

**A STUDY ON THE RELATIONSHIP BETWEEN TYPES OF PERSONALITY
AND DRUG ADDICTION**

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ABSTRACT

A STUDY ON THE RELATIONSHIP BETWEEN TYPES OF PERSONALITY AND DRUG ADDICTION

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This study is conducted to investigate the relationship between types of personality and drug addiction among drug addicts in the chosen rehabilitation centre in Kuching, Sarawak. Independent variables in this study are types of personality, which are extraversion, neuroticism and psychoticism; and demographical background, such as education level and starting age of using drugs. Addiction scales towards drug play the role as the dependent variables. There are 68 respondents taking part in completing the questionnaires. The questionnaire used is adapted from Eysenck's Personality Questionnaire (EPQ). The collected data is analyzed by using Statistical Package for Social Science Version 14.0 (SPSS version 14.0). The relationship between types of personality and drug addiction is analyzed by using Pearson Correlation Analysis. One-way Analysis of Variance (ANOVA) is used to determine the significant difference between education level and starting of using drug with drug addiction. Findings of the study showed that only neuroticism and psychoticism personality positively correlate with drug addiction.

ABSTRAK

SATU KAJIAN MENGENAI HUBUNGAN ANTARA JENIS PERSONALITI DAN KETAGIHAN DADAH

NUR FAHIMAH BT AHMAD SANDARA LELA PUTERA

Kajian ini bertujuan untuk mengenalpasti hubungan antara jenis personaliti dan ketagihan dadah di kalangan penagih dadah yang terdapat di sebuah pusat pemulihan di Kuching, Sarawak. Pembolehubah tidak bersandar dalam kajian ini terdiri daripada jenis personaliti, iaitu ekstroversi, neurotik dan psikotik; dan latar belakang demografik seperti tahap pendidikan dan umur mula mengambil dadah. Manakala pembolehubah bersandar adalah skala ketagihan. Seramai 68 orang responden telah mengambil bahagian dalam mengisi borang soal selidik yang telah diedarkan. Borang soal selidik yang digunakan adalah adaptasi dari Eysenck's Personality Questionnaire (EPQ). Data yang dikumpul dianalisis menggunakan Statistical Package for Social Science Version 14.0 (SPSS versi 14.0). Hubungan antara jenis personaliti dan ketagihan dadah dianalisis menggunakan Analisis Korelasi Pearson, manakala Analisis Varians Sehala (ANOVA) digunakan untuk menentukan sama ada terdapat perbezaan yang signifikan antara tahap pendidikan dan umur mula mengambil dadah dengan ketagihan dadah. Keputusan kajian menunjukkan bahawa hanya personaliti neurotik dan psikotik mempunyai hubungan yang positif dengan ketagihan dadah.

CHAPTER 1

INTRODUCTION

1.0 Introduction

This chapter provides an overview of the aims of this study. It also introduces the topic that has been chosen for this research and discusses the significance of personality types and drug involvement in the light of the changing counsellors' context in facing the risk of drug addiction especially in Sarawak.

The discussion in the first chapter begins with the background of the study, followed by statements of problems and objectives of the study. Based on the objectives of the study, hypotheses were constructed, including the conceptual frameworks. Then, the discussion proceeds with the definition of terms used in this research, as well as the significance of this study. The chapter concludes with a brief summary of the entire discussion of this section.

1.1 Background of Study

Every single individual in this world is unique and has different personality based on his or her ways of responding to his or her environment. The term personality itself can be defined as a psychological construct, which means that personality is a complex abstraction that comprises the person's unique genetic background and learning histories, and the ways in which these genetic background and learning histories were organized and integrated; which later affect his or her response to certain stimuli in the environment (Ryckman, 1992).

Regardless of the effects of drugs on health, individuals still used them in order to get some immediate relief and later, become addicted to them as a way of responding to stimuli in their respective environment. This is because most people are passive procrastinators and conflict avoiders when they are facing problems, as mentioned by Fields (2004). The usage of drugs is considered a passive activity when the individuals take pills; and just wait for the required effects. They then stop thinking about the problems, stress and loneliness that they are facing (Fields, 2004). In order to maintain the feelings of euphoric, most individuals would become dependent to the drugs in order to forget about the problems or feelings that they currently have.

