

WITHDRAWAL REACTION

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March 17, 2026

RECOMMENDED CITATION

Mohammed loot (2026). *WITHDRAWAL REACTION*. Encyclopedia of psychology.
Retrieved from <https://encyclopedia.arabpsychology.com/?p=7416>

Withdrawal Reactions: What We Know and What We Need to Learn

Withdrawal reactions are a common phenomenon that occur in response to the abrupt discontinuation of a substance or behavior to which an individual has become dependent. These reactions can be physical, psychological, emotional, or a combination of the three. They can be mild to severe in intensity and duration, and the severity of the reaction depends on the type of substance or behavior, as well as the individual's specific physiological and psychological makeup. The aim of this article is to provide an overview of the current literature on withdrawal reactions and to identify areas for future research.

The definition of a withdrawal reaction has been a subject of debate among researchers for some time. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) defines withdrawal reactions as "characterized by symptoms that occur following the cessation of or reduction in the regular use of a substance or behavior to which the individual has become dependent" (American Psychiatric Association, 2013). This definition has been widely accepted in the scientific community, though there have been calls for a more precise definition that takes into account the individual's physiological and psychological makeup (Rudolph, 2016).

The most commonly reported withdrawal reactions are those associated with substance use. These include physical symptoms such as nausea, headaches, and tremors, as well as psychological symptoms such as anxiety, irritability, and depression (Rudolph, 2016). Depending on the substance, these symptoms can range from mild to severe, and can last from a few hours to several days or weeks. Other substances, such as alcohol, can also cause more serious withdrawal symptoms, such as seizures or delirium tremens (DTs) (Rudolph, 2016).

In addition to substance-related withdrawal reactions, there is evidence that certain behaviors can also cause withdrawal reactions. For example, individuals who are dependent on gambling have been found to experience symptoms such as restlessness, irritability, and difficulty concentrating when they stop or reduce their gambling (Blaszczynski, Ladouceur, & Shaffer, 2006). Similarly, recent research has suggested that individuals who are dependent on the internet may experience psychological withdrawal symptoms, such as depression and anxiety, when they reduce or stop their internet use (Gentile, 2013).

Despite the wealth of research that has been conducted on withdrawal reactions, there is still much to be learned. For example, we know very little about the biological and psychological mechanisms that underlie these reactions, or how they vary between individuals. Furthermore, there is a need for more research on the effects of withdrawal reactions on an individual's long-term health and wellbeing. Finally, there is a need for more research into treatment approaches that can effectively reduce or eliminate withdrawal reactions.

To conclude, withdrawal reactions are a common phenomenon that occur in response to the

abrupt discontinuation of a substance or behavior to which an individual has become dependent. While much is known about these reactions, there is still much to be learned about the underlying psychological and biological mechanisms, as well as effective treatment approaches.

References

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