

Research Article / Araştırma

The last decade of addiction research in Türkiye: A thesis-based analysis*

Türkiye bağımlılık araştırmalarında son on yıl: Tez bazlı bir analiz

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ABSTRACT

Introduction and Purpose: Addiction is a critical global health issue affecting individuals, families and communities. It is linked to higher rates of HIV, Hepatitis C and mortality. The number of addiction specialists in Türkiye is increasing but insufficient to meet the demand. This study examines doctoral and medical specialty dissertations conducted in the last decade to bridge the gap between research and practice aiming to improve addiction management and public health. Medical specialty and doctoral theses were preferred because they have higher academic standards than master's theses in terms of research scope, methodological depth and original contribution. **Materials and Methods:** Theses registered in the National Thesis Center between 2013 and 2023 were screened using the keywords "addiction, substance use disorder". Inclusion criteria focused on doctoral and medical specialty dissertations addressing addiction, substance use disorders, behavioral addictions and related factors. **Results and Conclusion:** In total, 519 theses were identified, of which 448 met the inclusion criteria. Of these, 66.7% were medical specialty theses and 32.8% were on behavioral addictions. Theses covered alcohol (6.6%), cannabis (3.1%), tobacco (11.1%) and opioids (8.4%), and 27% included children and adolescents. In 2023, the number of medical specialty theses on addiction increased to 49 from 7 in 2013. This review highlights the progress made in addiction research in Türkiye and identifies areas for improvement. Strengthening interdisciplinary collaboration, investing in addiction education and advocating for evidence-based policies are crucial for a healthier, addiction-aware society.

ÖZ

Giriş ve Amaç: Bağımlılık bireyleri, aileleri ve toplumları etkileyen kritik bir küresel sağlık sorunudur. Daha yüksek HIV, Hepatit C ve ölüm oranları ile bağlantılıdır. Türkiye'de bağımlılık uzmanlarının sayısı artmakta ancak talebi karşılamakta yetersiz kalmaktadır. Bu çalışma, bağımlılık yönetimi ve halk sağlığını geliştirmeyi amaçlayan araştırma ve uygulama arasında köprü kurmak için son on yılda yapılan doktora ve tıpta uzmanlık tezlerini incelemektedir. Araştırma kapsamı, metodolojik derinlik ve orijinal katkı açısından yüksek lisans tezlerine göre daha ileri düzeyde akademik standartlar taşıması sebebiyle tıpta uzmanlık ve doktora tezleri tercih edilmiştir. **Gereç ve Yöntem:** 2013-2023 yılları arasında Ulusal Tez Merkezi'ne kayıtlı tezler "bağımlılık, madde kullanım bozukluğu" anahtar kelimeleri kullanılarak taranmıştır. Dâhil edilme kriterleri bağımlılık, madde kullanım bozuklukları, davranışsal bağımlılıklar ve ilişkili faktörleri ele alan doktora ve tıpta uzmanlık tezlerine odaklanmıştır. **Bulgular ve Sonuç:** Toplamda 519 tez belirlenmiş ve bunların 448'i dâhil edilme kriterlerini karşılamıştır. Bu tezlerin %66,7'si tıpta uzmanlık tezi olup, %32,8'i davranışsal bağımlılıklar üzerinedir. Tezler alkol (%6,6), esrar (%3,1), tütün (%11,1) ve opioidleri (%8,4) kapsamakta olup %27'si çocuk ve ergenleri içermektedir. 2013 yılında 7 olan bağımlılık konulu tıpta uzmanlık tezi sayısı 2023 yılında 49'a çıkmıştır. Bu derleme, Türkiye'de bağımlılık araştırmalarında kaydedilen ilerlemeyi vurgulamakta ve geliştirilmesi gereken alanları tanımlamaktadır. Disiplinler arası iş birliğinin güçlendirilmesi, bağımlılık eğitime yatırım yapılması ve kanıta dayalı politikaların savunulması daha sağlıklı, bağımlılık konusunda bilinçli bir toplum için çok önemlidir.

