

Relative Associations Between Maladaptive Personality Traits and Mindset on Disordered Drug Use

Rebekah Nerenberg, Alana R. Gallagher, & Matthew M. Yalch

INTRODUCTION

- Drug use is a common problem in the United States.
- One factor that influences drug use is personality, specifically its maladaptive aspects.
- Of maladaptive traits, disinhibition is most closely linked to disordered use of drugs and other substances.
- Another factor that may influences drug use is whether a person believes they can control their use (i.e., mindset).
- However, it is unclear whether mindset about drugs influences drug use over and above maladaptive personality traits.

METHODS

- Participants were 362 adults recruited from Amazon's Mechanical Turk (age_{mean} = 39 years; Table 1).
- Measures: DAST, PID-5-BF, *Theories of Drug Use* scale.
- We examined relative effects of traits and mindset on drug use using a Bayesian approach to multiple regression.

RESULTS

- Correlations between maladaptive personality traits and drug use were on average small ($r_{\text{mean}} = .19$).
- The correlation between traits and drug mindset was larger than the correlation between traits and drug use.
- Maladaptive personality traits and drug mindset accounted for a large amount of variance in drug use.
- Disinhibition and drug mindset respectively had medium and large relative associations with drug use.

DISCUSSION

- Findings highlight that mindset has a strong association with drug use over and above maladaptive traits.
- This implies that if someone believes they can control their drug use, they likely can control it.
- Treatment interventions for disordered drug use may benefit from focusing on emphasizing beliefs of control over ideas of an "addictive personality."

If someone believes they can change their level of drug use, they probably can.

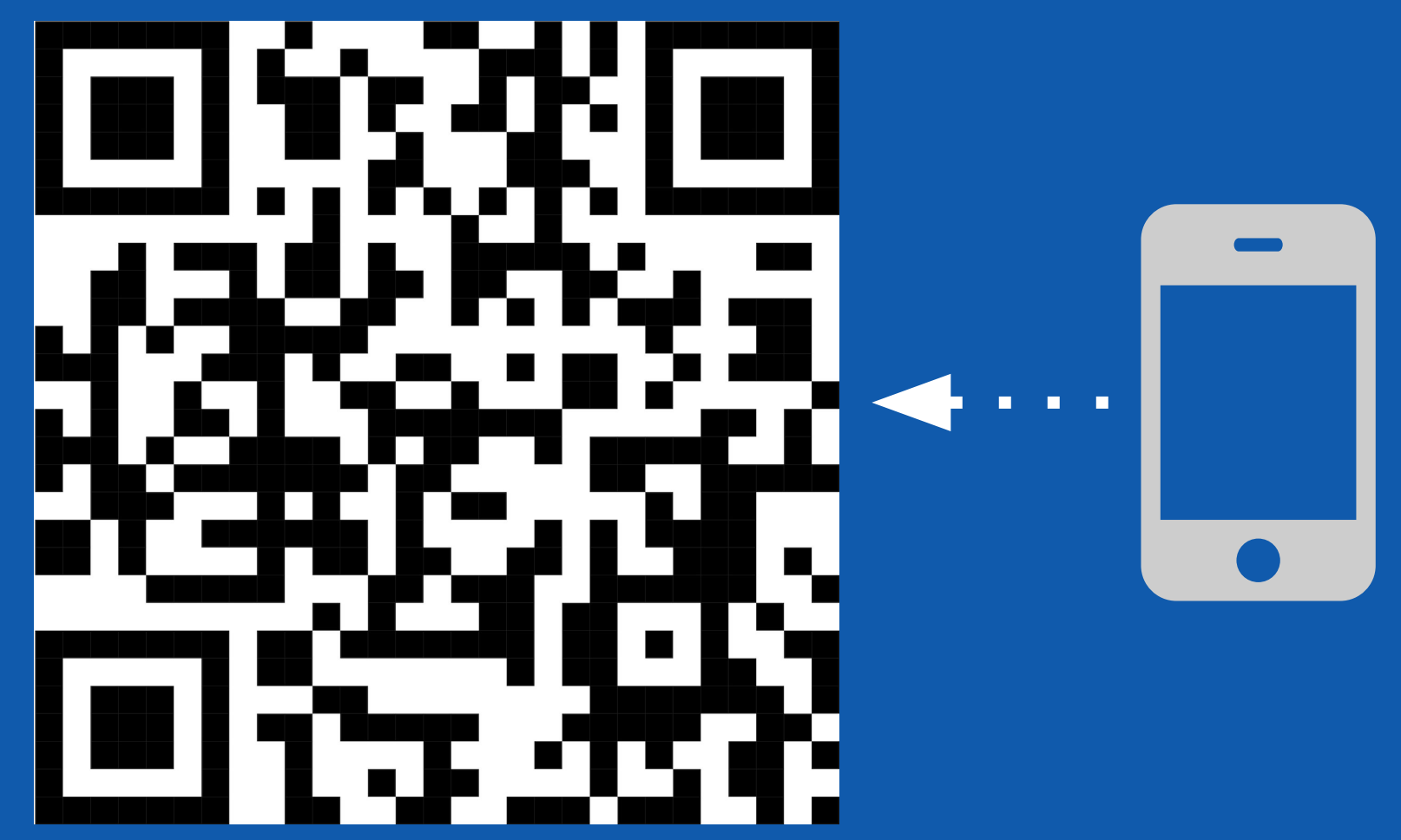


Table 1
Sample Demographics

	n (%)
<u>Sex</u>	
Male	176 (49%)
Female	185 (51%)
<u>Race</u>	
White	259 (71%)
Asian	51 (14%)
Black	35 (10%)
Multiracial	9 (3%)
Other	7 (2%)

Table 2
Correlations Between Study Variables

	1	2	3	4	5	6	7
1. Drug Use	(.83)						
2. Antagonism	.23	(.78)					
3. Detachment	.09	.22	(.79)				
4. Disinhibition	.28	.42	.35	(.81)			
5. Negative Affect	.15	.33	.49	.40	(.79)		
6. Psychoticism	.21	.48	.46	.57	.55	(.80)	
7. Drug Mindset	-.41	-.34	-.28	-.28	-.26	-.26	(.96)
Skew	3.05	1.18	.47	1.19	.36	.66	-1.61
Kurtosis	10.92	.80	-.42	1.58	-.86	-.69	2.17

Note. α on diagonal; $r_s > |.10|$ are statistically significant at $p < .05$.

Table 3
Relative Effects of Maladaptive Personality Traits and Drug Mindset on Drug Use

	β	95% HDI	R^2
Antagonism	.03	[-.09, .14]	.21*
Detachment	-.10	[-.21, .01]	
Disinhibition	.17*	[.05, .28]	
Negative Affect	.00	[-.12, .12]	
Psychoticism	.06	[-.08, .19]	
Drug Mindset	-.37*	[-.47, -.27]	

Note: *indicates that 0 did not fall within 95% of Highest Density Interval (HDI)