

Do personality traits of compulsive users of social media overlap with problem drinking?

December 19 2018

A study published in the *Australian Journal of Psychology* found certain similarities and differences in personality traits when comparing compulsive use of social media with problematic or risky alcohol use.

In the study of 143 young men and women, both disordered social media and risky alcohol use were predicted by narcissism and impulsivity. The former was also predicted by reward sensitivity (behavior that is motivated by the prospect of access to a reward), whereas the latter was also predicted by alexithymia (an inability to identify and describe the emotional feelings of oneself and others).

"Future work is needed to further elucidate both the similarities and the differences in [risk factors](#) between substance and behavioral addictions. Results would be potentially informative for clinicians involved in the treatment of those exhibiting such disordered behaviors," said lead author Dr. Michael Lyvers, of Bond University, in Australia. "For example, based on the present results, targeting impulsiveness and other signs of executive dyscontrol may be as relevant to successful treatment of disordered social media use as for disordered substance use, whereas for clients high in narcissism, targeting the drive for positive social reward might prove particularly useful in treating disordered [social media](#) use."

More information: Michael Lyvers et al, Disordered social media use and risky drinking in young adults: Differential associations with addiction-linked traits, *Australian Journal of Psychology* (2018). [DOI:](#)

[10.1111/ajpy.12236](https://doi.org/10.1111/ajpy.12236)

Provided by Wiley

Citation: Do personality traits of compulsive users of social media overlap with problem drinking? (2018, December 19) retrieved 2 May 2024 from <https://medicalxpress.com/news/2018-12-personality-traits-compulsive-users-social.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.