- Lecture Outline:
 - Addiction and Science
 - Operationalizing Research Questions
 - Reading Review
- Addiction and Science
 - We use concepts because they convey very complex ideas very simply
 - Consider the concept "flight", easy to picture and visualize
 - In reality, flight is anything but simple
 - Dunning-Kruger Effect: "A cognitive bias whereby people with limited knowledge or competence in a given intellectual or social domain greatly overestimate their own knowledge or competence in that domain relative to objective criteria"
 - Apply this to addiction: we can identify the extreme cases but operationalizing addiction is hard.
 - Going from concept to operationalizing is like going from thinking of flight to actually inventing flight. Extremely difficult/tedious.
 This is step 1 of research.
 - How to define addiction?
 - One method could be <u>cultural norms</u> (culturally shared standards of acceptable behavior)
 - Though norms change over time, we should be skeptical. (If norms are used to make decision, we would never have made progress on racism, sexism, homophobia, etc)
 - People hang on to the norms they're taught, even if they don't know what the root is.
 - Look at the idea of masculinity of not showing emotion.
 - Depending on what culture you are in, drinking is common, drinking could be illegal, smoking is common, tobacco is common, both could be banned, etc. Some drugs are illegal, some are legal in other countries.
 - Conclusion: <u>Cultural norms are not a reliable means of</u> determining how we should define or operationalize concepts.
 - Another option could be <u>behavioral norms</u>
 - We could focus on what is typical or usual and use that to decide if the behavior is deviant or extreme
 - Normal distribution is the foundation of this work (naturally occurring, not-human made)
 - Using this, we could find out what "normal alcohol or drug use" is, look at the distribution, then determine what "too much" is.

Sample Outline Addiction

R Sandford



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