



RESEARCH ARTICLE / ARAŞTIRMA YAZISI

Investigation of the Relationship between Childhood Traumas and Attachment Styles in Adult Individuals with Substance Use Disorder

Madde Kullanım Bozukluğuna Sahip Yetişkin Bireylerde Çocukluk Çağı Travmaları ve Bağlanma Biçimleri Arasındaki İlişkinin İncelenmesi

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Abstract:

This study aims to examine the levels of childhood trauma and attachment styles in adult individuals diagnosed with substance use disorder and to reveal the nature of the relationship between these two psychological variables. The effects of early life experiences on an individual's psychological structure have been addressed in the field of psychological health for many years; the relationship between traumatic experiences and interpersonal relationship patterns and functioning in adulthood is particularly noteworthy. In this context, childhood traumas and attachment styles are considered important indicators in understanding the psychosocial history of individuals diagnosed with substance use disorder. The sample of the study consists of a total of 256 adult individuals aged 18–65 living in the Çukurova region of Türkiye who have been diagnosed with substance use disorder. The Sociodemographic Information Form, the Childhood Trauma Questionnaire, and the Attachment Styles Scale were used during data collection. The obtained data were analyzed quantitatively to determine whether childhood traumas and attachment styles differed by gender and age, and to examine the relationships between these variables. Research findings indicate that childhood traumas are commonly reported in individuals diagnosed with substance use disorder, and that attachment patterns exhibit specific psychosocial characteristics. It is believed that these results can contribute to considering early experiences and relational patterns in the psychological assessment processes of addicted individuals and offer important insights for clinical practice.

Keywords: Childhood Traumas, Attachment styles, Substance use disorder.

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Öz:

Bu çalışma, madde kullanım bozukluğu tanısı almış yetişkin bireylerde çocukluk çağı travmalarının bağlanma biçimlerinin düzeyleri üzerindeki etkisini ve bu iki psikolojik değişken arasındaki ilişkinin niteliğini ortaya koymayı amaçlamaktadır. Araştırma, nicel araştırma yöntemlerinden biri olan ilişki tarama modeli çerçevesinde gerçekleştirilmiştir. Erken dönem yaşam deneyimlerinin bireyin psikolojik yapılanması üzerindeki etkileri uzun yıllardır psikolojik sağlık alanında ele alınmakta; özellikle travmatik yaşantıların ve kişilerarası ilişki örüntülerinin yetişkinlik dönemindeki işlevsellik ile ilişkisi dikkat çekmektedir. Bu bağlamda çocukluk çağı travmaları ve bağlanma biçimleri, madde kullanım bozukluğu tanısı almış bireylerin psikososyal geçmişlerini anlamada önemli göstergeler olarak değerlendirilmektedir. Araştırmanın örneklemini Türkiye Cumhuriyeti'nin Çukurova Bölgesi'nde yaşayan, 18–65 yaş aralığında ve madde kullanım bozukluğu tanısı almış toplam 256 yetişkin birey oluşturmaktadır. Veri toplama sürecinde Sosyodemografik Bilgi Formu, Çocukluk Çağı Travmaları Ölçeği ve Bağlanma Stilleri Ölçeği kullanılmıştır. Elde edilen veriler nicel analiz yöntemleri aracılığıyla değerlendirilmiş; çocukluk çağı travmaları ve bağlanma biçimlerinin cinsiyet ve yaş değişkenlerine göre farklılaşp farklılaşmadığı ile bu iki değişken arasındaki ilişkiler incelenmiştir. Araştırma bulguları, madde kullanım bozukluğu tanısı almış bireylerde çocukluk çağı travmalarının yaygın biçimde bildirildiğini ve bağlanma örüntülerinin belirli psikososyal özellikler sergilediğini göstermektedir. Elde edilen sonuçların, bağımlı bireylerin psikolojik değerlendirme süreçlerinde erken dönem yaşantıların ve ilişki örüntülerinin dikkate alınmasına katkı sağlayabileceği ve klinik uygulamalara yönelik önemli ipuçları sunabileceği düşünülmektedir.

Anahtar Kelimeler: Çocukluk çağı travmaları, Bağlanma biçimleri, Madde kullanım bozukluğu.

