

Personality Traits in Patient with Alcohol Dependence

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DOI: <https://doi.org/10.52403/ijshr.20230309>

ABSTRACT

About two billion people worldwide consume alcoholic beverages and one-third (nearly 76.3million) is likely to have one or more diagnosable alcohol use disorders. Alcohol is attributed to early 3.2% of all deaths and results in a loss of 4% of total DALYs (58million). Personality traits reflect basic dimensions on which people differ (Extraversion, Conscientiousness, Neuroticism, Openness, and Agreeableness). Neuroticism, agreeableness and conscientiousness personality have alcohol dependence whereas extraversion tended to predict fewer days of heavy drinking and openness will have familial risk for alcoholism.

Keywords: Personality traits, Alcohol Dependence

INTRODUCTION

Alcohol abuse and dependence are among the most prevalent disorders in the general population and is a significant public health challenge. All over the world, alcohol causes 4% of deaths and contributes 5% to global burden of disease. Alcohol consumption has increased globally over years and there are around 62 million alcoholics in India.¹

Alcohol use disorder (AUD) is one of the most prevalent addictions, impacting millions of lives globally and not only

affecting individuals and families. A study was conducted in 2015. To assess the longitudinal associations between personality and alcohol use Higher extraversion and lower conscientiousness have increased risk of transitioning from moderate to heavy alcohol consumption over time, whereas higher neuroticism and lower agreeableness have heavy alcohol consumption. Alcohol abstinence occurred with the personality of lower extraversion, higher neuroticism, higher agreeableness and lower openness.² It is well known that personality traits are associated with alcohol use. Personality traits are Extraversion, Conscientiousness, Neuroticism, Openness, Agreeableness. Personality disorders, in particular, are considered to be an important contributing and/or predisposing factor in the pathogenesis, clinical course and treatment outcome of alcohol dependence. A recent systematic review showed that binge drinking was cross-sectional associated with higher impulsivity and sensation-seeking, as well as Anxiety sensitivity, higher extraversion, and lower conscientiousness.³

RESULT

PERSONALITY TRAITS AND ITS DIMENSION:

Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviors. It implies consistency and stability. When we observe people around us, one of the first things that strike us is how different people are from one another. Some people are very talkative while others are very quiet. Some will worry a lot, others almost never seem anxious. Each time we

use one of these words, words like "talkative," "quiet," "active," or "anxious," to describe those around us, we are talking about a person's personality. According to trait, there are a limited number of these dimensions (dimensions like Extraversion, Conscientiousness, Neuroticism, Openness, Agreeableness), and each individual falls somewhere on each dimension, meaning that they could be low, medium, or high on any specific trait.⁴

PERSONALITY TRAITS(OCEAN)



Openness - tendency to appreciate new art, value, ideas, feelings, behaviors



Conscientiousness - tendency to be talkative careful, follow rules, hardworking



Extraversion - Extraversion person will have, sociable and enjoy others, to have dominant



Agreeableness - have tendency to agree and go along with others rather than to assert one's own choices



Neuroticism - tendency to be angry, worry, sadness, depressed

PERSONALITY AND ALCOHOL DEPENDENCE: A RELATIONAL OVERVIEW:

Familial risk for alcoholism has openness, agreeableness and conscientiousness personality. Alcohol use disorders have neuroticism, agreeableness and conscientiousness personality.⁵

A study was conducted in 2001 to assess the Risk perception, personality factors and alcohol use among adolescents. Findings shows that in adolescents who perceived benefits vs. risks, grade level, and

independence were have participation in alcohol-related activities. Sensation seeking, ego control, achievement and independence were alcohol-related activities through perceived benefits vs. risks.⁶

Personality traits also had an impact on the risk of heavy drinking at follow- up. Higher extraversion tended to predict fewer heavy drinking days and clients low on conscientiousness had a significantly higher risk of worse outcomes at follow- up.⁷

Agreeableness & Conscientiousness trait has an effect on ADS:

A study was conducted in northeastern United States, to examine the specificity of previously observed trait/alcohol relations and the temporal relations of trait elevations and alcohol problems. Result shows that conscientiousness, openness to experience, neuroticism, and extraversion should be taken into account when planning Alcohol Use Disorder treatment. High impulsiveness and excitement seeking and low agreeableness (particularly trust) and conscientiousness (particularly deliberation and dutifulness). Although these traits were more specific to alcohol misuse than to general impairment in functioning, they were equally related to alcohol and substance-use diagnoses.⁸

Neuroticism trait has & it's effect on ADS:

A was study conducted in Jammu to assess the relationship between personality traits and severity of alcohol dependence in alcohol dependence syndrome cases. Result shows that the personality traits of Neuroticism was found to be directly associated to the severity of Alcohol Dependence while all other personality traits (especially Conscientiousness) were inversely associated with severity of Alcohol Dependence.⁹

A was study conducted in Finland. To assess the risk factors for alcohol dependence. Result shows that parental alcohol problems and high trait anxiety is related to high occurrence of alcohol dependence in both men and women. In women, high antisocial behavior, high impulsivity, and high externality are also related to high occurrence of alcohol dependence.¹⁰

A was conducted in England to known that certain personality traits are associated with alcohol use. Result indicate that binge drinking is directionally associated with sensation-seeking, whereas aggression–hostility and sociability predicted binge drinking, Changes in alcohol use shows

changes in aggression–hostility, sensation seeking, and sociability.¹¹

Negative affect regulation states that alcohol consumption reduces anxiety, so people will be especially motivated to drink alcohol when faced with stress. Hypothetically, individual differences in anxiety would be related to the anxiolytic effect perception of alcohol, so this effect would be relevant in alcohol use and alcoholism. Positive affect regulation state that most people drink alcohol because they expect positive reinforcement effects and, consequently, motivation to ‘enhance’ (e.g. drinking ‘to feel good’) is an important factor in alcohol use and abuse.¹²

Openness and Extraversion trait has an effect on ADS:

A study was conducted in Southern Denmark shows that high neuroticism score was negatively associated with treatment completion. Further, clients with a high score on neuroticism, openness, and extraversion, or a low score on conscientiousness were less likely to reduce their drinking to a sensible level at follow-up and low scores on conscientiousness were associated with having heavier drinking days at follow-up. The personality traits neuroticism and openness were associated with treatment preferences.⁷

CONCLUSION

This study implies the need for assessing personality disorders in alcohol dependence patients as many have at least one personality. Personality traits emotional stability and perfectionism were found to affect the severity of alcohol dependence. People with comorbid personality pathology associate with increased consumption of alcohol, chances of relapse, more severity and poor treatment outcome. When there is comorbid personality pathology then the course of alcohol use disorder is less favorable, and it is reflected in increased consumption, earlier onset of alcohol problems and more delinquent social and occupational consequences of drinking.

Hence, it can be concluded that personality traits are important factors for the development of addictive behavior such as alcohol dependence and personality factors affect the severity of alcohol use and might be associated with poor treatment outcome. Personality traits influence 6 months drinking outcomes for people receiving AUD treatment. Hence, personality traits need to be addressed by clinicians during management and intervention to treat this clinical condition and its impact on severity and to improve the outcome.

Declaration by Authors

Ethical Approval: Not Required

Acknowledgement: None

Source of Funding: None

Conflict of Interest: The authors declare no conflict of interest.

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How to cite this article: Riya Kumari, Aishwarya Ray, Jyothi Quadras, Nisha C K, Alphonsa K K. Personality traits in patient with alcohol dependence. *International Journal of Science & Healthcare Research.* 2023; 8(3): 48-51. <https://doi.org/10.52403/ijshr.20230309>
