2009	<b>Tarrant County Texas Training</b>		
November 2009		<b>HAPPY</b>	<b>THANKSGIVING!</b>
December 2009		<b>HAPPY</b>	<b>HOLIDAYS!</b>

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**ADE Incorporated** is a respected provider of assessment and case management software for substance abuse programs.

**ADE Incorporated** is dedicated to the development and support of quality products designed to meet the evaluation, assessment, tracking and reporting needs of professionals working in the field of substance abuse evaluation and assessment.

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