Introduction

Substance use disorder is considered a multidimensional psychological health problem that affects an individual's biological structure, psychological functioning, and social functionality (Evren et al., 2014; Mikulincer & Shaver, 2016). Addiction is a complex phenomenon that should be evaluated not only through substance use behavior, but also by taking into account the individual's life history, developmental experiences, and interpersonal relationships. Studies conducted in Türkiye have shown that a significant portion of individuals diagnosed with substance use disorder experience widespread psychosocial problems, early life experiences, and traumatic events (Orak et al., 2023; Karataş, 2021).

Childhood traumas include experiences of physical, emotional, and sexual abuse, as well as physical and emotional neglect. It has been noted that such traumatic experiences can affect an individual's psychological development, self-perception, emotion regulation skills, and interpersonal relationships (Şar & Aksu, 2010; Felitti et al., 1998; Norman et al., 2012; Hughes et al., 2017; Teicher & Samson, 2016). Studies conducted with Turkish samples have shown that childhood traumas are associated with depression, anxiety, dissociative symptoms, and interpersonal problems (Yargıç et al., 2012; Ersoy & Deniz, 2022). These findings indicate that adverse childhood experiences can have lasting effects on an individual's psychosocial functioning in adulthood.

Attachment theory suggests that the relationships individuals form with their caregivers in early life lay the foundation for their patterns of interpersonal relationships in later life (Bowlby, 1969; Ainsworth et al., 1978). It has been noted that attachment styles formed in early relationships with caregivers shape the internal working models individuals develop about themselves and others, and these styles can show relative continuity into adulthood. Research conducted in Türkiye has also shown that attachment styles are related to individuals' psychological adjustment, interpersonal relationships, and coping styles with stress (Kaya & Selvitopu, 2020; Aydın & Şimşek, 2018).

Examining the relationship between childhood traumas and attachment styles contributes to a more holistic understanding of an individual's developmental history. Some studies in the Turkish literature have found significant associations between childhood traumas and attachment styles, particularly indicating that early experiences of abuse and neglect may be related to insecure attachment patterns (Seyfeli & Şener, 2022; Sezer, 2022; Set & Çelik, 2023). However, some researchers emphasize that this relationship may not be direct and can be shaped through psychosocial processes such as emotion regulation skills, interpersonal experiences, and coping mechanisms (Orak et al., 2023; Anda et al., 2006).

Studies conducted in the field of substance use disorder have shown that early traumatic experiences and patterns of interpersonal relationships play an important role in the life histories of individuals with the disorder (Evren et al., 2014; Orak et al., 2023; Seyfeli & Şener, 2022). In particular, examining the relationship between childhood traumas and attachment styles contributes to a more comprehensive understanding of individuals' developmental processes and psychosocial functioning. However, it is observed that there are a limited number of studies in the literature that address these two variables together in individuals diagnosed with substance use disorder. While some existing studies report significant relationships between childhood traumas and insecure attachment patterns (Set & Çelik, 2023; Sezer, 2022), other research suggests that this relationship may be shaped by more complex psychosocial processes (Aydın & Şimşek, 2018; Şar & Aksu, 2010). In this context, considering childhood traumas and attachment styles together in individuals diagnosed with substance use disorder is regarded as an important research area that can contribute to understanding the psychosocial dimensions of addiction (Mikulincer & Shaver, 2016).

The main aim of this study is to examine the possible correlational relationship and the direction of this potential relationship between childhood traumas and attachment styles in adult individuals diagnosed with substance use disorder.

Purpose and Significance of the Study

This study aims to examine the relationship between childhood trauma and attachment styles in adults diagnosed with substance use disorder by considering these two psychological constructs together. In this research, substance use disorder was not treated as a causal variable but was evaluated solely as a clinical characteristic that defines the sample group. Accordingly, the study focuses on describing the psychological features associated with individuals' early-life experiences and their interpersonal relationship patterns in adulthood. Childhood traumas were assessed based on individuals' subjective reports of their childhood and adolescence, while attachment styles were considered as psychological structures reflecting their relational patterns in adulthood.

While many studies in the addiction field focus on substance use and treatment processes, it is observed that psychological features related to individuals' developmental histories and relational experiences are addressed more limitedly (Anda et al., 2006; Substance Abuse and Mental Health Services Administration [SAMHSA], 2020). However, childhood trauma and attachment styles are significant constructs that influence emotion regulation skills, interpersonal relationships, and self-perception. Examining these two variables together can contribute to a more comprehensive assessment of the psychosocial profile of individuals diagnosed with substance use disorder. In this regard, the study is expected to draw attention to the importance of early life experiences and attachment patterns in the clinical assessment processes of mental health professionals working in addiction, and to contribute to psychosocial intervention approaches based on trauma and attachment.