Key Words:
Addiction, Thesis, Behavioral Addictions, Substance addictions, Addiction Professionals

Anahtar Kelimeler:
Bağımlılık, Tez, Davranışsal Bağımlılıklar, Madde Bağımlılıkları, Bağımlılık Profesyonelleri

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INTRODUCTION

Addiction can be defined as an irresistible desire for an object, individual, or entity even though it is known to be physically or psychologically harmful to the person (Karakuş et al., 2021). In more detailed terms, addiction is a brain disease characterized by the effects of a substance or behavior on the brain, the desire to use the substance or behavior continuously or intermittently in order to feel the pleasurable effects of this substance or behavior or to avoid withdrawal symptoms, and some disorders that occur accordingly. This condition is defined by the relevant disciplines as a “medical and chronic disease” of the brain, with the possibility of lifelong relapses. Addictions are classified into two categories: substance-related addictions and behavioral addictions (WHO, 2025; APA, 2023). The term “substance” within the scope of substance-related addictions includes substances such as alcohol, tobacco, various stimulants (amphetamine, cocaine, etc.), opiates (morphine, heroin, etc.), hallucinogens (Lysergic acid diethylamide (LSD), mescaline, etc.), substances that suppress the central nervous system (barbiturates, benzodiazepines, etc.), cannabis, and volatile substances (thinner, etc.) (Bahar & Söyler, 2021). Almost everything with psychoactive properties has the potential to be used as a drug. This means that everyone is likely to be affected, directly or indirectly, by illicit drug use and related problems (European Union Drugs Agency (EUDA, 2024).

Substance abuse, which is a common problem today, can reach life-threatening dimensions and cause a number of complications. One of the most important complications is infectious diseases (Ceylan et al., 2022). In intravenous drug users, viruses such as Hepatitis B, Hepatitis C, and Human Immunodeficiency Virus (HIV) can be transmitted from contaminated injection materials, leading to morbidity and mortality (Degenhardt, L. et al., 2017). The World Health Organization (2024) reported that 254 million people were living with chronic hepatitis B infection in 2022, with 1.2 million new cases of infection each year, and that hepatitis B caused approximately 1.1 million deaths in the same year. In addition, globally, about 50 million people worldwide are known to have chronic hepatitis C virus infection, and it is estimated that about 1 million new infections occur each year (WHO, 2024). In Türkiye, while the total number of outpatient treatment applications to treatment centers alone was 247,390 in 2021, this number reached 302,911 in 2022 (Türkiye Drug Report, 2024).

In addition to the consumption of psychoactive substances, some behaviors may also offer short-term rewards and become persistent despite their negative

consequences, leading to reduced control over these behaviors. In this case, behavioral addictions are referred to (Grant et al., 2010). Although examples of behavioral addictions include gambling, video games, shopping, eating, technology use, and sexual behaviors, behavioral addictions are not limited to these. Every behavior and habit that can be stimulating for the individual has the potential to be addictive (Karahan Sayan, 2023). Video games are a very common hobby today, especially among young people. However, if the individual is so busy playing games that he/she can no longer fulfill his/her daily functions, then it is possible to talk about gaming addiction, which is a behavioral disorder. In many countries, gambling and betting are considered a form of entertainment characterized by money-making features. Like gaming, repetitive gambling can lead to gambling disorders associated with behavioral disorder. In recent years, with the significant increase in internet use, the transition from gaming to gambling on various platforms may lead to the co-occurrence of the two disorders (WHO, 2025). As with substance use disorders, economic and social problems are common in behavioral addictions. Individuals with behavioral addictions, like individuals with substance use disorders, often engage in illegal activities such as theft, embezzlement, and writing bad checks to finance or cope with the consequences of their behavior (Grant et al., 2010). According to a meta-analysis of 3,692 reports from 68 countries and regions, an average of 46.2 percent of adults and 17.9 percent of adolescents worldwide have gambled in the last year, and gambling addiction has reached a global level (Tran et al., 2024).

