

# The Role of Childhood Trauma in Addiction and Social Anxiety of Young Drug Users in Islamshahr City

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## ABSTRACT

The purpose of this study was to investigate the role of childhood trauma in addiction and social anxiety among young drug users in Islamshahr City. This research is applied in terms of purpose and in terms of descriptive-correlation method and it is survey type. The statistical population of the present study was 800 young drug users in Islamshahr City who had been referred to addiction treatment and counselling clinics. Based on the table of Morgan Karjesi, the sample size was calculated to be 260 people. To collect information, a questionnaire tool was used, which was distributed among the sample using the available sampling method. 22SPSS software was used to analyze the findings and regression analysis was used to check the hypotheses. The results showed that the correlation between childhood trauma and the addiction tendency of drug users is 0.75. Also, the determination coefficient value is 0.29, which shows that 0.29 changes in the variable of tendency towards addiction among drug users can be explained by childhood trauma. Therefore, it can be concluded that childhood trauma with a confidence level of 95%; has a significant effect on the addiction tendency of young drug users. Also, the correlation between childhood trauma and social anxiety of young drug users is 0.465. Also, the coefficient of determination is 0.441, which shows that 0.44 of the changes in the social anxiety variable of drug users can be explained through childhood trauma. Therefore, it can be concluded that childhood therapy has a direct and significant effect on addiction and social anxiety of drug users with a confidence level of 95%. Therefore, paying attention to childhood trauma plays an important role in predicting young people's tendency to addiction as well as their social anxiety.

## **1. Introduction**

Drug addiction is considered an important public health problem. In Iran, addiction is known as a chronic and recurring brain disease, which has a significant prevalence. Substances include all compounds that alter the functioning of the brain in the form of excitement, depression, abnormal behaviour and anger or impaired judgment and consciousness. Substance dependence means the use of any type of addictive substance that causes physical, psychological, emotional and social harm to the user or others. In this way, the use of any prohibited or controlled substance without therapeutic purpose is considered abuse. Substance dependence is a chronic recurring disorder that has three characteristics: 1) the compulsion to seek and use drugs, 2) lack of control to limit consumption and 3) the occurrence of negative emotional states (such as boredom, anxiety and restlessness) when that it is not possible to access the materials) (Qurbani et al., 2018.)

Traumatic life experiences, such as physical and sexual abuse as well as neglect, occur at alarming rates and are considered a major public health problem in the United States. Exposure to early trauma is well known to significantly increase the risk of developing several Psychiatric disorders in adulthood, although many who have been exposed to childhood trauma are quite resilient. Ample evidence has shown that childhood trauma compromises neural structure and function, predisposing a person to later cognitive impairments and psychiatric illnesses, including schizophrenia, major depression, bipolar disorder, and post-traumatic stress disorder. and abuses drugs. The relationship between exposure to trauma and substance abuse is well established. For example, in the National Adolescent Survey, adolescents who had experienced physical or sexual abuse/assault were three times more likely to report past or current substance abuse than adolescents without a history of trauma. More than 70% of patients had a history of exposure to trauma (Khouri et al., 2010).

The association of addiction with other mental disorders is one of the important topics and the subject of research. The phenomenon of addiction has spread a lot in Iran. The existence of more than 2 million addicts in the country, the reduction of the age of addiction in schools, the presence of more than 100 thousand prisoners related to addiction in the country and the change in the pattern of consumption towards industrial substances emphasize the necessity of aetiology investigations more than in the past. On the other hand, due to the irreparable socio-economic and physical destruction of addiction, primary prevention is very important. Childhood trauma is a general term used to describe all forms of child abuse, neglect, physical abuse, sexual abuse, neglect, emotional abuse, and recently family violence (Saunders et al., 2022).

A person's tendency to use drugs and violence. These injuries have adverse consequences for physical and mental health, however, the relationship between childhood injuries and mental health problems in adulthood and the specific mechanism underlying the initial trauma with later psychiatric problems is still unclear. Anxiety means fear, doubt and excessive worry. Fear and worry exist in a person chronically and constantly torment a person to the point that he cannot lead his daily life in a normal state. This state may cause a person to be unable to work maintain or have long relationships with friends, spouses or family members. Social anxiety disorder is a complex neuropsychological syndrome that forms an independent diagnostic class in the international classification of mental disorders. Its main characteristic is the intense and constant fear of situations in which a person is in the company of others or has to do something in front of them. More than 20% of people who are referred for treatment due to anxiety disorders have social anxiety disorder (Mohiuddin and Behrouz, 2019).

## **Research Method**

This research is applied in terms of purpose and terms of descriptive-correlation method and it is survey type. The scope of the research includes the role of childhood trauma in addiction and social anxiety of young drug users in Islamshahr City. The statistical population of the present study was 800 young drug users in Islamshahr City who had been referred to addiction treatment and counselling

clinics and were selected using the available sampling method. The tools of the current research include the short form of the childhood trauma questionnaire (Bernstein et al., 1997), the drug addiction questionnaire (Vido et al., 1992) and the Jarabak social anxiety questionnaire (Jarabak, 1996).