Drugs can be defined as any substance that has a psychoactive, chemical or medicinal effect when ingested (Akers, 1992, p.15). The usage of drugs has its good and bad effects to human biological system. Positively, drug has been used worldwide as medicine to help the process of recovery from illness even though there is awareness that drugs would lead to addiction. For example, opiates are used to relieve pain in the medical field. However, the medical use of opiates may induce addiction, but consciousness of the dangers of opiates has reduced its occurrences (Macdonald, 1989).

Beside of its medical functions, drugs are also used to regulate mood and affect. Drugs often temporarily numb feelings of depression, loneliness and emotional pain. Ironically, patterns of substance dependence and addiction, most often lead to an increase pattern of depression, interpersonal problems, feelings of isolation and developmental problems (Fields, 2004, p. 2).

Drug abuse refers to the use, usually by self-administration, of any drug in a manner that deviates from the approved medical or social patterns within a given culture (Macdonald, 1989). Abuse of drugs and alcohols among youths have been found to have led to greater marital instability and interpersonal problems, reduced earnings and restricted future job prospects, as well as reduced mental and physical health later in life (Dryfoos, 1990; Newcomb and Bentler, 1988; as cited in Heck and Voliter, 1998).

1.2 Problem Statements

Day by day, the statistics of drug abuse is ever increasing. This is also true for drug addicts who re-entered the rehabilitation centre. In Malaysia, the statistic of drug addicts who experience relapse addiction from January 2005 to December 2005 is 17419 from the total number of drug addicts in Malaysia, which is 32808 (Statistik Penagihan, 2005). Realizing this fact, the Malaysian government has carried out many campaigns to increase the awareness especially among children and adolescents on the bad effects of drug addiction. However, it seems that campaigns alone are not good enough since the statistics of drug abusers keeps on increasing year by year, and never once decreasing.

Once addicted to drugs, it is very difficult for the individual to recover fully from this addiction. According to Marlatt and Donovan (2005), in order to recover fully from drug addiction, individuals need to face multiple attempts to quit. This is because drug addicts may experience the risk of relapse addiction since the risk to relapse does not

disappear after five (5) or even ten (10) years of drug abstinence. Consequently, relapse is perceived as a barrier on the recovery since the most difficult task is to minimize the risk of relapse and avoid drug addicts from becoming active addiction again.

Therefore, this research is interested in studying the factors contributing to drug addiction. However, this research is limited to highlighting the relationship between types of personality and drug addictions. Furthermore, this research does not intend to conduct a study of great magnitude and details, which may take years to carry out. The researcher believed that by knowing the most dominant types of personality among drug addicts, the counsellor in rehabilitation centres may as well use this research as a guideline in developing the treatment module based on the personality types since individuals are unique.

1.3 Objectives

This research is done to achieve both general and specific objectives of the study as given below.

1.3.1 General Objectives

To ascertain the relationship between types of personality and relapse experiences among drug addicts.

1.3.2 Specific Objectives

- 1.3.2.1 To identify the significant difference between level of education and drug addictions
- 1.3.2.2 To study the significant difference between starting age of using drugs and drug addictions

- 1.3.2.3 To examine the significant relationship between extraversion personality and drug addictions
- 1.3.2.4 To examine the significant relationship between neuroticism personality and drug addictions
- 1.3.2.5 To examine the significant relationship between psychoticism personality and drug addictions

1.4 Hypotheses

- $H_0(1)$: There is no significant difference between level of education and drug addictions
- $H_0(2)$: There is no significant difference between starting age of using drugs and drug addictions
- $H_0(3)$: There is no significant relationship between extraversion personality and drug addictions
- $H_0(4)$: There is no significant relationship between neuroticism personality and drug addictions
- $H_0(5)$: There is no significant relationship between psychoticism personality and drug addictions

