



PSYCHOLOGY 2021A (570)
Addictive Behaviours
Fall/Winter 2025-2026

Instructor: Dr. Eun Jung Choi
Email: echoi248@uwo.ca

Course Information

Calendar Description:

Overview of addictive behaviors and issues concerning addiction. Addictive aspects of drug use, gambling, eating, exercise, sex, playing video games, and Internet use will be considered as well as psychological research, explanations for, and treatment of addictive behaviours.

Prerequisite(s):

Antirequisite(s):

Extra Information: 3 lecture hours.

Course Weight: 0.50

Breadth: Category A

Subject Code: PSYCHOL

Notice: Unless you have either the requisites for this course (fulfilment of pre-requisites, no anti-requisite conflicts), or special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

King's University College
PSYCHOLOGY 2021A (570) Addictive Behaviours
Fall/Winter 2025

Course information:

Addictive Behaviours, Psych 2021A (570)

Instructor(s): Dr. Eun Jung Choi

Contact Information: echoi248@uwo.ca

Office hours: By appointment via email

Course description:

This course provides an overview of addictive behaviours, introducing major theoretical models, substance use disorders, and behavioural addictions. It also presents developmental and social pathways to addiction, highlights emerging topics in the field, and outlines approaches to treatment, prevention, and real-world application.

Course learning outcomes:

By the end of the course, students will be able to:

- Explain major theories, concepts, and models of addictive behaviours
- Differentiate between substance use disorders and behavioural addictions, including their key features, risk factors, and impacts
- Understand how biological, psychological, and social factors interact in the development and maintenance of addiction
- Describe general approaches to treatment and prevention across individual, clinical, and public health levels
- Apply course knowledge to real-world contexts, including communicating effectively and empathetically about addiction.

To gain the most from this course, students are expected to:

- Engage fully with course content, lectures, and activities
- Monitor their email and the OWL Brightspace page for updates, announcements, due dates, and assignment instructions
- Read suggested materials prior to class to enhance understanding and participation in activities
- Take responsibility for mastering material from both lectures and readings. Lectures may include information that extends beyond the readings, making attendance highly recommended

Mode of Instruction: In-person

Course textbooks/materials:

There is no textbook to purchase for this course. Reading materials will be posted on OWL/Brightspace.

A phone, laptop, or tablet with internet access is required to take part in the iClicker questions. A computer with internet access is required to access the course Brightspace page and to complete and submit assignments.

Students will be required to install the free iClicker software on their phone, laptop, or tablet to answer questions and polls in class. This software can be used on a mobile device or in a web browser. Students who wish to purchase a clicker device may do so at an extra cost. More information can be found at: https://presswestern.uwo.ca/students_and_audience/index.html

When registering for iClicker, make sure to use your name as it appears *on your student card* and your UWO email address only.

Method of evaluation:

Grades in the course will be based on the items listed below. Grades will not be adjusted on the basis of need. There is no option to re-write tests or exams, or to re-submit assignments to earn a higher grade. There are no extra credit assignments available to raise final grades. Students are responsible for knowing the dates, times, and locations of assignment deadlines and exams. Late assignments will be penalized 5% per day late.

iClicker Participation (4%; 0.5% per class, best 9 of 9 classes; excludes Nov 26)

- Participation is worth 0.5% per class, up to a maximum of 4%. Each student has one “free” class they may miss without penalty.
- There will be no participation grades on the week of the guest lecture.
- Marks are based on participation, not correctness for polls and in-class questions.

Thought Papers – 26% (2 x 13% each)

- Each student will submit 2 thought papers, each worth 13%, **Due on Oct 17th and Dec 5th on OWL Brightspace**
- Students will choose from a selection of articles provided by the instructor and write a short paper connecting the article to course content
- Instructions will be discussed in class and posted on Brightspace

Guest Lecture Reflection – 5%

Students will write a short reflection (approx. 250-300 words, about one page) on the guest lecture and **submit it to OWL Brightspace by Dec 2**. More information about the reflection will be discussed in class and posted to OWL Brightspace.