Addictions, which are among the public health problems that can be combated and prevented, need to be evaluated comprehensively due to their increasing variety, affecting more and more people and causing not only health consequences but also social and economic problems (Bahar & Sait, 2021). Encouraging individuals' participation in mental health planning and service delivery is fundamental to modern mental health policy and clinical guidelines (Stomski & Morrison, 2017). Engaging patients in treatment has a positive impact by improving their quality of life and enabling them to better manage their symptoms. It also improves treatment processes and provides economic benefits (Jørgensen & Rendtorff, 2017). Especially in the field of addiction, many mental health professionals such as psychiatrists, family physicians, psychological counselors, social workers, psychologists, and psychiatric nurses have important duties. The Ministry of Health has given psychiatric nurses the responsibility of raising public awareness with mental health education programs under the name of preventive mental health services in the development of community mental health (Republic

of Türkiye Ministry of Health, 2011). Mental health nurses positively affect patient outcomes from the management of mental health symptoms to improving quality of life (International Council of Nurses, 2024). The number of addiction specialists in Türkiye is increasing but remains insufficient to meet the demand. Although there are studies examining theses conducted in the field of addiction, there is no study evaluating all addictions in general. This study aims to fill this gap in literature. The study examines doctoral dissertations conducted in the last decade to bridge the gap between research and practice aimed at improving addiction management and public health. This study is considered important in terms of both assessing the situation and identifying current research trends through a thematic and methodological analysis of recent dissertations. At the same time, it is thought that the study may be useful in terms of understanding the research in the field of addiction and guiding future studies in the field.

MATERIAL AND METHOD

The aim of this study is to examine the thematic and methodological aspects of doctoral and medical specialty theses in the field of addiction between 2013 and 2023. In the data collection process for the research, the thesis database of the official website of the National Thesis Center of the Council of Higher Education was taken as basis (<https://tez.yok.gov.tr/UlusalTezMerkezi>). In this database, searches were made with the keywords “addiction, use disorder” from the advanced search page. In this context, a total of 448 theses, including 299 medical specialty theses and 149 doctoral theses, were reached between 2013 and 2023.

Research questions: In the theses conducted in the field of addiction in Türkiye, answers to the following questions were sought within the scope of the study:

What is the distribution of the years in which thesis studies were conducted?

Which research methods were used in the thesis studies?

How were the types of addiction examined in the thesis studies distributed?

What type of sampling was used in the thesis studies? Who/what materials do the sample groups consist of?

How are the fields of science in which thesis studies are conducted distributed?

What is the distribution of the institutes/faculties where thesis studies are conducted?

This descriptive study evaluates the doctoral and medical specialty theses conducted in the last 10 years in Türkiye. This study, which aims to examine the thematic and

methodological aspects of postgraduate theses in the field of addiction between 2013-2023, was designed using the case study model, one of the qualitative research models. Qualitative research is defined as research in which qualitative information collection methods such as observation, interview, and document analysis are used, and a qualitative process is followed to reveal perceptions and events in a realistic and holistic manner in a natural environment (Yıldırım, 1999). A case study is a research model in which it is aimed at collecting in-depth information about the research topic and understanding the event in all aspects (Merriam, 1998). According to Yıldırım and Şimşek (2008), a case study provides a holistic analysis of one or more situations within their own boundaries (environment, time, etc.) (Yıldırım & Şimşek, 2008). In this study, the case study design was used since it aimed to examine thematically and methodologically the postgraduate theses on a specific topic in a certain period.

Data Collection Form

The thesis studies included in the research were formed by the researchers by using the form developed by Sözbilir, Kutu, and Yaşar (2012) and revising the Thesis Classification Form used by Küçükoğlu and Ozan (2013). The purpose of creating this form is to strengthen the validity and reliability of the research and to establish standards in the examination of articles. The data collection form includes the variables of the year of the study, thesis type, dependency type, university, institute/faculty, major discipline, study model, and sample age group. It consists of 8 questions in total:

- What year was the research conducted?
- What is the type of thesis (doctoral, medical specialty)?
- What is the type of addiction studied in the research?
- In which university was the thesis conducted?
- In which institute/faculty was the thesis conducted?
- What is the main discipline of the thesis?
- What is the model of the thesis study?
- What is the age group of the sample?