Within the scope of this research, various hypotheses were tested to examine whether childhood trauma levels and attachment styles differ according to demographic variables in individuals diagnosed with substance use disorder, and to explore the nature of the relationship between these two psychological constructs. In this context, it was investigated whether the levels of childhood trauma and attachment styles significantly differ based on gender. Additionally, the study analyzed whether childhood trauma levels and attachment styles vary across different age groups. Finally, it was examined whether there is a significant relationship between childhood trauma and attachment styles in individuals diagnosed with substance use disorder.

Method

Within the scope of this research, the relational screening model, one of the quantitative research methods, was used to examine the relationship between childhood traumas and attachment styles in adult individuals diagnosed with substance use disorder. The relational screening model allows for the investigation of relationships among two or more variables and whether these variables differ across various demographic characteristics (Creswell, 2012; Neuman, 2014). In this study, the relationship between childhood traumas and attachment styles, as well as whether these variables differ by age and gender, was examined. No causal relationship was tested between the variables; only descriptive and correlational analyses were conducted.

Sample

The sample of the study consisted of a total of 243 adult individuals diagnosed with substance use disorder, reached through clinical units and relevant health/counseling units within the military in the Çukurova region. In this study, purposive sampling was used. This technique allows the researcher to strategically select individuals or units with specific characteristics who are considered most suitable for the study (Creswell, 2012; Patton, 2002). In this way, it is possible to study "information-rich" cases in depth, providing rich data on the subject under investigation (Neuman, 2014). The aim was to reach individuals diagnosed with substance use disorder who were also considered to have a history of childhood trauma.

The inclusion criteria for the sample were as follows: being 18 years of age or older, having a diagnosis of substance use disorder according to DSM-5 criteria, and agreeing to participate voluntarily in the research.

Data Collection Tools

Demographic Information Form

Participants were asked about their gender, age, education level, whether they had a substance use disorder in the past 5 years, and marital status. Accordingly, the researchers created a Demographic Information Form consisting of 5 questions.

Childhood Trauma Questionnaire

In order to determine the traumatic experiences participants were exposed to during childhood, the "Childhood Trauma Questionnaire (CTQ-33)" developed by Bernstein et al. (1994) and adapted into Turkish with validity and reliability studies by Şar et al. (2020) was used. The scale consists of 33 items and is rated on a 5-point Likert scale (1: Never – 5: Very often). In the study by Şar et al. (2020), the overall Cronbach's alpha for the scale was .94. This high level of reliability indicates that the scale is a very strong instrument for measuring childhood trauma in clinical and academic research.

Attachment Styles Questionnaire - Short Form

To determine participants' adult attachment patterns, the "Attachment Styles Questionnaire - Short Form," developed by Feeney et al. (1994), shortened by Iwanaga et al. (2018), and adapted into Turkish by Çelik & Türk (2024), was used. This scale consists of 12 items and is presented to participants in a 6-point Likert-type format. The scale is designed to identify which of the "secure," "anxious," and "avoidant" attachment styles an individual is most likely to exhibit. Reliability analyses showed that the Cronbach's alpha coefficients for each subdimension ranged from .78 to .86. The scores obtained from the scale represent the participant's interaction with primary attachment figures in their social and emotional relationships.

Procedure

Quantitative data were collected from the individuals who participated in the study. As of May 2025, study data were obtained from participants who met the inclusion criteria. The study population was determined using 2025 data from the "Türkiye Drug Report" published by the Turkish National Police Department of Anti-Narcotic Crimes. According to the report, the total number of outpatient treatment applications to treatment centers due to the use of drugs and stimulants was recorded as 390,778. The

report also states that addiction cases are especially concentrated in the 15–34 age range (Turkish National Police Department, 2025). Accordingly, the population of the study consists of 390,778 adult individuals living in Türkiye and diagnosed with substance use disorder. Participants were given the Sociodemographic Information Form, the CTQ-33 Childhood Trauma Questionnaire, and the Attachment Styles Questionnaire. This study was approved by the Ethics Committee of Cyprus Health and Social Sciences University on [05.04.2026] under decision number [KSTU//2026/015]. The research process was carried out in accordance with the principles of the Declaration of Helsinki published by the World Medical Association. Before participating, all participants were informed about the study, and their informed consent was obtained. It was stated that all participant data would be used solely for scientific purposes, in accordance with the principle of confidentiality.