Midterm Exam – 30%

The midterm exam will be held during class time in the regular classroom. Questions will cover material from the lectures, text, and any additional videos shown in class. The format will be multiple-choice. You will be given 2 hours.

Final Exam – 35%

The final exam will be held during the December exam period (date, time, and location to be scheduled by the Registrar's Office). The final exam will cover lecture material and readings from the whole course but will focus much more heavily on the material that was covered after the midterm. The format will be multiple-choice. You will be given 2.5 hours.

Exams will not be returned to students but may be reviewed by appointment or in office hours. Computer-marked multiple-choice tests and/or exams will be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Academic Considerations:

All students are expected to attend class and complete course work on time. Meeting deadlines will help to ensure you stay on track in the course and is a skill that is important within and beyond your formal schooling. There, of course, may be unexpected situations that prohibit students from attending class or submitting work on time.

Academic consideration requests with documentation are required for the midterm exam.

iClicker participation is a best 8 of 9 mark (0.5% per class, to a maximum of 8 classes). iClicker participation marks are not based on the number of questions you answer correctly (many of the questions are opinion-based!). As long as you attend class and answer all the questions, you will receive your full participation grade. Because only the best 8 participation grades will be used in the final grade, **there are no makeups for iClicker participation grades.** You are welcome to use your academic consideration with no documentation for participation grades, but students are **highly** encouraged to use this request (if needed) for higher-stakes assignments that are worth more towards their final grade.

Extenuating circumstances (i.e., extended illness or leave) should **always** be brought to the attention of your instructor to ensure that timely accommodation can be made. When in doubt, **reach out to your instructor/TA as soon as possible.**

Academic Integrity / Remote Proctoring:

- Scholastic discipline follows Western policies. Please review them.
- Note: All written assignments will be subject to screening through Turnitin
- Generative AI and translation tools are **not permitted** in this course, in line with the Department of Psychology policy on AI tools (see below).
- Computer-marked multiple-choice exams will be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Schedule of Classes, Readings, Assessments:

Weeks		Module	Topics
1	Sep 10	Foundational concepts	Introduction to addictive behaviours
2	Sep 17		Neurobiological models
3	Sep 24		Psychosocial models
4	Oct 1	Substance and behavioural addictions	Substance addiction
5	Oct 8		Behavioural addiction 1: Gambling
6	Oct 15		Behavioural addiction 2: Emerging and controversial issues
7	Oct 22	Midterm exam	
8	Oct 29	Special Topic 1	Internet gaming disorder & problematic technology use
9	Nov 5	Fall reading week (no class)	
10	Nov 12	Special Topic 2	Attachment, early development & addiction pathways
11	Nov 19	Treatment and prevention	System-level & public health perspectives
12	Nov 26		Clinical perspectives (Guest lecture)
13	Dec 3		Practical skills: Helping ourselves and others
14	Dec 10	Study day (no class)	
15	TBD	Final exam	

Note: Changes to the above schedule will be announced on OWL Brightspace. Students are responsible for being aware of announcements made online.

Last date to drop a first-term half course without academic penalty: **Dec 1, 2025**

Department of Psychology Policies Related to AI Tools

1. Policy on the Use of Generative AI Tools

The Department of Psychology expects that students will submit work that is truly their own, completed without external assistance (human or artificial).

The use of generative AI tools (such as ChatGPT) is not permitted for any submitted coursework unless express permission has been granted by your instructor.

Students **should not have AI tools write any part of their assignments or papers, either by copying and pasting or by paraphrasing the output.** Unauthorized use of AI constitutes an academic offence and will be subject to academic discipline.

Additional information: Students can use AI tools to clarify questions they have about course content (e.g., you can ask ChatGPT about a course concept to help with your understanding), but students should be aware that the response may be inaccurate or inconsistent with the course content. Asking your instructor is a more effective strategy. Students should note that information provided by AI tools such as ChatGPT can include mistakes, inaccuracies, biases, and outdated information. Whenever these tools are used, students should cross-verify the information provided to them. This means verifying that the sources used by AI exist and have been accurately summarized, consulting multiple original and reputable up-to-date sources to verify information, and being cautious of bias that could be present in the information provided.

