

What is it ?

A person is more likely to become addicted at vulnerable moments. Addiction does not develop overnight; it is a process.

4 CAUSES OF ADDICTION

1 Family history:

Genetics determines 50% of a person's risk of developing an addiction.

2 Lack of coping skills:

Stress is a major indicator of addiction risk, as it can drive moderate users to use more regularly and become addicted.

3 Negative thinking:

Negative thinking, a cognitive process in which people tend to see everything in a negative light or by considering worst-case scenarios, can make a person feel bad about themselves, irritable, stressed, or dissatisfied with life.

4 Anxiety disorder or

depression: Approximately 15-30% of people who struggle with addiction also have an underlying anxiety or depression.

DID YOU KNOW ?

A variety of tests are available to assess addictive behavior. This process usually consists of two parts: a self-rating scale for the first stage of the test and a semi-structured interview for the second stage.

