

# The Role of Five Personality Traits in Predicting Substance Use Patterns

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## 1. ANXIETY SENSITIVITY (AS)

**AS PHYSICAL** Increased alcohol misuse  
Used to 'self medicate' [4]

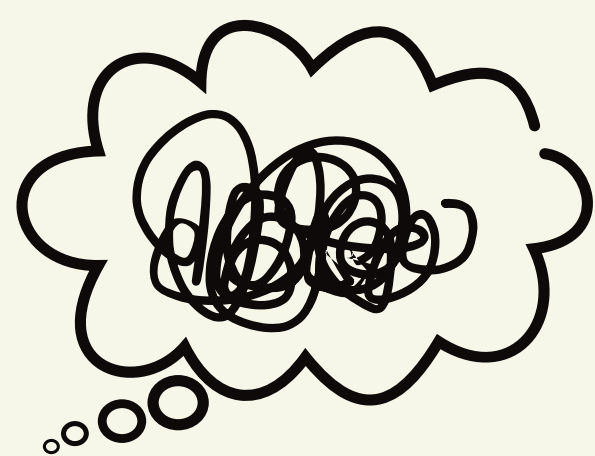
**AS COGNITIVE** Fear and arousal  
motivates individuals to  
drink more [4]

**AS SOCIAL** Difficulty with emotional  
awareness leads to greater  
alcohol consumption [4]

## 2. HOPELESSNESS (HOP)

"Negative Thinking"

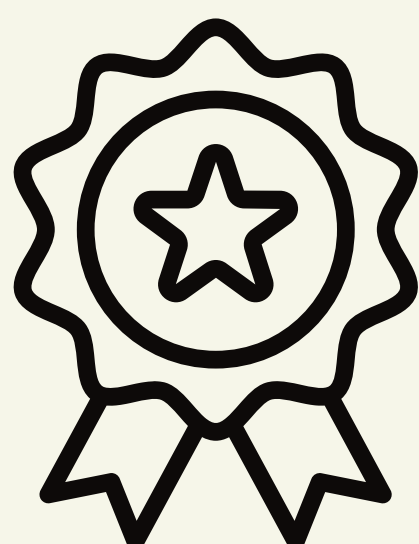
1. High HOP exhibit increased levels of drinking and cannabis use [4].
2. Individuals with HOP use substances to reduce depression rates [8].



Preoccupation  
with negative  
thoughts

## 3. IMPULSIVITY (IMP)

Higher drug  
misuse,  
dependance,  
and stronger  
cravings [2,5]



Rewarding  
outcomes  
increase  
drinking [10]

## 4. SENSATION SEEKING (SS)

Pursue novel and exciting experiences [10]

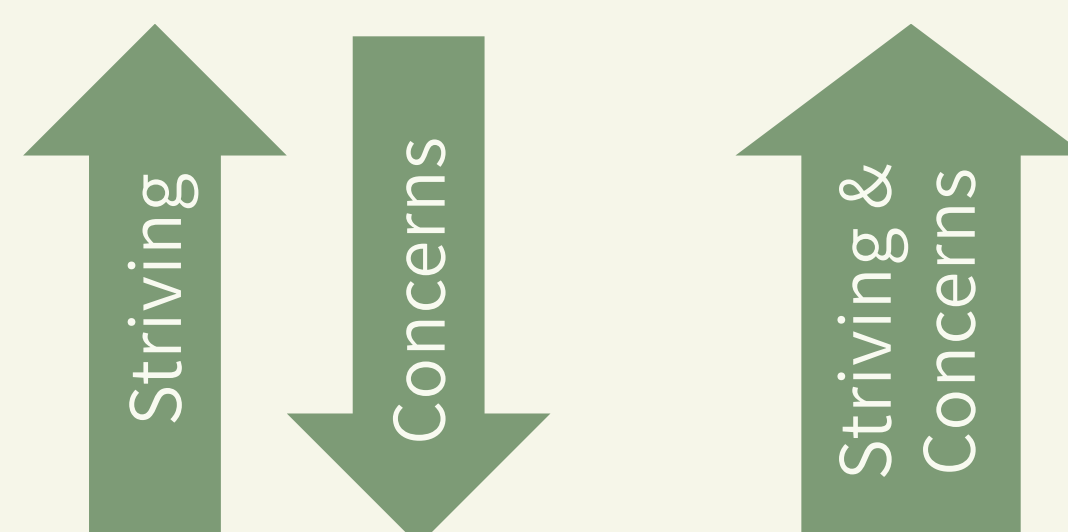
**Negative  
Reinforcement**

**Positive  
Reinforcement**

**Alleviate unpleasant  
feelings** (anxiety,  
stress, sadness) by  
using substances to  
**increase** behaviour.

Using substances to  
create **positive  
feelings/sensations**  
and increase  
substance use.

## 5. PERFECTIONISM (PRF)



ADAPTIVE

MALADAPTIVE

Serve as a **protective  
factor** for substance  
use [6]

**Problematic**  
substance use [6]

## GENDER DIFFERENCES

**Males**

**Females**

Higher **impulsivity  
and sensation  
seeking** [11]

Higher **anxiety  
sensitivity and  
hopelessness** [11]



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