2. Policy on Use of Translation Tools*

The Department of Psychology views the unapproved use of translation or language applications as an academic offence.

Any usage of translation applications or language generation by students to complete specific assigned work for this course **must be approved** by the instructor **prior** to submitting the work **and noted by the student in the submitted work** itself.

Writing text and then feeding it into a computer application to improve or translate your own words, changing a few words, and then submitting this text as if it was your own **constitutes plagiarism.** You must compose text, choose words, construct logic flow, structure sentences and paragraphs to organize, synthesize, interpret information with your own mind. When you borrow language or ideas from another person or from a machine this must be acknowledged with quotation marks and/or citations.

Why do we have this policy?

- Translation is intellectual work and produces intellectual property, thus any text which is translated must cite the translator.
- Psychology endeavors to advance students' linguistic, analytic, and reasoning competencies – this can not happen outside of specific language competencies.
- Earning a university degree signals that an individual has advanced literacy and communicative skill in the language of instruction at the university; this is English at King's University College at Western University. If translation machines are used by students without regulation, we will have no way of certifying whether these competencies exist and fewer mechanism for encouraging students to do the hard work to develop them.

** Based on the policy developed by the Department of Child and Youth Studies*

KING'S UNIVERSITY COLLEGE
GENERAL COURSE POLICIES
2025-2026

1. Academic Accommodations, Consideration for Absences

Academic Accommodation (Accessibility)

Accessibility Services works to ensure that academic programs are accessible to all students, and supports students who may have a condition related to, but not limited to, vision, hearing, mobility, different ways of learning, mental health, chronic illnesses, chronic pain, autism spectrum disorder, ADD/ADHD, and temporary conditions (beyond short-term academic consideration). Accessibility Services provides recommendations for accommodation based on medical documentation or psychological and cognitive assessment. The accommodation policy can be found here [Academic Accommodation for Students with Disabilities](#). Information on Accessibility Services at King's can be found [here](#).

Academic Consideration for Student Absence

If a student is unable to meet a course requirement due to substantial but temporary extenuating circumstances (medical or compassionate), they should follow the procedures below.

In some cases, where instructors have built flexibility into their assessments, this flexibility will already address consideration needs.

Requests for academic consideration should be directed to the Academic Advising Office of your faculty/college of registration. Requests must be made as soon as possible and no later than 48 hours after the missed assessment.

As a rule, documentation is required for academic consideration. For academic consideration requests on medical grounds, the Student Medical Certificate is available at https://www.kings.uwo.ca/kings/assets/File/currentStudents/courses_enrollment/exams_and_tests/SMC-Feb-2025.pdf.

Students are permitted one academic consideration request without supporting documentation per term per course.

Instructors may designate one assessment per half-course weight as requiring formal supporting documentation. Please refer to the course outline for each course.

For further information, please see:

https://uwo.ca/univsec/pdf/academic_policies/appeals/academic_consideration_Sep24.pdf

Absences from Final Examinations

If you miss the Final Exam, contact the Academic Advising Office of your faculty/college of registration as soon as you are able to do so. They will assess your eligibility to write the Special Examination (the name given by the University to a makeup Final Exam).

You may also be eligible to write the Special Exam if you are in a “Multiple Exam Situation” (e.g., more than 2 exams in 23-hour period, or more than 3 exams in a 47-hour period).

If a student fails to write a scheduled Special Examination, the date of the next Special Examination (if granted) normally will be the scheduled date for the final exam the next time this course is offered. The maximum course load for that term will be reduced by the credit of the course(s) for which the final examination has been deferred. See the Academic Calendar for details (under [Special Examinations](#)).

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give notice in writing to the instructor and Academic Advising Office if a course requirement will be affected by a religious holiday/observance. Notice must be given as early as possible, and no later than two weeks prior to an examination, and one week prior to a midterm test date. It is the responsibility of such students to inform themselves concerning the work done in classes from which they are absent and to take appropriate action.