Population And Sample of The Research

In this study, medical specialty and doctoral dissertations on addiction in Türkiye were examined. Master's theses were excluded to ensure a focus on more comprehensive and in-depth research studies, such as doctoral dissertations or medical specialization theses. The population of the study consisted of theses published

in the database of the Council of Higher Education and published between 2013 and 2023. In the data collection process for the research, the thesis database of the official website of the National Thesis Center of the Council of Higher Education was taken as basis (<https://tez.yok.gov.tr/UlusalTezMerkezi>).

Inclusion Criteria

- The thesis must have been completed between 2013 and 2023.
- The subject of the thesis must be related to addiction.
- The full text of the thesis must be accessible.
- The thesis must be a doctoral dissertation or a medical specialization thesis.

Exclusion Criteria

- The thesis was completed before 2013 and after 2023.
- The study cannot be classified into any type of dependency.
- Unavailability of full texts of the study.
- The thesis being a master's thesis.

Limitations of The Research

The sample of this study was limited to medical specialty and doctoral theses that were open to access

and were between 2013 and 2023. Access-restricted or unavailable master's theses were not included in the study. In addition, this study is limited to theses only, excluding other types of studies conducted in Türkiye, such as articles, reports, and projects, which also provide valuable insights into addiction.

RESULTS

In this study, which aims to examine the thematic and methodological aspects of postgraduate theses in the field of addiction between 2013 and 2023, the data collected through the thesis review form were analyzed. In this section, the findings of the study are presented in tables. Findings on the type of theses (doctoral, medical specialty) according to the years of medical specialty and doctoral thesis studies on addictions in Türkiye in the last decade are presented in Chart 1.

The findings regarding the distribution of thesis studies by year show that 77 of the 448 were conducted in 2023. In addition, there is a general increase in the number of theses from 2013 to the present.

While examining the published articles according to the number of samples, they were classified into three different groups. The sample group of 317 (70.7%) of the graduate theses examined in this study consisted of adults, 121 (27%) of the sample group consisted of children and adolescents, and 10 (2.2%) of the sample group consisted of other (mice, rats, etc.) groups (Table 1).

