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

**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 influence 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 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."