1.5 Conceptual Frameworks

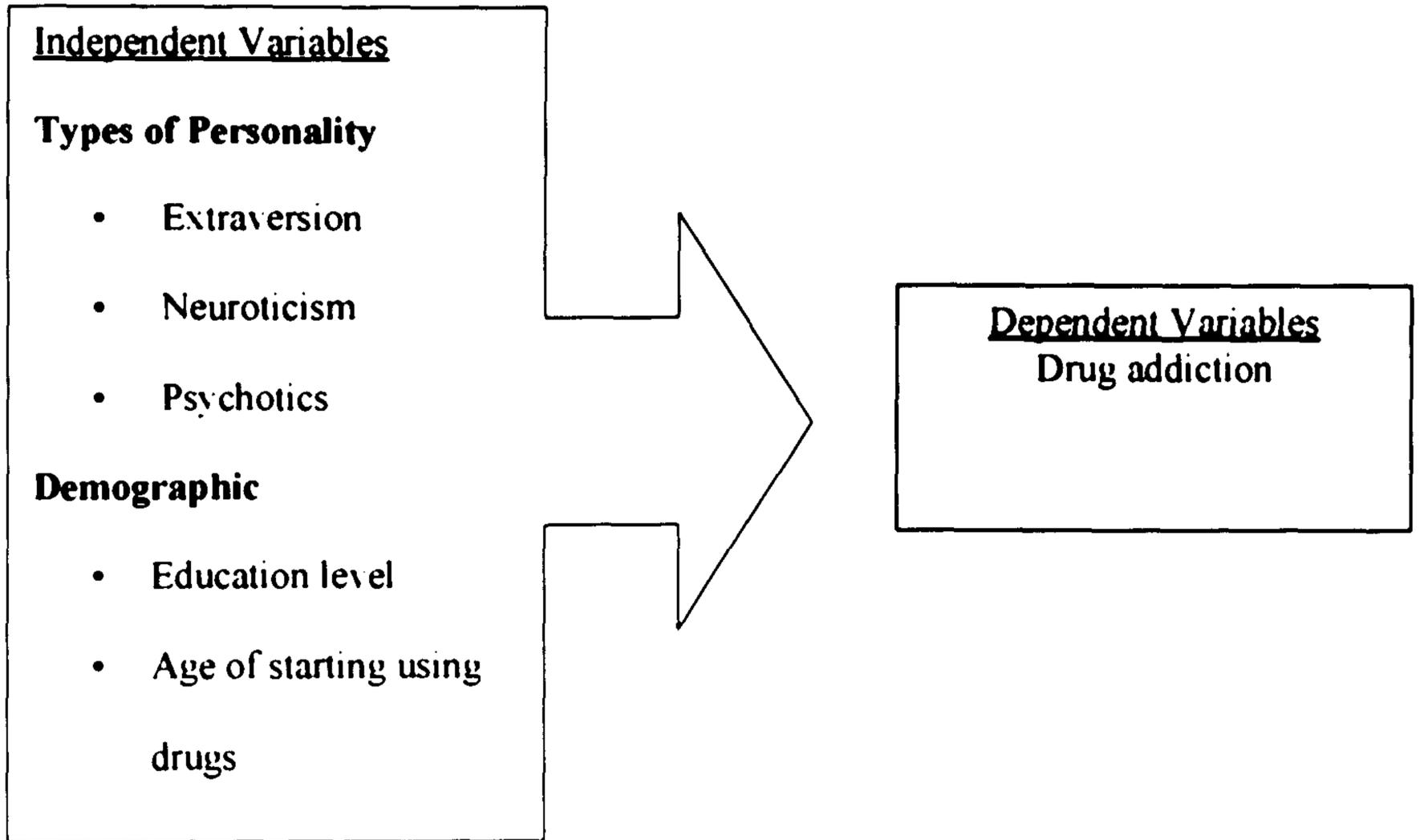


Figure 1.1
Conceptual Frameworks

1.6 Significance of the Study

This research is useful for helping the counsellors and community in dealing with the drug addicts especially in understanding the types of personality that contribute to drug addiction. Through understanding the factors that lead to the situation, the counsellor would be able to provide the best services and construct a good module for the process of rehabilitation. Besides that, by knowing the personality of drug addicts, the counsellors are able to find novel interventions in ensuring that the rehabilitation program in Malaysia is effective.

