**SYLLABUS**

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| COURSE TITLE | | New addictions of the young generation | |
| CREDITS | | 2 ECTS | |
| LANGUAGE OF INSTRUCTION english | |  | |
| DEPARTMENT/FACULTY | | Chair of Clinical Psychology and Neuropsychology, Institute of Psychology, Faculty of Education and Psychology,  The Maria Curie-Skłodowska University, Lublin, Poland | |
| LECTURER(S) Robert Modrzyński | |  | |
| COURSE OBJECTIVES | | | |
| Students who successfully complete this course will have a basic knowledge of and insight into:  The student is acquainted with the neurostimulants, OTC drugs, e-cigarettes, compulsive use of a smartphone and smartphone, plastic surgery addiction, body tattooing and tanorexia. | | | |
| PREREQUISITES |  | | |
| COURSE ORGANISATION –LEARNING FORMAT AND NUMBER OF HOURS | | | |
| 30 hours of lecture | | | |
| COURSE DESCRIPTION | | | |
| 1 Nootropic drugs and other neurostimulants:  - Who is reaching for smart drugs and why?  - How common is the use of nootropic drugs?  - Neurostimulants: what substances are included? Piracetam, Methylphenidate, Modafinil  - Are nootropic drugs effective?  - Nootropic drugs - the user's perspective.  - Nootropic drugs - the experts' perspective.  2 Non-prescription drugs:  - Popularity of OTC drugs.  - The user of OTC drugs.  - Reasons for reaching for OTC.  - Available OTC drugs: Dextromethorphan (DXM), Codeine, Pseudoephedrine, Benzydamine.  3 Vaping and juuling:  - A brief history of e-cigarettes; boom in popularity  - E-cigarettes and the law  - How often do teenagers smoke in the world; how often do Polish teenagers smoke.  - Who are e-cigarette users?  - Are e-cigarettes safe?  4 E-drugs:  - What are e-drugs really; why is this phenomenon so popular?  - User feedback.  - Binaural sounds in scientific research.  - Popularity of i-dos - possible explanations.  5. In the addictive network of social media:  - Social Network Sites (SNS).  - The most popular social networks.  - Social media - the scale of the phenomenon; the phenomenon of popularity.  - Problematic use of social media.  - Risk factors of social media abuse.  - Consequences of social media abuse.  6. Compulsive use of a smartphone:  - The scale of phonoholism among adolescents.  - Dimensions of the experience of smartphone use.  - Recognizing problematic cell phone use.  - Nomophobia - a disorder of the 21st century.  - Risk factors of smartphone abuse.  - Consequences of excessive smartphone use.  7. Addiction to beauty. Plastic surgery addiction.  8. Body tattooing. Expressing yourself or a fad?  9. Tanorexia, when tanning becomes an addiction. | | | |
| METHODS OF INSTRUCTION | | | * Lecture, * Case studies |
| REQUIREMENTS AND ASSESSMENTS | | | * Final written exam. |
| GRADING SYSTEM | | | Success in this course depends on attending class regularly, actively participating in class and passing the final test. |
| TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS | | | Contact hours (with academic teacher): - 30 hrs.  Number of ECTS points with the participation of the academic teacher - 1 point.  Non-contact hours (student's own work):  - Analysis of the recommended lecture material: 20 hrs.  - preparation for the credit -10 hours.  Total number of non-contact hours - 30 hours.  Number of ECTS points for non-contact hours - 1 point.  Total: 60 hrs = 2 ECTS |
| STUDYMATERIALS | | | **PRIMARY BOOKS/READINGS:** |