
The Best of the Best

Top-Accessed Article: UV Light Tanning as a Type of Substance-Related Disorder


In this article, Warthan and colleagues demonstrate the addictive nature of indoor tanning booth use. Of 145 beachgoers, 26% met the modified CAGE (Cut down, Annoyed, Guilty, Eye-opener) criteria, and 53% met the modified Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision, criteria. Furthermore, they suggest that tanning booth use should be considered a novel type of substance-related disorder. This proposition poses a compelling argument to restrict tanning booth use in minors, similar to restrictions imposed on alcohol and tobacco use.

Warthan and coauthors’ article is significant because it highlights the challenges that we clinicians face in deterring tanning booth use in our patients despite increasing evidence of associated health risks. It is imperative for practitioners to appreciate the possible addictive behaviors involved in tanning booth use in order to focus on patient education and prevention efforts.

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