SANPSY
BORDEAUX neurocampus

Study of the Cues-Craving-Usage model in behavioral addictions.

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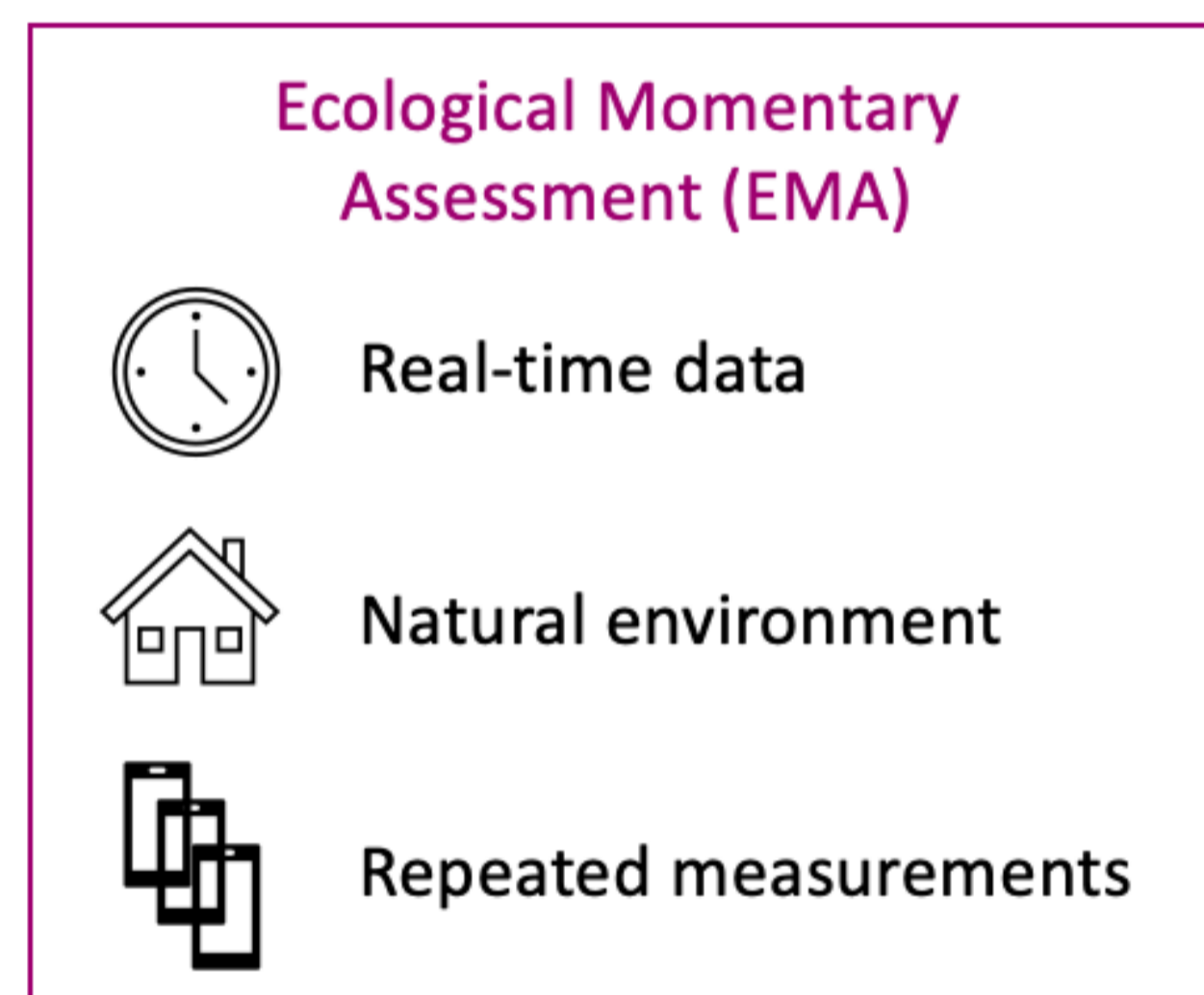