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The relationship between temperament and problematic online gaming – The role of the metacognitive beliefs

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Temperamental traits are considered as essential predictors of many mental health problems, including addictive behaviors. Our previous analyses revealed that metacognitive beliefs might play an essential role in mediating the temperament – mental health issues. The current study aimed to identify potential associations between temperamental traits, problematic online gaming, and metacognitive beliefs. The studied sample included 902 participants (289 women) aged 16-60 ($M=25.6$; $SD=9.76$). The survey was administered using the online version of the formal characteristics of behavior – temperament inventory, the problematic online gaming questionnaire and the metacognition questionnaire. The most significant relations between problematic online gaming and temperament were revealed for emotional reactivity ($r=0.34$) and endurance (-0.28). Additional analyses showed that metacognition is the significant mediator of the relation between temperament and problematic online gaming. Our results strengthen the previous findings showing the critical role of the metacognitive beliefs in shaping the risk for the development of mental health problems.

Biography

Wojciech Lukasz Dragan has completed his PhD from the University of Warsaw. He is the current Director of the Interdisciplinary Center for Behavioral Genetics Research and the former Vice-Dean of the Faculty of Psychology at the University of Warsaw. He has published more than 30 papers in reputed journals. Currently, he serves as a Fulbright Fellow at Indiana University – Bloomington.

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