

PSYCHOLOGICAL DEPENDENCE

Authored by
Mohammed looti

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Psychological Dependence: Understanding its Causes and Effects

Psychological dependence is a type of addiction that is characterized by strong cravings and an inability to control one's behavior, thoughts, and emotions related to a particular substance or activity. It is a form of mental disorder that can have serious implications for an individual's physical and mental health. To understand the causes and effects of psychological dependence, this article will explore the concept in detail.

Definition and Causes of Psychological Dependence

Psychological dependence is a condition in which an individual experiences a strong need to engage in a particular activity or use a certain substance in order to feel relief from distress or to achieve a desired state of pleasure or excitement (American Psychiatric Association, 2013). This need is so strong that it can lead to an inability to control the behavior associated with it and may lead to physical, social, and psychological problems. The primary cause of psychological dependence is believed to be an imbalance in brain chemicals, such as dopamine and serotonin, which are involved in regulating mood, emotions, and behavior (Bryant, 2019). Other common causes of psychological dependence include environmental factors, such as family and peer pressure, and genetic factors, such as a family history of substance abuse or addiction (Bryant, 2019).

Effects of Psychological Dependence

Psychological dependence can have a significant negative impact on an individual's physical and mental health. It can lead to increased levels of stress and anxiety, a decrease in productivity and motivation, and problems with relationships and social functioning (American Psychiatric Association, 2013). Individuals affected by psychological dependence may also experience physical symptoms, such as fatigue, headaches, and changes in appetite (Bryant, 2019). In extreme cases, psychological dependence can lead to an inability to cope with daily life and can increase the risk of suicide or self-harm.

Conclusion

Psychological dependence is a serious mental disorder that can have a significant negative impact on an individual's physical and mental health. It is important to understand the causes and effects of psychological dependence in order to create effective strategies for prevention and treatment.

References

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