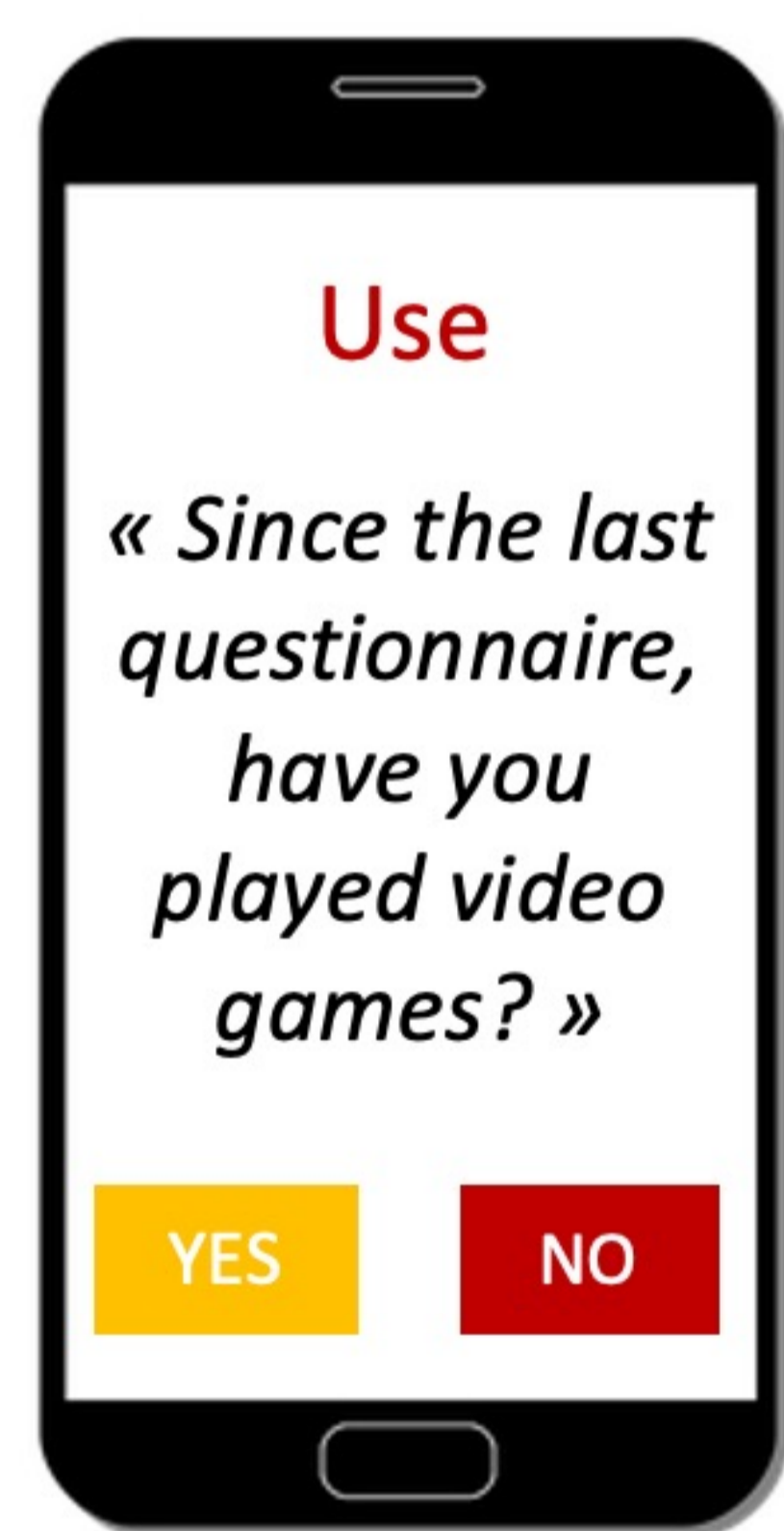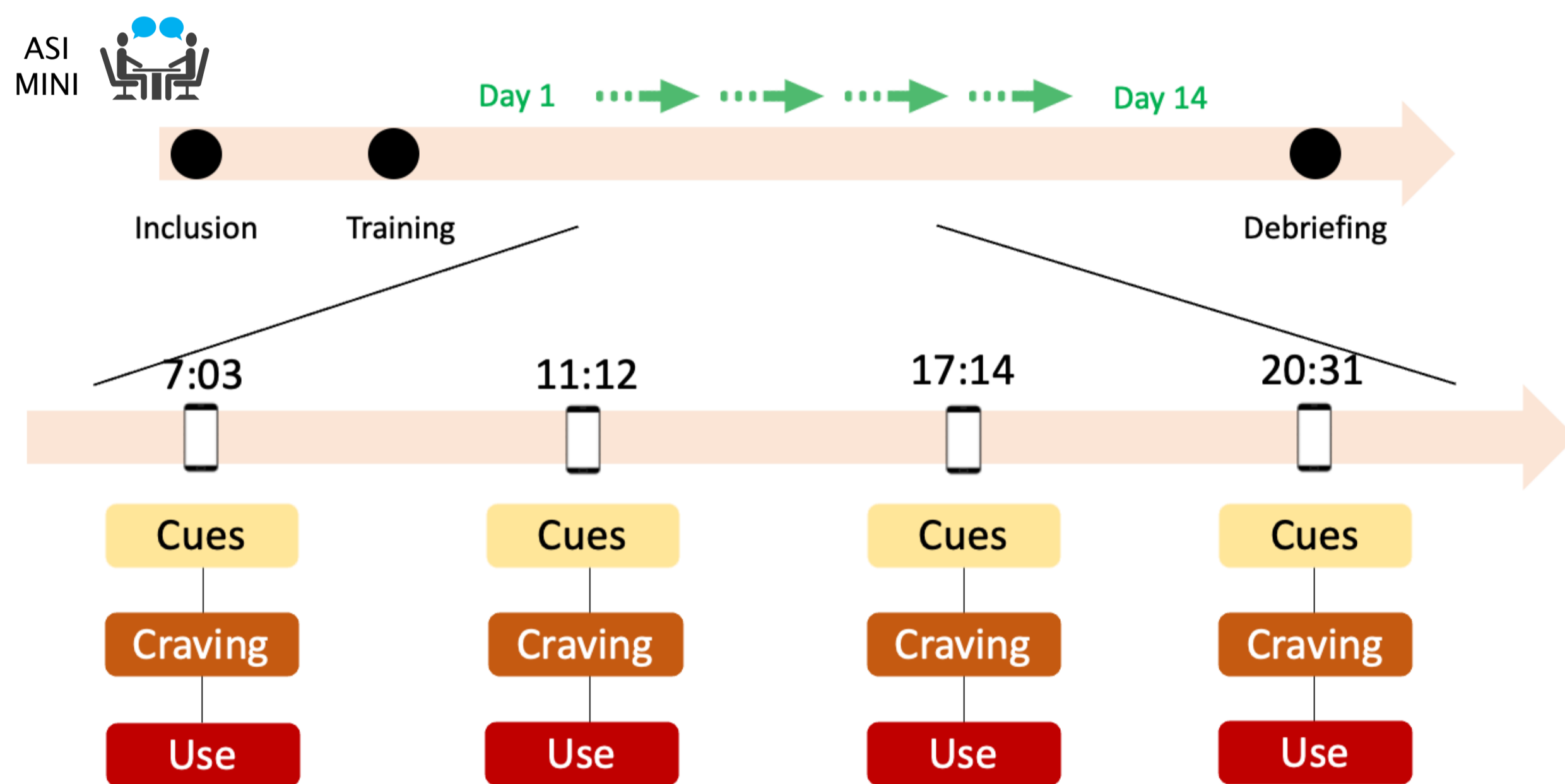
INTRODUCTION

