

# Review of: "Addiction as a Loss of Inner Freedom"

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This paper tackles a relevant issue in contemporary society under the light of the global mental health crisis prompting to issues with digital addiction, anhedonia, and sleep problems as consequences of the stresses people were put under during and after the covid19 pandemic. Two recent articles

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10525914/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9179985/>

discuss the problem of digital addiction, substance abuse, pathological brain adaptation, anhedonia and sleep problems under this light, pointing toward the central role of dopamine neurotransmitter function in the pathological brain adaptation process that is triggered in all forms of addiction. The target paper here focusses on the loss of what the authors choose to call "inner freedom". The point is interesting and quite well developed, but discussed under the light of a standpoint that may be one of moral philosophy (some text seems to point in that direction). This is from my viewpoint a dangerous stance to take, as it is potentially misleading. To gain in clarity, the paper should point out more clearly that this "loss of freedom" is not just a phenomenon to be accounted for at the psychological and philosophical levels (and definitely in relation to the current society context; this could also be stressed more) but, in a first instance, at the level of what addiction does to the brain. The suggested articles will help in this direction, under the light of the complex interactions of addiction with stress hormones, sleep function, eating habits and other metabolic variables that explain this "inner loss of freedom" the authors emphasize on at the neurophysiological level.