Above and beyond, this research also plays a role as an experiment in seeing how far personality traits in individual really affect experiences of drug addiction in individuals. Therefore, this research can be used to give a clear image to government regarding the actions that can be done based on the types of personality in order to handle this issue in Malaysia, which later could be used in improving the quality of rehabilitation centre in Malaysia.

Additionally, this research also would contribute to academic sources regarding the types of personality that contributing to drug addiction. Even though there are many researches that have been done before regarding this topic, but this research emphasize on the Malaysian context itself.

1.7 Definition of Terms

1.7.1 Personality

Conceptual definition:

Personality can be defined as a dynamic organization between individual of those psychophysical systems that determine his unique adjustment to his environment (Allport, 1937 as cited in Ryckman, 1993, p. 228).

Operational definition:

Personality in this research refers to the types of personality that would be gained from Eysenck Personality Questionnaire, such as extraversion personality, neuroticism personality and psychoticism personality.

1.7.2 Drug addiction

Conceptual definition:

Jaffe as stated in MacDonald (1989), defined addiction as a behavioural pattern of drug use, characterized by overwhelming involvement with the use of a drug (compulsive use), the securing of its supply, and a high tendency to relapse after withdrawal.

Operational definition:

Drug addiction in this research refers to the level of addiction among drug addicts whom have been classified as addicted by one of the rehabilitation centre in Kuching, Sarawak.

1.8 Conclusion

This chapter has given an overview regarding this research. It has discussed the background of study, statement of problems, objectives, hypotheses, as well as the conceptual frameworks, significance of the study and definition of terms. The second chapter of this research would be discussing on the relevant literature that enlightens the research aims of this study.

CHAPTER 2

LITERATURE REVIEW

2.0 Introduction

This chapter review relevant literature regarding drugs and personality. The concepts gained from this literature were used in developing a conceptual framework for this study as well as the hypotheses. Most of the literature is drawn from British and American sources, however there are still resources from Malaysia since this research is focusing on the Malaysian context itself. This chapter is presented in four sections. The first sections would discussed on drugs itself, and the addiction to drugs, the second sections would focus on the theories of personality used by the researcher, the third section would emphasize on the types of personality and drug addictions and the last sections would be a conclusion regarding this chapter.

2.1 Drug Addiction

Abdul Ghafar Taib (1995) in Jamaludin Ahmad (2008) defined drug as substance that may lead to impairment in one's health, including from physical, mental and emotional state and misbehaviour of drug addicts when using drugs. Besides that, he also stated that when individuals used drugs, they are facing a risk to keep on depending on the drugs and increase the risk of relapse addiction.

Drugs can be defined as any substance that has a psychoactive, chemical or medicinal effect when ingested (Akers, 1992). The used of drugs without any observation in the medical aspects may leads to addiction. Jaffe as stated in MacDonald (1989), defined addiction as a behavioural pattern of drug use, characterized by overwhelming involvement with the use of a drug (compulsive use), the securing of its supply, and a high tendency to relapse after withdrawal. The effects of drug depend on the chemistry of the drug, the amount used and on many other circumstances such as how, when, where and why the drug is taken (Macdonald, 1989). World Health Organization (WHO) defines drug dependence as a state, psychic or also sometimes physical resulting from interaction between a living organism and a drug, and characterized by behavioural and other responses that always include a compulsive desire or need to use the drug on a continuous basis in order to experience its effect and/or avoid the discomfort of its absence (Macdonald, 1989)

Drug also would give effects to human body in both positive and negative terms. Drug abuse would give effect especially in interpersonal relationship later in life, as well as would reduced mental and physical health later in life (Dryfoos, 1990; Newcomb, and Bentler, 1988; as cited in Heck, and Voliter, 1998). Synchronous to the psychological factors, individuals still takes drug in order to get immediate relief even though they realize the effect of drugs to their health, and become addicted. This is because most people are passive procrastinators and conflict avoiders when they are facing problems

The usage of drugs is a passive activity where when individuals take the pills, they just wait for the required effect and stop thinking about the problems, stress, loneliness etc that they are facing (Fields, 2004).

