

Why do some people become addicted?

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 An underlying anxiety disorder or depression: Approximately 15–30% of people who struggle with addiction also have an underlying anxiety or depression. Anxiety or depressive disorders can lead to addiction if left untreated.

DID YOU KNOW?

A variety of tests are available to assess addictive behavior. This process usually consists of two parts:

1. a self-rating scale for the first stage of the test
2. a semi-structured interview for the second stage

Sources : cairn.info
inspq.qc.ca