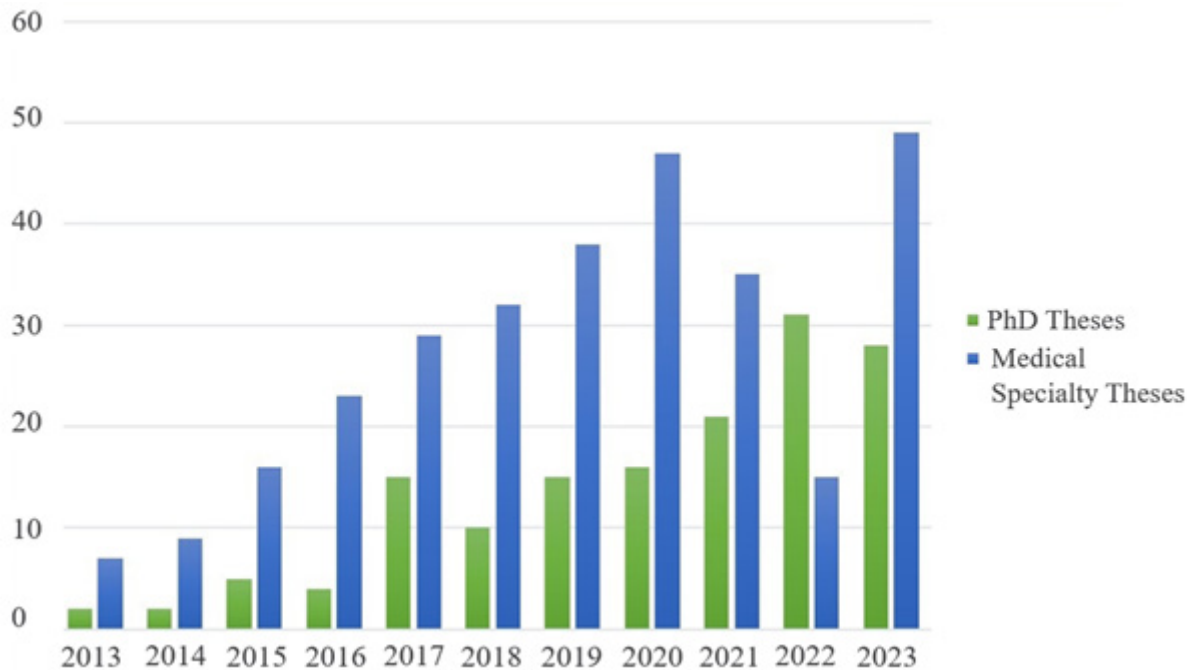


Chart 1: Thesis Types According to The Years of Publication

While examining the published articles according to research models, they were classified into four groups. It was determined that 342 (76.3%) of the postgraduate thesis studies examined within the scope of this study were written in the qualitative method, 89 (19.8%) in the quantitative method, 15 (3.3%) in the mixed method, and 2 (0.4%) as scale development studies (Table 1).

While examining the published articles according to addiction types, they were classified into eleven different groups. Of the postgraduate thesis studies examined within the scope of this study, 183 (40.8%) covered technology and social media addiction, 72 (16%) covered substance addiction in general, 50 (11.1%) covered tobacco addiction, 38 (8.4%) covered opiate addiction,

30 (6.6%) covered alcohol addiction, 24 (5.3%) covered gaming addiction, 20 (4.4%) covered other behavioral addictions such as shopping and eating, 14 (3.1%) covered cannabis addiction, 10 (2.2%) covered other group addictions, 4 (0.8%) covered methamphetamine addiction, and finally 3 (0.6%) covered gambling addiction, as shown in Chart 2.

When the published articles were analyzed according to the departments, it was found that the department with the highest number of theses written in the field of addiction was the department of psychiatry (33.2%), followed by the department of family medicine (22.3%), the department of public health (8.2%), and the department of nursing (5.1%), respectively, as shown in Table 2.

Table 1. Sample Groups According to Research Methods

Sample Groups According to Research Models	Qualitative Research	Quantitative Research	Mixed Methods	Scale Development	Sample Group Total
Adults	236 (52,6%)	72 (16%)	7 (1,5%)	2 (0,4%)	317 (70,7%)
Child/ Adolescents	96 (21,4%)	17 (3,7%)	8 (1,7%)	0	121 (27%)
Others	10 (2,2%)	0	0	0	10 (2,2%)
Research Methods Total	342 (76,3%)	89 (19,8%)	15 (3,3%)	2 (0,4%)	448 (100%)