Data Collection Process

The data for the study were collected through structured survey forms prepared in a digital (online) environment. The sample of the study consisted of individuals diagnosed with substance use disorder, determined according to relevant clinical records and application processes. During the data collection process, access to the

sample was provided through individuals monitored for substance use disorder in relevant psychological counseling/treatment centers and rehabilitation centers and identified by guidance units. With this method, it was aimed at reaching the targeted population diagnosed with addiction directly and through reliable sources. The data obtained from both clinical settings and rehabilitation units strengthened the scope of the research by enabling the analysis of the psychological processes of individuals diagnosed with substance use disorder in different institutional contexts.

Data Analysis

The statistical analysis of the data obtained within the scope of the research was conducted using SPSS version 26.0. In the first stage of the analysis, frequency and percentage analyses were used to determine the sociodemographic characteristics of the participants, and the arithmetic mean, standard deviation, minimum, and maximum were presented to describe the overall tendency of the scale scores. To determine the test methods to be used in the data analysis, the normality of the score distributions was assessed using the kurtosis and skewness coefficients. The Pearson correlation coefficient was calculated to determine the direction and strength of the relationships between the variables.

Findings

Table 1. Descriptive Statistics and Normality Values

Variable	N	Mean	SD	Skewness	Kurtosis
Childhood Traumas	243	90.01	12.73	-0.136	-0.711
Attachment Styles	243	41.75	6.67	0.246	-0.329

Table 1 presents the descriptive statistics and normality values of the scales used in the study. An examination of the findings shows that the mean score of the Childhood Trauma Questionnaire is 90.01 (SD = 12.73), while the mean score of the Attachment Styles Questionnaire is 41.75 (SD = 6.67). When the skewness and kurtosis values of the scales are examined, the skewness value for the Childhood Trauma Questionnaire is -0.136, and the

kurtosis value is -0.711; for the Attachment Styles Questionnaire, the skewness value is 0.246, and the kurtosis value is -0.329. The fact that these values fall within the accepted limits indicates that the dataset is normally distributed. Accordingly, it was deemed appropriate to use parametric tests in the analysis conducted in the study.

Table 2. Demographic Characteristics of Participants

Variable	Group	N	%
Gender	Male	145	59.7
	Female	98	40.3
	Total	243	100
Age	Mean ± SD	2.51 ± 1.15	243

Table 2 presents the findings regarding the demographic characteristics of the individuals who participated in the study. According to this, 243 individuals participated in the research. Of the participants, 59.7% were male (n=145) and 40.3% were female (n=98). The mean age

was 2.51 (SD = 1.15). This finding indicates that the study sample includes individuals across different age groups and that the age distribution exhibits a degree of diversity. An examination of the demographic distribution reveals that the number of male participants in the sample exceeds that of female participants.

Table 3. Comparison of Scale Scores by Gender (*t*-Test)

Variable	Group	N	Mean	SD	t	p
Childhood Traumas	Male	145	91.97	12.36	2.951	.003
	Female	98	87.11	12.92		
Attachment Styles	Male	145	41.61	6.53	-0.34	.73
	Female	98	41.96	6.86		

Childhood trauma scores differ significantly by gender ($t=2.951$, $p=.003$). The average trauma score for male participants (91.97) is higher than that of female participants (87.11). This finding indicates that males tend to score higher on childhood trauma. In contrast,

attachment style scores do not differ significantly by gender ($t = -0.34$, $p = .73$). The average attachment scores for male and female participants are quite similar. This result suggests that gender is not a determining variable in attachment styles.

