



Predicting Addiction Susceptibility Based on Big Five Personality Traits

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Abstract

Background: Addiction is one of the most prominent problems and the fourth leading crisis worldwide. In Iran, this issue is more complicated because of increasing young population in this country.

Objectives: This study aimed to predict addiction susceptibility regarding students' personality traits at Qazvin universities.

Methods: In this cross-sectional study, 227 students from Qazvin universities were selected using the multistage random stratified sampling method. Data collection tools were demographic information form, Addiction Susceptibility questionnaire (ASQ), and NEO personality inventory. After collecting the required data, SPSS software version 21 was used to analyze the data by running variance analysis and paired sample *t*-test.

Results: In this study, neuroticism ($P = 0.031$) and openness ($P = 0.043$) with regression coefficients of 0.584 and 0.586 had positive and significant effects on addiction susceptibility, respectively. In contrast, extraversion ($P = 0.023$), agreeableness ($P = 0.038$), and consciousness ($P < 0.001$) with regression coefficients of -0.639, -0.186, and -1.342 had negative and significant effects on addiction susceptibility, respectively.

Conclusions: The findings revealed a significant relationship between personality traits and addiction susceptibility. Accordingly, the aforementioned psychological traits must be empathized in educational, preventive, and therapeutic programs so that the vulnerable groups, including students, would receive some help.

Keywords: Addiction Susceptibility, Personality Traits, Students

1. Background

Previous studies indicate that drug dependence has remained as one of Iran's most critical public health problems (1), which is associated with multiple problems such as poor mental health, personality disorders, anxiety, and impaired social functioning (2). Accordingly, this major health issue demands intensive and comprehensive psychological treatments, for which drug treatment services can be easily delivered in the community (3, 4).

According to the data issued by the United Nations Office on Drugs and Crime (UNODC), addiction is the fourth crisis after environmental degradation, atomic bomb, and poverty (4). According to this organization's latest report published in 2017, above 400 million persons are addicted, accounting for 5% of the world population. Two third of consumers are male, and the others are female. Of 400 million persons, 200000 persons, who are mainly from Asia, die from the consumption of drugs, especially

opium. Moreover, according to this report, Afghanistan encompasses the highest rate of substance consumption (2.065%). Russia and Ukraine is the second and third consumers, and unfortunately, Iran is the fourth one with the consumption rate of 1.13% (5). According to the latest report issued by Iran's Drug Control Headquarter in 2017, about 2808000 persons in Iran are substance addicts, the rate reported in which has been doubled compared to the last survey in 2011. Accordingly, individuals aged 15 - 64 years old account for the largest proportion of substance consumers (65%). In 2016, 3190 substance abusers passed away, revealing a 6.2-percent increase compared to the year before (6).

Young adults seem to be more exposed to addiction than the other age groups (7). According to the census from Drug Control Headquarter, 5.6% of addicts consumed drugs for the first time when they were 15 years old, and the mean age in the first experience of drug abuse is 19 -