

FACTORS IN ADDICTION CASE STUDY ANALYSIS

PARTNER ACTIVITY



Lessons in Mental Health

Activity Directions:

Analyze the five case studies below with a partner and identify which factors apply. Fill in the blanks with the letter/s of contributing factors.

- | | |
|---------------------------|-----------------------------|
| A. Easy Access | F. Early exposure |
| B. Lack of Social Support | G. Family history |
| C. Abuse | H. Mental health conditions |
| D. Poverty | I. Peer pressure |
| E. Lack of resources | J. Trauma |

Scenario #1:

Sarah is a 20-year-old college student who grew up in a supportive and loving family. She was a high-achieving student in high school and has always been under a lot of academic pressure. She recently moved away from home to attend a prestigious university.

Key Points:

- Since starting college, Sarah has experienced increased academic pressure.
- She has made a few new friends, some of whom occasionally use recreational drugs, especially during stressful times like exams.
- Sarah began experimenting with these substances as a way to cope with the stress of college life and fit in with her new friends.
- Over time, her use of these substances has become more frequent, and she's started to feel like she needs them to manage her anxiety and perform well academically.

Contributing Factors: _____

Scenario#2:

Alex is a 25-year-old individual who comes from a family with a long history of addiction. Both of their parents struggled with substance abuse, and Alex has always been aware of the risks. However, Alex's family environment was often chaotic and stressful.

Key Points:

- Growing up, Alex witnessed their parents' struggles with addiction, which resulted in unstable family life.
- Alex felt a strong motivation to avoid repeating their parents' mistakes and turned down opportunities to experiment with substances.
- Despite their efforts to avoid addiction, Alex has been dealing with anxiety and depression for years.
- Due to a recent emotional setback, Alex has started using alcohol and prescription medications to cope with their emotions.

Contributing Factors: _____

Scenario #3:

Maria is a 30-year-old who has experienced significant trauma in her life. She grew up in a troubled and abusive household and has lived with food insecurity and not knowing when her next meal would be for most of her life. This has left her with lasting emotional scars.

Key Points:

- Maria has been diagnosed with post-traumatic stress disorder (PTSD) as a result of her experiences.
- She's been struggling with intense anxiety, flashbacks, and nightmares related to her trauma.
- To numb her emotional pain and escape her traumatic memories, Maria has turned to prescription medications and alcohol, which initially seem to provide some relief.

Contributing Factors: _____

Scenario #4:

Ethan is a 16-year-old high school student who's been facing increasing pressure from his group of friends. Many of his peers have started experimenting with various substances, including alcohol and marijuana. Ethan has always been a bit more reserved and struggles with social anxiety. Recently, he's started to feel left out and under pressure to join in.

Key Points:

- Ethan's friends often invite him to parties where substance use is common.
- He's noticed that his friends receive more attention and seem more popular when they engage in these activities.
- Ethan is conflicted between wanting to fit in with his friends and his fear of the potential consequences of substance use.
- Lately, he's tried some of these substances to see if they make him feel more accepted and part of the group.
- He is finding himself relying on substances more and more to fit in.

Contributing Factors: _____

Scenario #5:

James is a 22-year-old whose family has a history of addiction, including both parents and grandparents. His relatives have shared stories of their struggles with substance abuse, and James is aware of his genetic predisposition.

Key Points:

- James has grown up hearing about the challenges his family members faced due to addiction.
- He's always been cautious about substance use but recently started experimenting with alcohol and marijuana in social situations.
- He is starting to use both more frequently but still considers it pretty harmless relative to what else he could be taking.
- James is conflicted about whether he can break the cycle of addiction within his family.

Contributing Factors: _____



Lessons in Mental Health

- Use this worksheet as is, or view the Canva link for a fully modifiable template.

Link: [Factors of Addiction Partner Activity](#)

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