- **Behavioral addiction:** loss of control over a reinforcing behavior (e.g., gaming, gambling, eating disorder).
- **Craving:** irrepressible urge to use a substance or perform a behavior.
- **Ecological Momentary Assessment:** ambulatory assessment method that captures events in the subject's natural environment.
- EMA was used to study the **cues-craving-use** model for substance addiction *(F. Serre., 2015)*.

Objective: to study the cues-craving-use model in the context of behavioral addictions in everyday life.

METHOD

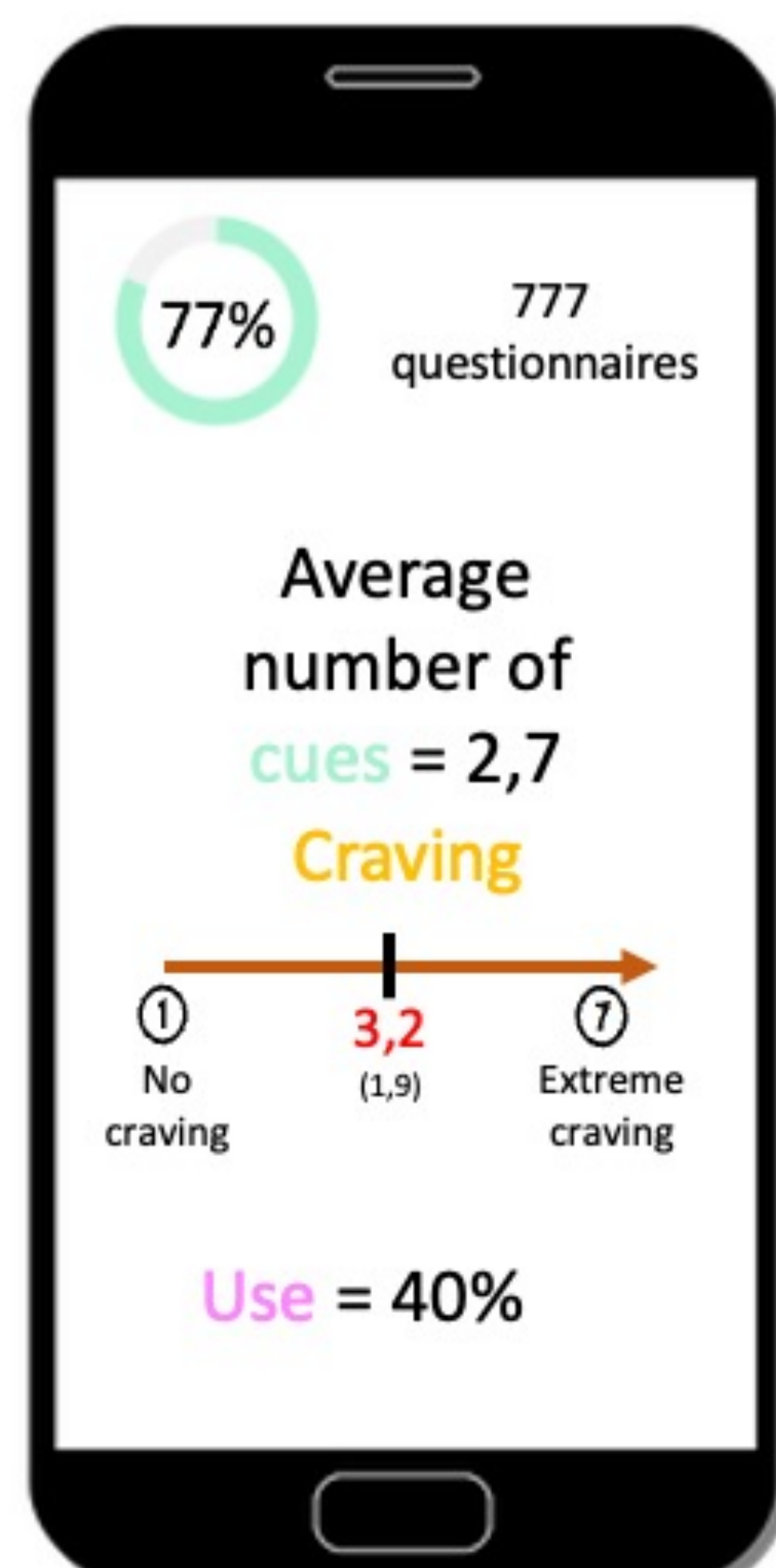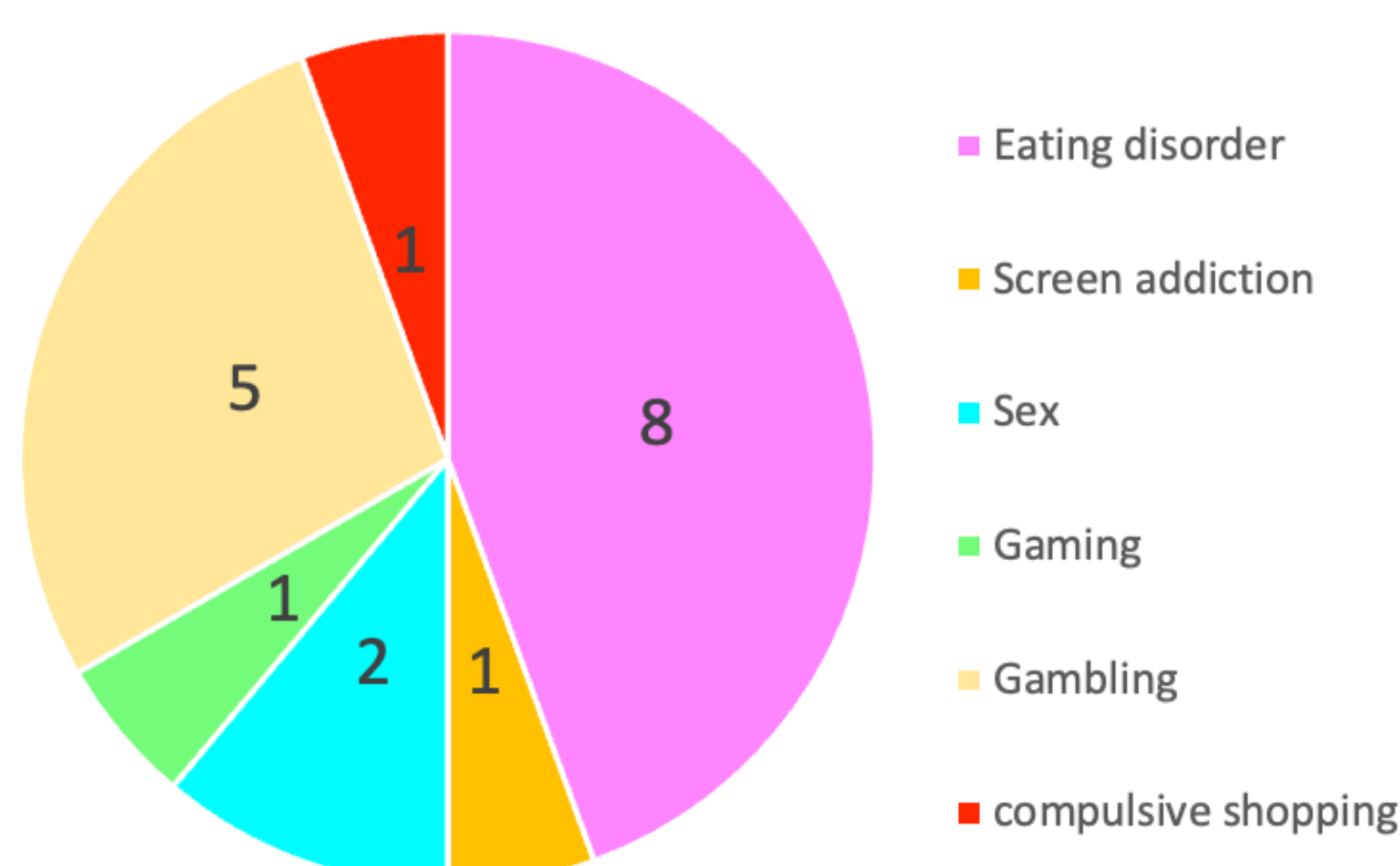**Population: Outpatients starting treatment for any behavior addiction (DSM-5).**