2. Support Services

Accessibility, Counselling and Student Development at King's University College:

<https://www.kings.uwo.ca/current-students/student-services/>

Students experiencing emotional or mental health distress can access services at King's University College: <http://www.kings.uwo.ca/current-students/campus-services/student-support-services/personal-counselling/>

Good2talk is a good online and phone 24/7 resource for students and is available in English, Mandarin, and French: <https://good2talk.ca>, 1-866-925-5454

MentalHealth@Western provides a complete list of options about how to obtain help:

https://www.uwo.ca/health/mental_wellbeing/

Academic Support Services at King's University College:

<https://www.kings.uwo.ca/current-students/academic-resources/>

GBSV Support:

King's is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find

information about support services for survivors, including emergency contacts at:
<https://www.kings.uwo.ca/about-kings/safe-campus/gender-and-sexual-violence/>

You can reach someone supports at Kings by emailing Care@kings.uwo.ca or calling 519-930-4640 to reach a social worker who can offer help.

You can also reach Western's Gender-Based Violence & Survivor Support Case Manager by [email](#) or by calling 519-661-3568.

Further supports can be found on this website: <https://www.kings.uwo.ca/about-kings/safe-campus/gender-and-sexual-violence/>

See also https://www.uwo.ca/health/student_support/survivor_support/get-help.html

University Students' Council offers many valuable support services for students, including the health insurance plan: <http://westernusc.ca/services/>

3. Statement on Use of Electronic Devices

Use of Electronic Devices: Unless explicitly stated otherwise, you are not allowed to have a cell phone, or any other electronic device, with you during tests or examinations. Unauthorized possession of such a device during a test or examination constitutes an academic offence.

Use of Laptops, Tablets, and Smartphones in the Classroom: King's University College at Western University acknowledges the integration of new technologies and learning methods into the curriculum. The use of electronic devices such as laptop computers, tablets, or smartphones can contribute to student engagement and effective learning. At the same time, King's recognizes that instructors and students share jointly the responsibility to establish and maintain a respectful classroom environment conducive to learning.

The use of electronic devices by students during lectures, seminars, labs, etc., shall be for matters related to the course at hand only. Students found to be using electronic devices for purposes not directly related to the class may be subject to sanctions under the Student Code of Conduct; see <https://www.kings.uwo.ca/current-students/student-affairs/code-of-student-conduct1/>

Inappropriate use of electronics (e.g., laptops, tablets, smartphones) during lectures, seminars, labs, etc., creates a significant disruption. As a consequence, instructors may choose to limit the use of electronic devices in these settings. In addition, in order to provide a safe classroom environment, students attending in-person class sessions are strongly advised to operate laptops with batteries rather than power cords.

4. Statement on Academic Offences

King's is committed to academic integrity. Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, is posted at

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

It is expected that students will submit work that is truly their own, completed without external assistance (human or artificial) except as explicitly permitted by the course instructor. Check with your instructor on what tools, including generative AI (ChatGPT, translation tools, grammar-checking tools) are permitted in the course. Because a tool is permitted in one course, that does not mean it is permitted in other courses.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system; see https://elearningtoolkit.uwo.ca/tools/Originality_Reports - TurnItIn.html.

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. Copyright of Course Material

Lectures and course materials, including PowerPoint presentations, tests, outlines, and similar materials are protected by copyright. Faculty members are the exclusive owner of copyright in those materials they create. Students may take notes and make copies for their own use. Students may not allow others to reproduce or distribute lecture notes and course materials publicly (whether or not a fee is charged) without the express written consent of a faculty member. Unauthorized sharing of class content is subject to academic discipline.

Similarly, students own copyright in their own original papers and exam essays. If a faculty member wishes to post a student's answers or papers on the course website, they should ask for the student's written permission.

6. Use of Recordings

Participants in this course are not permitted to record the sessions, except where recording is an approved accommodation and/or the participant has the prior written permission of the instructor. Unauthorized recording and/or sharing of class content is subject to academic discipline.

7. Policy on Attendance

Any student who, in the opinion of the instructor, is absent too frequently from class or laboratory periods in any course, will be reported to the Dean of the Faculty offering the course, after due warning has been given. On the recommendation of the department concerned, and with the permission of the Dean of that Faculty, the student will be debarred from taking the regular examination in the course.