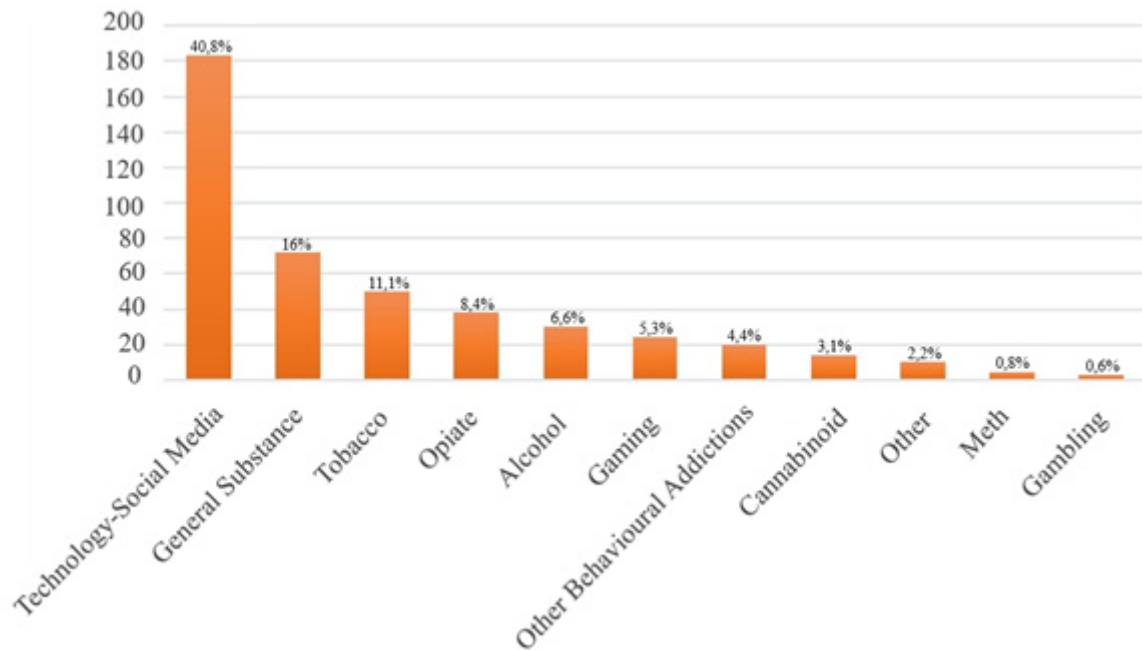


Chart 2. Number of Theses According to Addiction Types

Table 2. Number of Theses According to Main Disciplines

Main Departments	Number of Thesis
Department of Psychiatry	149 (33,2%)
Department of Family Medicine	100 (22,3%)
Department of Public Health	37 (8,2%)
Department of Nursing	23 (5,1%)
Department of Educational Sciences	20 (4,4%)
Department of Physical Education and Sports	13 (2,9%)
Department of Psychology	10 (2,2%)
Department of Pediatrics	10 (2,2%)
Department of Substance Abuse	9 (2%)
Department of Business Administration	8 (1,7%)
Department of Sociology	5 (1,1%)
Department of Public Relations	5 (1,1%)
Department of Journalism	5 (1,1%)
Department of Forensic Sciences	4 (0,8%)
Department of Social Work	4 (0,8%)
Department of Child Development	4 (0,8%)
Department of Medical Pharmacology	3 (0,6%)
Department of Computer Education and Instructional Technology	3 (0,6%)
Department of Health Management	2 (0,4%)
Department of Nutrition and Dietetics	2 (0,4%)
Department of Pharmaceutical Toxicology	2 (0,4%)
Department of Chest Diseases	2 (0,4%)
Department of Guidance and Psychological Counseling	2 (0,4%)
Department of Internal Medicine	2 (0,4%)
Department of Biochemistry	1 (0,2%)
Department of Philosophy and Religious Sciences	1 (0,2%)
Department of Midwifery	1 (0,2%)
Department of Molecular Medicine	1 (0,2%)
Department of Ophthalmology	1 (0,2%)
Department of Business Administration	1 (0,2%)
Department of Family Health/ Adolescent Health	1 (0,2%)
Department of Biotechnology	1 (0,2%)
Department of Anesthesiology and Reanimation	1 (0,2%)
Department of General Surgery	1 (0,2%)
Department of Sport Management	1 (0,2%)
Department of Biostatistics and Medical Informatics	1 (0,2%)
Department of Social Sciences	1 (0,2%)
Department of Radio Television and Cinema	1 (0,2%)
Department of Statistics	1 (0,2%)
Department of Recreation	1 (0,2%)
Department of Services of Education	1 (0,2%)
Department of Philosophy and Religious Sciences	1 (0,2%)
Department of Cardiology/ Physiotherapy and Rehabilitation	1 (0,2%)
Department of Basic Communication Sciences	1 (0,2%)
Department of Environmental and Technical Investigation of Accidents	1 (0,2%)
Department of History of Medicine and Ethics	1 (0,2%)
Department of Clinical Psychologist	1 (0,2%)
Department of Disability Studies	1 (0,2%)
Total	448