### Findings

**Table No. 1: Central indicators and dispersion of research variables**

Variance	standard deviation	Total	Maximum score	Minimum score	Average	Number	Variable
0/435	0/647	367/21	4/8	1/20	3/87	260	Childhood trauma
0/390	0/652	379/22	4/38	1/14	2/96	260	Tendency to addiction
0/241	0/647	416/24	5	1	3/67	260	social anxiety

Before testing the hypotheses, one should test the normality of the data distribution. This helps the researcher to choose the appropriate statistical test to test the hypotheses. For this purpose, the Kolmogorov-Smirnov test was used to identify the type of data distribution. For this purpose, the distribution of data related to the research variables at the significance level of 0.05 has been investigated.

**Table No. 2: The results of the normality test of the variables by the skewness and kurtosis test**

Elongation deviation error	Elongation	Skew deviation error	Correction of bias	Variables
0/308	-0/014	0/155	-0/094	Childhood trauma
0/307	0/477	0/1554	-0/217	Tendency to addiction
0/307	0/292	0/154	-0/319	social anxiety

As can be seen in Table No. 2, because the value of skewness and elongation of all the studied variables is between the range of positive three and negative three, therefore, the distribution of the data related to the studied variables is normal.

**Table No. 3: The results of the Kolmogorov-Smirnov test to check the normality of the distribution**

The significance level	Z Kolmogorov-Smirnov	Variables
0/69	0/939	Childhood trauma
0/75	1/203	Tendency to addiction
0/74	1/033	social anxiety

Table 3 shows the results of the Kalmogorov-Smirnov test to check the normality of the distribution of scores. Based on the results listed in the table, the significance level of the calculated statistic for all variables is greater than 0.05, so the assumption of normal distribution of scores is accepted.

**Table number 4: Multiple collinearity test**

VIF	Endurance statistics	Variables
0/990	0/907	Childhood trauma
0/990	0/991	Tendency to addiction
1	1	social anxiety

Based on the results presented in Table 4, no deviation from the assumption of linear multiplicity was observed in any of the tolerance and VIF values calculated for the research variables.

**Hypothesis 1: Childhood trauma has a significant effect on the addiction tendency of drug users in Islamshahr City.**

**Table No. 5: Summary of the correlation model of the variables**

Durbin-Watson Test	Standard error of estimate	justified R <sup>2</sup>	R <sup>2</sup>	R	Model
1/98	0/7303	0/297	0/298	0/300	<b>1</b>

In this table, the correlation between childhood trauma and the addiction tendency of young drug users is 0.705. Also, the determination coefficient value is 0.29, which shows that 0.29 changes in the variable of tendency towards addiction among drug users can be explained by childhood trauma. Durbin-Watson's test was also used to check the independence of the error. The value of this test is 1.98. This means that the result of one observation does not affect the result of other observations. In this case, the hypothesis of independence of errors is confirmed and the errors are not correlated with each other and it is possible to use regression.

## **Discussion**

The results showed that the correlation between childhood trauma and the addiction tendency of young drug users is 0.705. Also, the coefficient of determination is 0.29, which shows that 0.29 of the change in the variable owner of a tendency to addiction among drug users can be explained by childhood trauma. Therefore, it can be concluded that childhood trauma with a 95% confidence level has a significant effect on the addiction tendency of drug users. The results of the present study were aligned with the results of the following studies: Turkman et al. (1401), in a study that showed that the tendency to substance abuse has a positive and significant relationship with childhood trauma and rumination and a negative and significant relationship with cognitive flexibility. Also, trauma in Childhood has a positive and significant relationship with rumination and a negative and significant relationship with flexibility. On the other hand, the results of the path analysis showed that rumination and cognitive flexibility between childhood trauma and the tendency to use drugs (2023), in a research Alcohol has a mediating role 1. Cecilia Hinojosa et al. and cannabis users showed more PTSD and depression symptoms at baseline, which increased at week 8 with a decrease in symptoms at week 12. Our findings indicate that the pathways of alcohol and cannabis use It is related to the severity of post-traumatic psychopathology. Kevorkian et al. (2015) conducted a study entitled "Relationship between trauma, post-traumatic stress disorder, cannabis use and cannabis use disorder in a nationally representative epidemiological sample". found that lifetime ownership of IV-DSM trauma exposure was significantly associated with lifetime cannabis use. In the trauma-exposed sample, lifetime PTSD showed a significant association, but only with lifetime cannabis use. Partially consistent with the hypotheses, lifetime trauma was associated with greater odds of lifetime cannabis use, in While PTSD 2 was associated with a higher chance of CUD. Khoury et al. (2010) conducted a study titled "Substance use, childhood traumatic experience and post-traumatic stress Disorder in an urban civilian population". They show that these data show a strong link between childhood psychological trauma and substance use disorders. The materials and their joint relationship with the outcome of post-traumatic stress disorder show.

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