Continual use of drugs for a long period would result in mutation of brain cells, changes in body hormone and changes in life expectancy. Besides that, the mutation of brain cells is not reversible with detoxification or cessation of drug abuse at rehabilitation centre. Most drug addicts experience relapse because the appeal of drug addiction is too persuasive until happiness in life is meaningless and the recurrence drug abuse even only one time (Deckers, 2001).

There are many factors lead to drug abuse such as demographical, sociological, biological and psychological factors. Since this research is narrowed towards the types of personality that contribute to drug abuse, this research would focus on the individual's unique ways in dealing with uncomfortable life situations and also to repress the uncomfortable feelings such as sadness and loneliness by taking drugs continuously and later leads to relapse experiences (Macdonald, 1989).

In Malaysia, based from the statistics from Agensi Antidadah Kebangsaan (AADK) as published in PEMADAM's webpage, the most leading factors that lead to drug addiction are peer influence, 6573 and followed by curiosity, which is 2981 from 15 389 of drug addicts (Statistik Penagihan, 2005). Besides that, based on the same statistics, 3941 people who experience drug addiction started to use drugs from the period of age 20 to 24, followed by 2572 that used drugs from the period of age 25 to 29 years. Based on the gender factors, frequency of male to be additive also is higher than woman, which is 96.89% compared to female who is additive to drugs only 3.11% from the population of drug addicts in Malaysia.

Besides that, the risk of relapsing is also high. There were many researches that have been done in order to identify the best approaches, methods or intervention modules that can be used in minimizing the risk of relapse addiction (Litman et al., 1977, 1979; Ludwig & Stark, 1974; Ludwig, and Wikler, 1974; Marian, 1978; Marlatt, and Goring, 1980; Marlatt, and George, 1984; Marlatt, 1996 as cited in Connors, Maisto, and Donovan, 1996).

According to Marlatt, and Donovan (2005), to recover fully from drug addiction, individuals need to face multiple attempts to quit. This is because drug addicts may experience the risk of relapse addiction in view of the fact that the risk to relapse does not disappear after five or even ten years of drug abstinence. Subsequently, relapse is perceived as an obstacle on the recovery since the most difficult task is to minimize the risk of relapse and avoid drug addicts from becoming active addiction again.

Relapse as defined by Wikler (1973, in Epstein, Preston, Stewart, and Shaham, 2006) is a distinct event, which occurs at the moment a person continue drug used. Relapse also might bring the definition as a resumption of addiction, where addicts return to use drug for a specified number of sequential days, and consequently, they may have to return to the hospital for further drug abuse treatment.

Connors, Maisto and Donovan (1996) in their research also declared that relapse is the most common outcome following the initiation of abstinence. Hunt, Barnett and Branch (1971, as cited in Connors, Maisto, and Donovan, 1996) also supported these findings. In addition, McLellan, Lewis, and O'Brien (2000, as cited in May, White, Leonard-White, Waltier, and Pagel, 2001), also affirmed that once present, addictive disease is considered as permanent. Nonetheless, addictive disease can be control successfully with long periods of abstinence.

Connors, Longabaugh, and Miller (1996) have found out that negative emotional states are contributing to relapse as well. This findings also supported by Rubin et al.,

(1996) and Tate et al., (2006). Furthermore, Rubin et al., (1996 as cited in Connors, Longabaugh, and Miller, 1996) also assured that women have stronger relationship compared to men regarding negative emotions and relapse. Rubin et al., (1996) however in other research have found that mood states, as well as isolation from society including family is one of the reasons contributing to relapse. Moreover, Brown et al., (1990); Vuchinich, and Tucker, (1996; as cited in Tate et al., 2006) also affirmed that post treatment life experiences such as stress is contributing to relapse. Therefore, Meyers and Smith (1996, as cited in Connors, Longabaugh, and Miller, 1996) stated that the key to prevent relapse is by keeping the recovered drug addicts happy. This is because he believed that mood monitoring is a good tool for detecting future relapse.