CONCLUSION

In this study, which aims to examine the thematic and methodological aspects of postgraduate theses in the field of addiction in Türkiye between 2013-2023, a general situation assessment and evaluation was made. The findings on the distribution of thesis studies by years show that while the number of theses conducted in 2013 was 9, this number reached 77 in 2023 (Chart 1). In the study conducted by Kadan et al. (2019), it was concluded that theses in the field of addiction started to increase after 2015 (Kadan et al., 2019), which suggests that the interest in the field of addiction has increased over the years. According to the Türkiye Statistical Institute (2022), while the proportion of individuals aged 15 years and over who used tobacco products every day was 28.0% in 2019, it increased to 28.3% in 2022 (Türkiye Statistical Institute, 2022). Outpatient programs for drug addiction treatment are becoming more prevalent worldwide (Türkiye Drug Report, 2023). Therefore, it is essential to expand the scope and frequency of these studies to ensure comprehensive data collection and to address the growing need for effective solutions. Efforts to prevent the use of addictive substances in society and the spread of behavioral addictions that cause impairment in the person's functioning and relationships with the environment are of great importance. In this way, individual and social problems caused by these substances and behaviors can be minimized (Türkiye Addiction Risk Profile and Mental Health Mapping Project Final Report, 2019). However, this number is not sufficient, and new studies are needed in the field.

In the distribution of thesis studies by type (doctoral, medical specialty), it was determined that the number of medical specialty theses was higher (50%) than the number of doctoral theses (Chart 1). This finding can be explained by the fact that addiction is related to the branch of medicine, especially related to mental illnesses due to its structure formed by the combination of many factors. In the study conducted by Kurtoğlu and Pekşen Süslü (2024) in which postgraduate theses on internet addiction in Türkiye were examined, it was found that the number of doctoral theses was less than the number of master's theses. Considering the importance of doctoral theses in the field of addiction, it can be considered that the low number of theses is a deficiency (Kurtoğlu & Pekşen Süslü, 2024).

Green Crescent Counseling Centers provide free psychological and social support to people who have problems with tobacco, alcohol, drugs, internet, and gambling, and help them to regain their lives, and ensure that clients are placed in jobs (Green Crescent, 2023). In the National Strategy Document and Action Plan for Combating Drugs (2024), it is aimed to ensure

that those who have completed the addiction treatment and rehabilitation process acquire a profession that will enable them to sustain their own lives and that those who are eligible can work in treatment units in the position of former users (National Strategy Document and Action Plan for Combating Drugs, 2024).

During the categorization by age group, it was determined that 317 of the studies had adult participants and 121 had child/adolescent participants (Table 1). When the sample groups of the theses examined in the study conducted by Kuş and Küçükkaraca (2024) were examined, it was determined that mostly adults with addiction problems were studied and the second group of sample group was composed of adolescent individuals with addiction problems (Kuş & Küçükkaraca, 2024). This can be explained by the fact that addiction is especially common in the adult population. According to the "2020 Global Digital" report published by We Are Social, when we look at the age distribution of social media use in Türkiye, it is seen that the highest usage rate is in the 25-34 age range (We Are Social, 2020). Additionally, conducting studies with children and adolescents presents unique challenges, such as ethical considerations, the need for parental consent, and difficulties in establishing trust and maintaining engagement with younger participants. These factors may contribute to the lower representation of this age group in addiction-related research.

