

Abstract

The main aim of the current study is examined the correlation between traumatic events, coping strategies, alexithymia and self-control in drug addicts. Further, mediating role of alexithymia between traumatic events and self-control. A sample of 100 drug addicts was approached from various government and private drug addiction centers/hospitals of Lahore. Sample was recruited through purposive sampling technique. Traumatic Life Event Questionnaire-R (TLEQ-R) (Edward Kubney, 2000), Brief Self-control Scale (Tangney et al, 2004), Brief COPE Inventory (Carver, 1989) and Bermond-Vorst Alexithymia Questionnaire-R (Bermond & Vorst, 2001) were used in present study. Various analyses were carried out included Reliability analysis Pearson Product Moment Correlation, Multiple Regression Analysis and Mediation. Results indicated that there was positive correlation between traumatic events and coping strategies (substance use). The results indicated that there was positive correlation between traumatic events and alexithymia. Result indicated that there was negative correlation between traumatic events and self-control. The results also show that the negative correlation between alexithymia and self-control. People with drug addiction were scored high on alexithymia scale. People with drug addiction was scored low on self-control scale. Additionally, result shows that alexithymia act as mediator between traumatic events and self-control in drug addicts. The study further highlighted the need to give awareness regarding self-control and alexithymia along with effective coping strategies that reduce the chance of relapse and use of drugs in youth. Findings of study may help clinical psychologists and counselors to develop appropriate assessment and treatment program.

Key words: alexithymia, traumatic events, self-control, coping strategies, drug addicts