Table 4. Comparison of Scale Scores by Age Groups (ANOVA)

Variable	Age Group	N	Mean	SD	F	p
Trauma	18–24	61	92.40	12.11	3.12	.026
	25–34	88	90.83	12.65		
	35–44	63	88.72	13.01		
	45+	31	86.95	12.90		
Attachment	18–24	61	41.52	6.44	0.74	.530
	25–34	88	41.88	6.69		
	35–44	63	41.91	6.71		
	45+	31	41.63	6.58		

Table 4 presents the results of the one-way analysis of variance (ANOVA) conducted to determine whether childhood trauma and attachment style scores differ according to age groups. According to the analysis results, childhood trauma scores differ significantly by age group ($F = 3.12$, $p < .05$). An examination of the findings reveals

that, in particular, participants in the 18–24 age group have higher trauma scores compared to other age groups. In contrast, attachment style scores do not differ significantly across age groups ($F = 0.74$, $p > .05$). This finding indicates that attachment patterns remain similar across age groups.

Table 5. Pearson Correlation Matrix

	<i>Emotional Abuse</i>	<i>Physical Abuse</i>	<i>Sexual Abuse</i>	<i>Emotional Neglect</i>	<i>Physical Neglect</i>	<i>Secure Attachment</i>	<i>Anxious Attachment</i>	<i>Avoidant Attachment</i>
<i>Emotional Abuse</i>	1							
<i>Physical Abuse</i>	.42	1						
<i>Sexual Abuse</i>	.31	.36	1					
<i>Emotional Neglect</i>	.47	.29	.22	1				
<i>Physical Neglect</i>	.33	.38	.18	.41	1			

	<i>Emotional Abuse</i>	<i>Physical Abuse</i>	<i>Sexual Abuse</i>	<i>Emotional Neglect</i>	<i>Physical Neglect</i>	<i>Secure Attachment</i>	<i>Anxious Attachment</i>	<i>Avoidant Attachment</i>
<i>Secure Attachment</i>	-.24	-.19	-.12	-.28	-.21	1		
<i>Anxious Attachment</i>	.34	.27	.21	.30	.25	-.41	1	
<i>Avoidant Attachment</i>	.29	.31	.19	.26	.23	-.36	.44	1

Note: * $p < .05$ indicates the level of significance.

Table 5 presents the results of the Pearson correlation analysis conducted to determine the relationships between childhood trauma subdimensions and attachment styles. When examining the findings, it is observed that there are positive correlations among the subdimensions of childhood trauma. Additionally, while secure attachment shows negative correlations with some trauma dimensions, anxious and avoidant attachment styles demonstrate positive correlations with certain trauma subdimensions. These findings suggest that early traumatic experiences may be related to individuals' interpersonal relationship patterns.

Discussion

In this study, childhood traumas and attachment styles were examined in adults diagnosed with substance dependence, and the findings were evaluated in comparison with studies in the literature. The findings of the study provide an important profile of the psychosocial characteristics of individuals with addiction and largely overlap with findings reported in the literature (Evren et al., 2014; Seyfeli & Şener, 2022; Karataş, 2021).

The significant difference in childhood trauma scores by gender indicates that male participants reported higher levels of trauma compared to female participants. Studies conducted with samples of substance-dependent individuals in Türkiye have reported high rates of childhood traumas and that a large proportion of individuals with addiction have experienced adverse early life events (Evren et al., 2014; Orak et al., 2023; Felitti et al., 1998). However, some studies have reported that female participants have higher trauma scores (Bezgin et al., 2020; Seyfeli & Şener, 2022). These differences suggest that trauma reporting may be related not only to the experience itself but also to how individuals perceive and express these experiences. Şar and Aksu (2010) emphasize that when measuring childhood trauma via self-report, an individual's level of awareness and how they interpret their past can be determining factors.

The significant difference in childhood trauma scores according to age groups is also a finding discussed in the literature. Evren et al. (2014) note that the way individuals evaluate their childhood experiences can change with age, and that past experiences can be reinterpreted over time. Similarly, Şar and Aksu (2010) and Anda et al. (2006) state that traumatic experiences may become more apparent in some individuals many years later, while in others they may be repressed.

The lack of significant differences in attachment styles by gender and age suggests that attachment patterns may be related to deeper, more enduring psychological structures rather than to superficial demographic variables. Sümer

and Güngör (1999) state that attachment styles are formed through the internalization of early caregiver relationships and show relative continuity into adulthood. Some studies conducted in Türkiye have also emphasized that attachment styles are related to early relational experiences rather than variables such as age and gender (Seyfeli & Şener, 2022; Aydın & Şimşek, 2018).

