

RELATIONSHIP BETWEEN INTERNET ADDICTION AND PERSONALITY DISORDER IN PATIENTS ATTENDING OUTPATIENT CLINICS OF ALEXANDRIA UNIVERSITY HOSPITALS

Hesham Adel Sheshtawy, Mostafa Kamaledin Ahmed Elsaadani, Hend Magdy Elsayed Abdelaziz
Department Neuropsychiatry, Faculty of Medicine, Alexandria University, Egypt.

INTRODUCTION

Research on problematic Internet use is growing due to its importance in various context. Debates persist on whether problematic Internet use is addictive and which activities should be considered for clinical diagnosis. Internet addiction (IA) is an uncontrollable urge to use the internet, leading to devaluation of time, intense anxiety, and deteriorating social and family life.

Studies show a correlation between psychiatric disorders (PD) and IA, with Axis-I disorders often co-occurring with pathological Internet use. However, personality traits are often overlooked as risk factors for developing IA.

Narcissistic tendencies have been found to be related to social media addiction in previous studies. They can strengthen their ideal selves and fantasy powers in the virtual world.

Borderline personality disorder (BPD) features with affective instability and impulsivity have been shown to correlate with IA in cross-sectional studies. Individuals with histrionic PD who need more social approval and have a desire to be liked are more likely to develop social media addiction and a problematic use of social media.

AIM OF THE WORK

The study aimed to explore the prevalence of internet addiction (IA) in personality disordered patients attending Alexandria University Outpatient Clinics in Egypt.

SUBJECTS AND METHODS

This study had a descriptive design investigating the prevalence and characteristics of personality disorders among patients aged 18 to 65 with internet access. Those with chronic medical or neurological conditions were excluded, as well as those without internet access. Data was gathered using the SCID-II for personality disorders and the Internet Addiction Test (IAT) over six months. Started from September 1st 2023 to the end of February 2024.

RESULTS

Out of 40 studied patients; 6 (15%) was normal, 13 (32.5%) had mild internet addiction, 21 (52.5%) Had moderate to severe internet addiction according to internet addiction test.

Table 1: Relation between the studied groups according to Personality Disorders (n = 40)

	Internet Addiction Test (IAT)							
	Normal (n = 6)		Mild (n = 13)		Moderate to Severe (n = 21)		χ^2	MCp
	No.	%	No.	%	No.	%		
Personality Disorders								
PD only	4	66.7	8	61.5	14	66.7	0.245	1.000
PD with other psychiatric diagnosis	2	33.3	5	38.5	7	33.3		

χ^2 : Chi square test MC: Monte Carlo
p: p value for comparing between the studied categories

Table 2: Relation between the studied groups according to Personality Disorders (n = 40)

	Internet Addiction Test (IAT)							
	Normal (n = 6)		Mild (n = 13)		Moderate to Severe (n = 21)		χ^2	MCp
	No.	%	No.	%	No.	%		
Personality Disorders								
Avoidant	0	0.0	1	7.7	4	19.0	7.175	0.453
Schizoid	1	16.7	0	0.0	1	4.8		
Histrionic	0	0.0	1	7.7	2	9.5		
Narcissistic	2	33.3	2	15.4	1	4.8		
Borderline	3	50.0	9	69.2	13	61.9		

χ^2 : Chi square test MC: Monte Carlo
p: p value for comparing between the studied categories

CONCLUSION

The IAT outcomes highlighted that internet addiction was prevalent in personality disordered patients. 34 (87.5%) out of the 40 studied patients had mild to moderate internet addiction.