Statistical analysis:
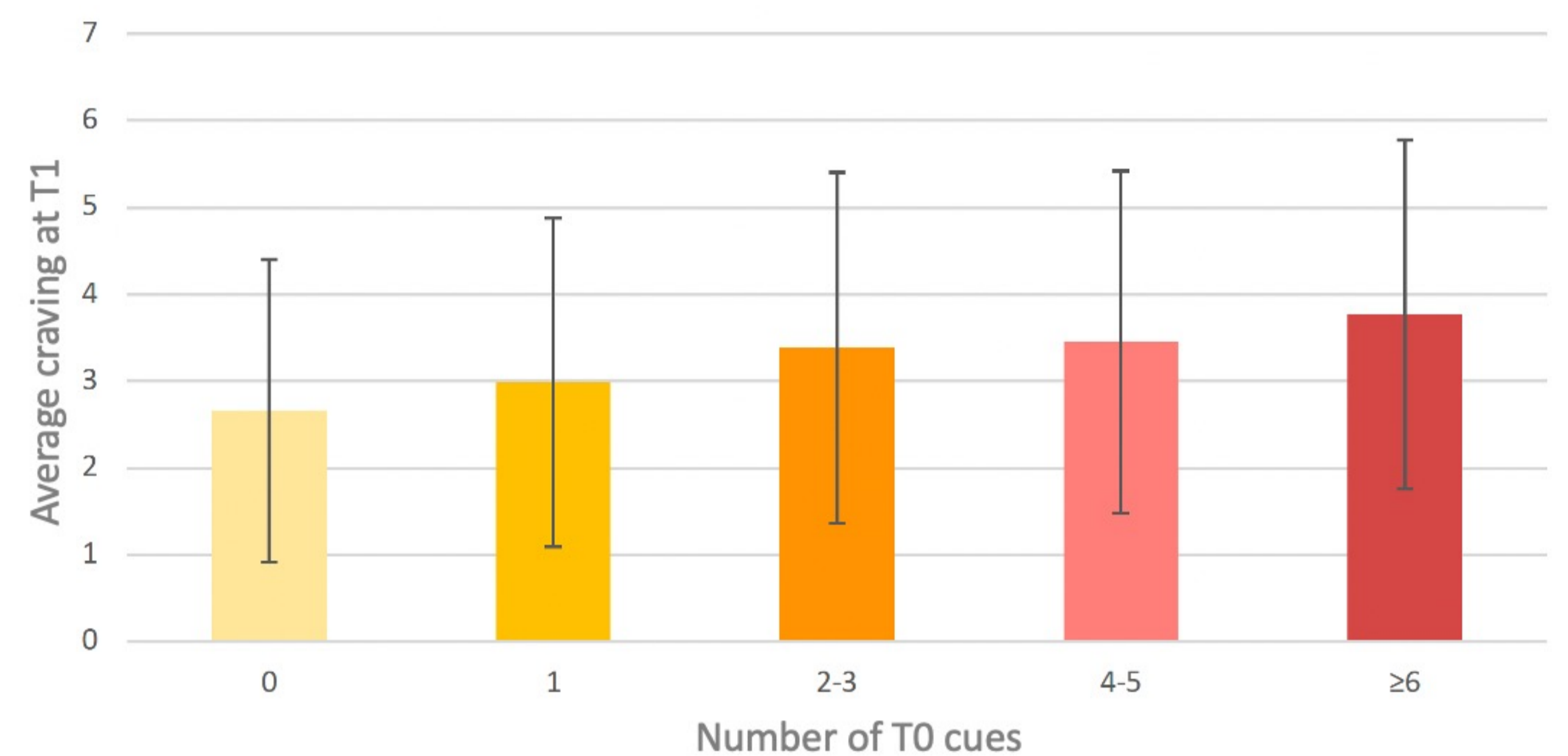
Hierarchical linear and non-linear models (HLM)

