Stress adaptation in substance abuse.

Predisposing Factors

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Biological Psychological Sociocultural

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Precipitating Stressors

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Appraisal of Stressors

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Coping Resources

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Assertiveness Social Support Stress-Reduction activities Vocational Skills

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Coping Mechanisms

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Denial Rationalization Projection Minimization

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Constructive Destructive

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Adaptive Responses Maladaptive Responses

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Physical Activity Meditation Occasional use of tobacco, alcohol or illicit drugs Frequent use of tobacco, alcohol or illicit drugs Dependence, Abuse, Tolerance