

## Nawroty w uzależnieniu od alkoholu Cześć 1: Definicje i modele

### Relapses in alcohol dependence. Part 1: Definitions and models

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**Abstract** – The course of alcohol dependence is characterized by a persistent susceptibility to relapse after each termination of a drinking period. However, it is not always clear when return to use of alcohol can be identified as relapse. There exist many definitions of this phenomenon in the literature. Some studies distinguish *lapse*, which is an initial drinking of any amount of alcohol after a period of abstinence. According to the other research studies, a relapse means excessive consumption of alcohol equivalent to the initial drinking before abstinence. This inconsistency leads to different relapse indicators, treatment outcomes etc. Investigators formulated descriptive concepts and behavioral models of relapse. Two categories of relapse models were proposed: psychological and psychobiological. The cognitive-behavioral relapse model proposed by Marlatt and Gordon suggests that relapse is a response to a stressful event. On this most prominent model of relapse in addictions further psychological models are based, such as person-situation interaction, cognitive appraisals, self-efficacy and outcome expectations. Each of them points different conditions of relapse in alcohol-dependent person. For the last two decades biological aspects of relapse have been taken into consideration. In this article, craving and loss of control model, post-acute withdrawal syndrome model, opponent-process and acquired motivation model and finally kindling are described. The last model proposes that relapse is an effect of neuroadaptive changes in central nervous system evoked by repeated episodes of drinking and withdrawal.

**Key words:** alcohol dependence, relapse, coping mechanisms, craving, kindling

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