

Behavioral and Substance Addictions: A New Proposed DSM-V Category Characterized by Impulsive Choice, Reward Sensitivity, and Fronto-Striatal Circuit Impairment

By Eric Hollander, MD

As part of the Research Planning Agenda for the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition* in obsessive-compulsive-related disorders, experts from academic medical centers around the world, as well as representatives from the National Institute of Mental Health and the National Institute of Drug Abuse, suggest the creation of two broad new diagnostic categories. The first, obsessive-compulsive-related disorder, includes disorders that share obsessions and or compulsions, have a similar comorbidity and family history with obsessive-compulsive disorder, have dysfunction of fronto-striatal-thalamic circuitry (with increased caudate activity), and similar treatment response to obsessive-compulsive disorder.

The second broad and parallel category includes the behavioral and substance addictions. These consist of various behavioral addictions or impulse control disorders, such as pathological gambling, pyromania, sexual compulsions, Internet addiction, and compulsive shopping, as well as the substance dependence disorders. They are considered to share similar clinical features and emotional/physiological arousal, brain circuitry, and genetic factors. Furthermore, they are felt to be characterized by impulsive choice, reward sensitivity, and fronto-striatal brain circuitry, with frontal lobe deficits. This category has important implications for what is considered to be an addiction, and what may be within the domain of the National Institute of Drug Abuse.

This issue of *CNS Spectrums* is guest edited by Harris B. Stratyner, PhD, CASAC, a good friend who is associate professor of psychiatry at the Mount Sinai School of Medicine and clinical division director of Addiction/Recovery Services at the Mount Sinai Medical Center in New York City. Dr. Stratyner has compiled articles on the multi-factorial approaches to addiction and substance abuse, which are cogent to the consideration of new diagnostic criteria.

Among the topics explored in this issue are the practicality of mindfulness-based cognitive treatment for mental health and addictive disorders; some recent considerations regarding genetics and behavioral traits of drug abuse risk in relation to neurobiological systems that have been implicated in drug addiction (with a focus on psychostimulants and opioid drugs that have a strong heritability and addiction liability); and the current understanding of the role of the dopaminergic, glutamatergic, γ -aminobutyric acidergic, and opioid receptor systems in the pathophysiology of addiction alongside pharmacologic treatments for substance use disorders and addictions.

Each of these approaches to drug addiction has direct relevance to the broader category of behavioral and substance addictions. This month's *CNS Spectrums* highlights new ways to conceptualize and treat addictions, and my hope is that this will provide up-to-date information for the clinician, and new ways to investigate the fundamental nature of compulsion, impulse, and addiction. **CNS**

Dr. Hollander is the editor of this journal, Esther and Joseph Klingenstein Professor and Chairman of Psychiatry at the Mount Sinai School of Medicine, and director of the Seaver and New York Autism Center of Excellence in New York City.

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