

Bühringer, G. & Kräplin, A. (2015, September). *Behavioural addictions: the lack of an "enough button" for pleasurable actions? or the final blow for the addiction concept?* Presentation, Lisbon Addictions Conference, Lisbon, Portugal.

Abstract

Background: Diploma in Psychology in 1973, PhD in 1981. 1973 - 1987 Director of the Addiction Research Group at the Max-Planck-Institut für Psychiatrie, Munich, 1973 - 2012 Cofounder and Scientific Director of the IFT Institut für Therapieforschung, Munich; from 2002 - 2005 Visiting Professor at the Universität Konstanz, since August 2005 Professor of Addiction Research at the Technische Universität in Dresden.

Member in scientific advisory and editorial boards; Co-editor of SUCHT; Assistant Editor of ADDICTION; Chair of the Scientific Committee of EMCDDA (European Monitoring Centre of Drugs and Drug Addiction); President of ICARA (International Confederation of Alcohol, Tobacco and Other Drugs Research Associations).

Research interests: Diploma in Psychology in 1973, PhD in 1981. 1973 - 1987 Director of the Addiction Research Group at the Max-Planck-Institut für Psychiatrie, Munich, 1973 - 2012 Cofounder and Scientific Director of the IFT Institut für Therapieforschung, Munich; from 2002 - 2005 Visiting Professor at the Universität Konstanz, since August 2005 Professor of Addiction Research at the Technische Universität in Dresden.

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Short abstract: Research revealed that severe forms of pleasure/ reward-seeking behaviours like gambling, gaming or shopping might meet criteria of mental disorders. The presentation covers four topics of debate in this context: (1) The coverage of excessive pleasure-seeking behaviours by mental disorders (2) the equation of substance and behaviour-related addictions, (3) the inflationary use of the term and (4) the dispute on "internet addiction". Common diagnostic criteria based on phenomenological observations, possible underlying aetiological pathways as well as consequences for nosology, the addiction concept and for treatment services are discussed. It is argued that the discussion is misleading to decide if these disorders are addictions or not, instead of deciding if we want to define them as addiction or not.