Tapert, Ozyurt, Myers, and Brown (2004) stated that coping is the most vital role in delaying addiction relapse and preventing harmful recurrence of drug use since their findings shows that persons who express the ability to perceive situations as uncertain and to implement proper coping skills are significantly more successful in avoiding relapse. Vaillant (1983 in May, White, Leonard-White, Waltier, and Pagel, 2001), mentioned that in order for the recovery program to be successful, there are several needs that a rehabilitation program should have. The most important thing is the rehabilitation counsellors should have possession of knowledge about substance-abuse disorders, replenishment of self-esteem and personal responsibility, development of sober living abilities and social interactions. Besides that, counsellors should be able to identify the sources of inspiration for changes. Then by using all the information that would be gather, including types of personality that addicts possess, a rehabilitation counsellor should be able to unified approach in preventing relapse, as well as drug addiction at early ages.

It is very dangerous when people start to became dependent to drugs since it is hard for the drug addicts to recover fully. The risk of relapsing is still there even after few years of abstinence of drugs. This might give implications to the family of drug

addicts when they experience relapse. Therefore, through the analysis of factors lead to drug addiction, individuals are more aware of the dangerousness of drugs.

2.2 Eysenck's Theory of Personality

Hans Eysenck is one of the theorists that amalgamate both personality psychology and experimental psychology by recognizing the core dimensions of personality, inventing means of measuring them, and relating them with experimental, quantitative procedures (Eysenck, 1947 as cited in Ryckman, 1993, p.300).

In Eysenck's point of view, personality was defined as a more or less stable and enduring organization of a person's character, temperament, intellect, and physique, which determines his unique adjustment to the world (Eysenck, 1970 in Ryckman, 1993). This is the reasons that made the researcher decided to accentuate Eysenck's Personality Theory in this research. Moreover, by using Eysenck's Personality Theory, researcher is able to examine individual's unique ways in dealing with uncomfortable life situations that leads them to abuse drugs and later would contribute to experiencing relapse.

There are three factors of personality based on biological differences between individuals as proposed by Eysenck (Cloninger, 2004). The factors are extroversion, neuroticism and psychotics. These factors are influenced by temperaments, which are the biologically basis of personality, based on child's innate tendency for characteristics patterns of emotionality, activity, and sociability (Cloninger, 2004). As mentioned by Robinson (2001, in Cloninger, 2004), Eysenck agreed with the ancient Greece models of temperaments and describe four types of temperaments as the combination between two personality factors.

According to Cloninger (2004), the examples of temperament discussed by Eysenck were melancholic (a combination of an introvert person who scored high on

neuroticism), phlegmatic (a combination of an introvert person but have low scores on neuroticism), choleric (a combination of extrovert person who have high scores on neuroticism) and sanguine (a combination of extrovert person who have low scores on neuroticism).

Eysenck insisted on the importance of exact measurement in studying personality structure and functioning. Eysenck also has developed his own inventories in assessing personality by relying on the factor analysis and statistical techniques (Ryckman, 1993). Therefore, this research would be using Junior Eysenck Personality Inventory in assessing personalities of drug abuse in order to build an intervention module that is suitable for different types of personality that addicts possess.

2.3 Types of Personality and Drug Addiction

In a study done by Komor, and Nordvik (2007) shown that opioid dependence, which are also drug abusers scored higher on neuroticism and expressed anxiety, hostility, depression, self-consciousness and vulnerability. However, this study also found that drug abusers scored lower on extraversion and facets warmth, assertiveness, active and positive emotions. This is congruent with the factors of neuroticism and extraversion as outlined by Eysenck. Eysenck (1989 as in Monte, 1991) mentioned that neuroticism person is anxious, depressed, have guilt feelings, low self esteem, moody and emotional. He also outlined a descriptive of extrovert person, such as sociable, lively, active, assertive, dominant and carefree.

However, research done by Zilberman, Tavares, and el-Guebaly (2003) stated that they did not find any relationship between neuroticism and drug abuse. However, they also stated that the result is contradict to the findings by McCusker, and Brown (1991) and Powell et al., (1990) in their research regarding types of personality and dependency (Zilberman, Tavares, and el-Guebaly, 2003).