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The relationship between emotional intelligence and addiction tendency in students of Lorestan University of Medical Sciences

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Abstract

Background: Emotional intelligence is a kind of emotional information processing which can protect individuals against substance abuse. The aim of this study was to investigate relation between emotional intelligence and addiction tendency.

Materials and Methods: In this descriptive-analytic study, 240 students of Lorestan University of Medical Sciences, chosen based on the stage cluster sampling. Data was collected by demographic information and emotional intelligence (Brad Berry-Graves) questionnaire and addiction potential scale (APS) and were analyzed using Pearson regression, t-test and one-way ANOVA.

Results: Mean score of addiction tendency was 28.47 and mean score of emotional intelligence (EQ) was 81.72. Findings of the research showed that there is a significant negative relationship between emotional intelligence and addiction tendency. In addition, based on Pearson analysis, there is a significant relationship between addiction tendency , self-awareness, social consciousness, self managementand relationship management subscales.

Conclusion: people with a lower EQ have the higher tendency to substances abuse. EQ training programs can be used as a preventive factor for addiction.

Keywords: Trans fatty acids, Ghee, Tail sheep, Gas chromatography.

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