

# The 5 Factors That Raise Your Chances of Drug Addiction



## Family History



While everyone has the potential to develop an addiction, some people are more predisposed to SUD than others

## Adverse Experiences



The more stressors present over the course of an individual's life span, the higher the risk is regardless of how long ago each stressor took place

## Impaired Control



It is important to assess whether an individual has tried to cut down or stop use unsuccessfully

## Age of Initiation



The younger an individual starts using alcohol or drugs the more their risk increases for being diagnosed with a substance disorder

## Stage of Change



Change in behavior progresses through clear stages, we must identify which stage of change an individual is in so appropriate interventions are selected

# Substance Abuse

**Chao Zhang**



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