When the thesis studies were analyzed according to the research models, it was seen that most studies were conducted using the quantitative method with 342 theses. This is followed by qualitative, mixed, and scale development studies (Table 1). When the research methods used in the theses examined in the study conducted by Kaçmaz and Cumurcu (2020) were examined, it was revealed that researchers generally preferred to conduct descriptive studies by using quantitative research methods in postgraduate studies on internet addiction (Kaçmaz & Cumurcu, 2020). In the study conducted by Acar and Şaşmaz (2021), it was seen that the majority of the studies on tobacco, alcohol, and substance addiction were conducted with quantitative methods (Acar & Şaşmaz, 2021). This situation can be explained by various difficulties related to the publication of qualitative research data in journals and the lack of sufficient academic support for the study (Kuş, 2007). In our study, it is seen that the number of qualitative studies is quite low compared to quantitative studies. However, when the detailed and numerous information to be obtained as a result of qualitative research is explained and interpreted correctly and systematically, perhaps it will be possible to obtain new data on the complex structure of the addiction phenomenon (Acar & Şaşmaz, 2021).

When thesis studies were analyzed in terms of addiction types, it was found that the most studied addiction type was technology and social media with 183 studies, followed by general substance addiction with 72 studies, tobacco addiction with 50 studies, and opiate addiction with 38 studies (Chart 2). This finding suggests the seriousness of the increasing addiction to technology and social media, which has been covered in more than half of the theses in the field of addiction in the last decade. At the same time, it can be said that the fact that social media addiction is a topic that is frequently on the agenda and discussed is also effective in the high number of theses on this field (Kurtoğlu & Pekşen Süslü, 2024). In a study conducted to comprehensively and holistically examine the methodological trends and findings of the studies on digital game addiction in Türkiye between 2010 and 2018 and to determine the factors associated with digital game addiction, it is seen that the studies on game addiction were intensified especially in 2017 and 2018 and the number of participants in the studies varied between 150 and 1000. Considering that primary, secondary, and high school students were mainly selected as the sample in the studies, it was concluded that data were collected from schools in most of the studies (Şimşek & Karakuş Yılmaz, 2020). It is observed that the number of studies on general substance addiction is considerable. This situation shows us that the number of consumers is increasing every year. Apart from this, it is striking that there are only 4 studies on methamphetamine addiction. Methamphetamine is one of the substances that have been reported to increase in frequency of use in recent years (Frost et al., 2021; Türkiye Drug Report, 2023). Since opiate addiction is monitored with relapses and remission periods and the course of the disease varies considerably according to the individual, it is thought to be a more difficult addiction type to study compared to other addiction types.

In the distribution of the departments in which thesis studies were conducted, it was determined that the department of psychiatry ranked first with 149 (50%) studies, followed by the department of family medicine with 100 studies, the department of public health with 37 studies, and the department of nursing with 23 studies (Table 2). According to these findings, considering the structure of addiction that causes mental disorders, it is quite understandable that half of the theses were conducted in the department of psychiatry. However, it is also seen that non-health disciplines also show interest in addiction and conduct studies on this subject. This may be due to the multifactorial nature of addiction. In order to understand the biochemical, psychological, and social dimensions of addiction, it is frequently emphasized in literature that experts working in disciplines such as

sociology, social work, psychology, history, politics, and journalism should collaborate to combine theoretical and therapeutic models (Koch & Blanco, 2001).

This study aims to emphasize the progress made in addiction research in Türkiye and identify improvement areas. For this purpose, 448 thesis studies published in Türkiye between 2013 and 2023 were categorized and examined in various groups such as thesis type, sample age group, type of addiction covered in the thesis, research design, and primary discipline. The high number of theses in the child and adolescent age group emphasizes the importance of starting preventive guidance and counseling studies at an early age. In addition, thesis studies on substance abuse, which has been increasing rapidly in recent years, emphasize the seriousness of the issue. Considering the importance of qualitative research in literature, encouraging such research through more training should be considered a great necessity. In addition, given the increase in the number of users, it is important to conduct more studies on methamphetamine. Given the multidimensional nature of addiction, fields other than medicine should be encouraged to conduct comprehensive studies on addiction. This approach will enable new and effective solutions in the fight against addiction. Strengthening interdisciplinary cooperation, investing in addiction education, and advocating for evidence-based policies are crucial for a healthier, addiction-aware society.

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