

Drugs addiction is a problem that has persistently grown over the years. From the old to the young, men to women, the habit has been continuously growing all over as a disease for many. They all begin with little bits of drug but they eventually become obsessions that eventually become addictions that they cannot get rid of. This issue has raised eyebrows and many researchers are out to find the reality on the ground by engaging their teams in researching about this pressuring issue.

A study was carried out by a group of researchers that included; Dominick L. Frosch, B.A., Steve Shoptaw, Ph.D., Deborah Nahom, M.S., and Murray E. Jarvik, M.D., Ph.D. in Washington showed that cigarette smokers are likely to have increased cravings for other drugs as compared to the drug users whom are not tobacco smokers. The research was published in the article on the www.apa.org website, "Tobacco Cravings Can Increase Drug Cravings among Drug Abusers, According to New Research"; the study was based on 32 respondents that consisted of both opiate users and smokers opiate users only.

According to the article, smokers are grouped and named according to the number of cigarettes that one smokes per day. 'Heavy smokers' was a term that referred to those who smoked 20-40 cigarettes per day while 'chippers' referred to the ones who smoke 5 cigarettes and below. The users of drugs like cocaine and opiate admitted that there existed a connection between drug use and smoking tobacco.

From their study, they were able to establish there exist a strong bond between tobacco smoking and use of illicit drugs. Those who smoked were more likely to use illicit drugs as compared to those who were not smokers. This therefore implied that nicotine aroused the brain pathways for other drugs use and hence increased the cravings for other drugs. The study also established that smokers who are on the verge to try and quit smoking are less likely to quit and therefore suggested that any upcoming programs that are intervening for the smokers who want to quit should also take into consideration the use of other drugs. Frosch also added that smokers who are not under drugs should be talked into quitting so as to reduce the chance of them becoming drug addicts.

A second study was done on 42 participants and confirmed the initial findings. It was clear that smoking increased the urges of the smokers to continuous usage of other illicit drugs. On the other hand, a study carried out on smokers who were on the verge of quitting did not increase their cravings. The explanation for this was probably because they had already learnt how to deal with cravings and were therefore not adversely affected.

The article basically gives the view of the researchers based on the studies that they carried out. The contents in the article are strong because there were two studies that provided the same view. In both studies, it was concluded that smoking increased the craving for use of other illicit drugs. The contents are also reliable because there were experiments that were carried out on the urine of the addicts and therefore the claims are not baseless. It is also clear that the study tallied with the findings of other studies that were previously carried out on the same issue.

However, the study had its weaknesses. The entire study was based on findings that were conducted on a very small portion of the entire population. This was the case for both the first and the second study. The conclusions drawn therefore were based on too small a sample to provide an overview that represented the entire population in Washington. Another major weakness is the fact that the article does not clearly outline how the sample that was used to come up with the findings was arrived at. This ambiguity thus creates unreliability of the entire data that the article seems to pass to the readers.

The authors have also not indicated the distribution of both the smokers and the non-smokers. Their work seems inconclusive because one can hardly determine all the required in depth details. This creates suspicion of how the conclusion that they are suggesting was arrived at.

On the other hand, information on the article is well presented and therefore for any doubts there a solution that can be reached by contacting the individuals and organizations involved. The authors of the article are all listed and the institutions where they work from. Also attached are the contact phone numbers of the head authors. This is necessary for any further clarifications needed. The page's preferred domain is .org.

Generally, there is objectivity in presentation of the work and there is nothing left out without a conclusion. The views that are presented are largely complete and it is therefore in form of statistics that are clearly stated to guide one when dealing with drug related issues. This information is especially helpful to the rehabilitation centers when come up with policies on how best to achieve their intended goal of reducing drug usage. Having a clear stand on the message that they intend to pass creates positivity and the message in the article is less likely to be misinterpreted.

The article is freely accessible and there are no charges to access it. This enhances positivity on their intent and shows that the authors are willing to make sure that their findings are equally accessible to anyone. This also shows that they believe in the quality of the work they have presented and do not hide away from any critics. Accessibility is an indication that the authors and all parties involved are open to discussion and their motive is pure as to come up with the solution to the problem of drug addiction.

In conclusion, the article is very educative and its objectivity and clear representation of data is a positive move towards getting a solution to this problem of drug addiction. It is especially useful to the misinformed drug users, who probably after knowing the real effects of the drugs they are using could take a step towards rehabilitation and eventually quitting the habit. The young adults who are not yet involved with the use of drugs are also informed of the effects and this could make them choose not to use drugs.

Drug addiction is a sensitive issue that not many addicts are willing to admit. It is clear that the researchers are well experienced as they were able to conduct a study involving the addicts who are hardly willing to be known. They are mostly reserved and in denial of having the problem of addiction. It is our duty as a society to take care of each other and this starts by letting our fellow laymen of the effects that are as a result of certain habits. Doing this openly is the best approach towards coming up with a long lasting solution. The article is a positive step towards reduction of drug abuse. Together it is possible to deal with this problem as the adage goes, together we stand, divided we fall. Let us all take the necessary steps required so as to deal with this problem. It is our solemn responsibility as a part of the society.