MT-4

A study on the relationship between personality factors and internet addiction among young adults

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Background and aims: Problematic internet addiction or excessive internet use has become more and more common worldwide, yet, there are few systematic studies on personality traits that are associated with internet addiction. The aim of the current study was to investigate the relationship between internet addiction and personality using the five-factor model of personality traits.

Methods: Participants were 247 adults mean age 26.43 years, 188 males and 71 females, who used the internet at least three times a day. They filled in a demographic questionnaire, the Big Five Inventory, and Young's Internet Addiction Scale (IAT).

Results: There were no differences between male and females on IAT scores. Multiple regression analysis revealed that big-five personality factors contributed significantly to ratings of internet addiction and explained 16% of the variance. While neuroticism, agreeableness and conscientiousness significantly contributed to the variance of excessive internet use, extraversion and openness did not.

Conclusions: This study extends our knowledge regarding the factors that contribute to problematic internet use. Individuals who are prone to be more neurotic, less agreeable and less conscientiousness are more addicted to the internet. This evidence supports previous evidence for the contribution of personality factors to the manifestation of problematic internet use.

MT-5

“It evens my line”: A qualitative study of video game addiction as harm reduction among veterans with substance addiction and/or mental health problems

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Background: While abstinence is the primary goal of substance addiction treatment, preventive interventions may include harm reduction strategies such as substitute addictions. We explored how individuals who were currently in behavioral and/or mental treatment used gaming to manage symptoms. Methods: We interviewed 20 military veterans who played video games and received mental or behavioral health treatment. We used open coding to
develop codes for an analytic framework then summarized data into an analytic framework matrix. Results: Six gamers described using games to manage symptoms and discussed how gaming reduced their use of addictive substances or kept aggressive behaviors in check. Of those, two felt addicted to games. Gaming was described as a way to calm the mind when other strategies were not accessible or a way to distract from cravings, e.g. for alcohol and heroin. One individual used gaming binges to prevent heroin use. Discussion: Replacing substance use or aggressive behaviors with video games, even when gaming is excessive or problematic, may reduce the harms of substance addiction and be a useful part of recovery.

MT-6
Perception of family interactions and parental behaviour – a comparison of youth with and without gambling related problems

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Contemporary studies emphasize the importance of family variables in explaining problem gambling, especially in adolescent age when family plays a key role. Therefore, the purpose of this research is to contribute to this body of knowledge through gaining insight into potential differences in adolescents’ perception of parental behavior regarding the severity of their gambling. The study was conducted with a convenient sample of n = 244 male adolescents from all three types of high-schools. The method of data collection was Paper-and-Pencil Self-Administered Questionnaire which comprised: General socio-demographic data, General Problem Severity Subscale as a part of Canadian Adolescent Gambling Inventory (Wiebe et al., 2010), Questionnaire on family interaction (Vulic-Prtoric, 2002), Questionnaire on parental behaviour (Kuterovac-Jagodic, Kerestes & Brkovic, 2002) and Questionnaire on probability of parents’ sanctioning children’s risky behaviours. The results show that all students equally perceive family interactions, but differ in their perception of parental behavior. Specifically, young people without gambling-related problems perceive their parents as less intrusive, punishing, permissive and restrictive. When it comes to parental sanctioning, problem gamblers perceive their parents as less prone to punishing some risky behaviors. This research confirms the importance of family variables in understanding this phenomenon. Practical implications of results will also be discussed.