1 : Cues T0-craving T1 link
2 : Craving T0-use T1 Link

POPULATION

n=18   33%   13 yo (SD=2.8)   38 yo (SD=11.9)

- Eating disorder
- Screen addiction
- Sex
- Gaming
- Gambling
- compulsive shopping

77% — 777 questionnaires

Average number of cues = 2,7

Craving: 3,2 (1,9) — ① No craving ... ⑦ Extreme craving

Use = 40%

1: CUES-CRAVING LINK

Graph 1: Average T1 craving as a function of the number of T0 cues

Predictor	Outcome	Coefficient	SE	t-ratio	d.f	p-value
Craving T0	Craving T1	0.197588	0.054824	3.604	15	0.003
Cues T0		-0.000289	0.033006	-0.009	15	0.993
Cues T0	Craving T0	0.182399	0.033805	5.296	15	<0.001

Results cues-craving link:
Number of cues at T0 is associated with more craving at T0, but not at T1. However, we can see a linear trend (graph 1).
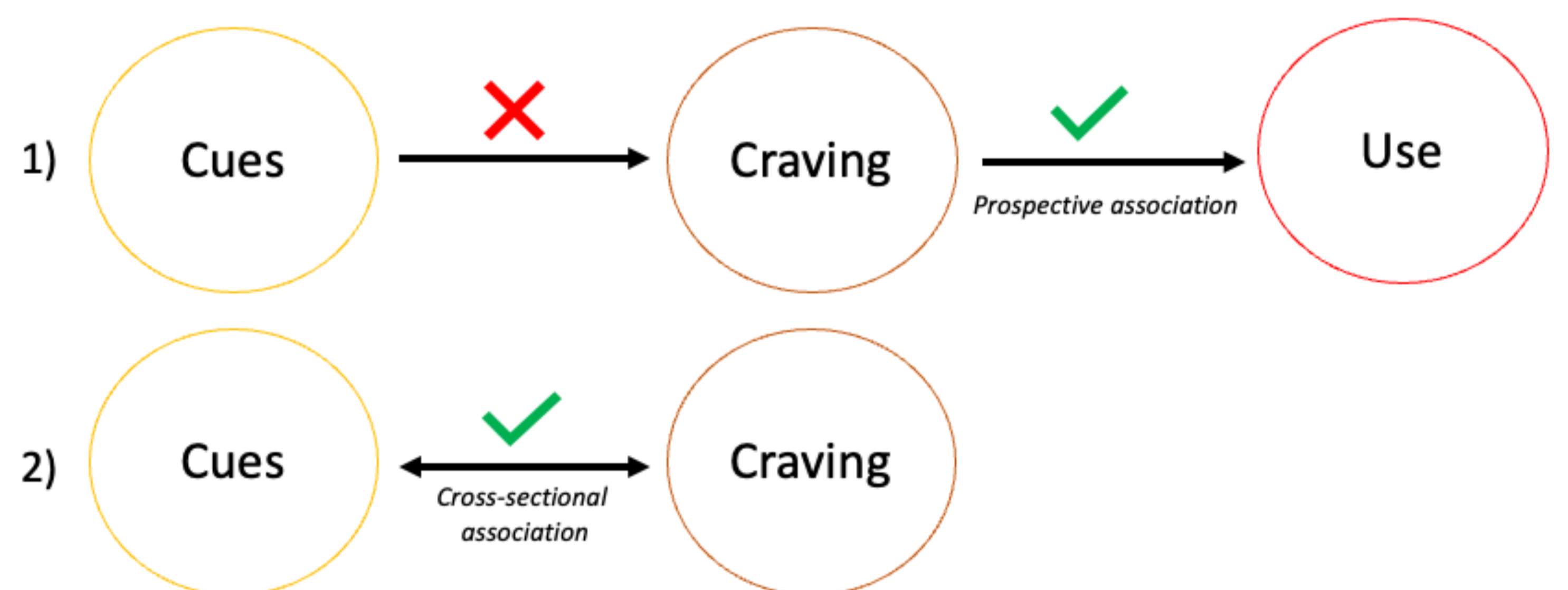
2: CRAVING-USE LINK

Predictor	Outcome	Coefficient	SE	t-ratio	d.f	p-value
Craving T0	Use T1	0.224673	0.069273	3.243	17	0.005
Use T0		0.059273	0.205044	0.289	17	0.776

Results craving-use link :
Prospective association between increase in craving intensity T0 and use T1.

DISCUSSION

Main results:
These results support the importance of craving in use, and the fact that it is a transdiagnostic phenomenon, i.e., observable whatever the object of addiction.

Limits : The sample size is less than 30, so the inclusions must be continued until the sample size required to complete the analyses is reached.

Perspectives : This could represent an argument for including craving in the diagnostic criteria for behavioral addictions.

PARTNERS

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Conflicts of interest : none