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Addiction and personality; is there any connection?

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Introduction: Personality traits as predisposition factors to addiction or the appetite for drugs. Mc Carthy and Costa (1991) states those five characters: neuroticism, extroversion, openness to experience, conscientiousness and agreeableness are important determinants for addiction.

Aim: To understand personality characteristics of the substance abusers and its role, whether these characters contributes for the addictive nature.

Materials & Methods: Total 35 patients each of alcohol and opioid dependence presenting to DMC&H outdoor and indoor facilities and 35 normal subjects, ranging from age group 18-60 years were taken in the study after their consent and who fulfilled the criteria of substance dependence according to ICD-10. Personality evaluation done using 16PF Questionnaire developed by Cattell. The collected data was analyzed using two sample t-test for unequal variances using excel and conclusions were withdrawn.

Result: Alcoholics are more imaginative, more confident, wrapped up in inner urgencies as well as careless of practical matter as opioid addicts. They are tenser, frustrated, suspicious and self-opinionated than opioid addicts while opioid addicts are more group dependent, sentimental and poor decision makers. Normal subjects differ significantly differ from both alcoholics and opioid addicts. These personality traits reflect that they have significant role in addictive behavior which is being supported by the literature.

Conclusion: The results of this research can be a new direction towards researchers and psychologist who work in addiction clinics to pay more attention to personality factors so that appropriate strategies in counseling and psychotherapy can be made

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