

Psychological Dependence

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October 4, 2025

RECOMMENDED CITATION

mohammad looti (2025). *Psychological Dependence*. PSYCHOLOGICAL SCALES.
Retrieved from <https://scales.arabpsychology.com/?p=34327>

Psychological Dependence is an emotional need for a drug or substance that has no underlying physical need. For example, people who stop smoking recover physically in a short time. The emotional need for nicotine, however, is much more difficult to overcome. They continually think they need the nicotine to stay calm even though there is no physical need. The drug for the addict is similar to what a security blanket would be for a child (or some adults).

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