



## Alexithymia as risk factor of the development of addictive behavior of young people in the Republic of Belarus

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### Abstract

**Material and methods.** A socio-psychological survey and clinical-psychological research were conducted (level of alexithymia; intensity of Internet addiction; individual-characterological personality traits; individual style of coping strategies, behavioral patterns and resources of personality) in the cohort of 150 people living in Belarus at the age of 15-24, average age:  $18.9 \pm 1.64$ , M:F= 87:63). As a result of randomization of subjects 3 groups were detected: main group (people with traces of developing addiction from “new psychoactive substances” (NPS))(MG, 50 people); group of comparison (people with “non-chemical” forms of addiction (Internet addiction) (GC, 50 people) and control group (50 people, without addictions and deviant behavior).

**Results.** The research of coping behavior methods, in the category “Search for social support” groups MG and control differ significantly statistically (probability of passing similarity  $p = 0.016$ ,  $t=2.45$ ,  $df=147$ ) has shown the significance of social network support as in the case of PAS addiction. Total score of Toronto Alexithymia Scale-26-R showed that people from MG (average number  $67.66 \pm 8.01$ ) and CG (average number  $58.92 \pm 8.36$ ) statistically differ significantly, probability of passing similarity is  $p < 0.001$ ,  $t=5.3$ ,  $df=147$ . Indicators of expressed alexithymia noticeably prevail in MG and GC, in comparison with control. While researching Internet addiction using subject-oriented scale, statistically significant difference between CG and control was found out, probability of passing similarity is  $p = 0.006$ ,  $t=2.82$ ,  $df=147$ .

**Conclusion.** Received and analyzed study materials are the basis for the development of combined preventive and rehabilitation program for those with “new PAS” addiction and “Internet addiction” among teenagers and youth.

### Biography

Professor Dr. Sergey Igumnov is currently the Member of Council of the Aii-Russia Professional Psychotherapeutic League (since 2014), as well as the Past President and Member of the Presidium of the Board of Belarusian Association of Psychotherapists (since 2003); International Member of the American Psychiatric Association (since 2014); Professor of Clinical Psychology Department at the Belarusian State Pedagogical University named after M.Tank, BSPU (2013-Present). He completed his post-graduate research study (doctoranture) in Psychiatry on the basis of Serbski Research Centre of Social and Forensic Psychiatry and Federal Research Centre “Institute of Biophysics” (Moscow, Russian Federation, 1996 — 2000), and obtained the Degree of Doctor of Medical Sciences (2000).

### Publications

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