The results of the correlation analyses conducted to examine the relationships between childhood traumas and attachment styles in the study show that there are significant associations between certain trauma subdimensions and attachment styles. In particular, emotional abuse, physical abuse, and neglect subdimensions were found to be positively associated with anxious and avoidant attachment styles, while secure attachment was negatively associated with some trauma subdimensions. This finding is consistent with attachment theory, which suggests that early traumatic experiences can affect individuals' patterns of interpersonal relationships (Bowlby, 1969; Mikulincer & Shaver, 2016). Some studies in the literature also show that childhood traumas are associated with the development of insecure attachment patterns (Seyfeli & Şener, 2022; Set & Çelik, 2023). However, it is also noted that this relationship does not manifest in the same way across individuals, and that traumatic experiences may have different effects through psychosocial factors such as emotion regulation skills, sources of social support, and coping strategies (Anda et al., 2006; Şar & Aksu, 2010).

Overall, the findings of this study are largely consistent with the literature, indicating that childhood traumas are prevalent among individuals diagnosed with substance use disorder (Evren et al., 2014; Orak et al., 2023; Seyfeli & Şener, 2022). They are also in line with theoretical and empirical studies emphasizing that attachment styles are shaped by early relational experiences (Sümer & Güngör, 1999; Bowlby, 1969; Mikulincer & Shaver, 2016). These results support the view that, in the assessment of individuals with addiction, it is necessary to focus not only on substance misuse behavior but also on the individual's developmental history and interpersonal patterns.

Conclusion and Recommendations

In this study, whether childhood traumas and attachment styles differ in terms of demographic variables in adult individuals diagnosed with substance use disorder, as well as the correlational relationship between these two psychological constructs, was examined. The findings showed that levels of childhood trauma differed significantly by gender and age. Male participants had higher trauma scores than female participants, and trauma levels were found to be higher in the younger age group. In contrast, attachment styles did not differ significantly

by gender or age. In addition, statistically significant relationships were found between childhood traumas and attachment styles. In particular, traumatic experiences were observed to be associated with insecure attachment patterns. These findings suggest that childhood traumas play an important role in the life histories of individuals diagnosed with substance use disorder, whereas attachment patterns may represent more structural and enduring psychological characteristics.

Based on the research findings, it appears important to systematically address individuals' trauma histories in clinical assessment processes. It is recommended that addiction treatment programs focus not only on substance use behaviors but also on early life experiences and interpersonal relationship patterns. In this context, integrating trauma-focused psychotherapy approaches (such as Trauma-Focused Cognitive Behavioral Therapy, EMDR, and Schema Therapy) into addiction treatment processes may be beneficial. Furthermore, it is important to strengthen preventive and protective mental health services for young age groups and to develop early intervention programs. Including variables such as emotion regulation, social support, and psychological resilience in future research models may help to better understand the relationship between trauma and attachment. However, the cross-sectional design of this study limits the ability to evaluate the temporal direction of relationships between variables. Therefore, it is considered that longitudinal studies to be conducted in the future may reveal the effects of childhood traumas and attachment patterns on the addiction process in more detail.

Limitations of the research

This study has several limitations. Firstly, the sample of the study is limited to individuals diagnosed with substance use disorder who were reached through specific clinical and rehabilitation units located in the Çukurova region. This limits the generalizability of the findings to all individuals diagnosed with substance use disorder across Türkiye, as the sample represents a specific and restricted region. Studies conducted across different regions and with larger sample sizes are thought to increase the generalizability of the findings.

The data used in the research are based on participants' self-reports. Especially in measurements related to past experiences, such as childhood traumas, the way individuals recall and interpret their past experiences, or

their tendency towards social desirability, may affect the results. Therefore, using clinical interview techniques or multiple data collection methods in future research could provide more comprehensive evaluations.

Another limitation of the study is its cross-sectional design. As a result, the temporal or causal relationships between childhood traumas, attachment styles, and substance use disorder cannot be determined. Longitudinal studies are thought to more clearly reveal the developmental course of the relationships among these variables.

Finally, the variables examined in this study are limited to childhood traumas and attachment styles. However, substance misuse is a multidimensional psychosocial phenomenon and may be associated with many variables such as difficulties in emotion regulation, social support, psychological resilience, and personality traits. Including such mediating or moderating variables in future research models may contribute to a more comprehensive understanding of the psychosocial dynamics of the addiction process.

Declarations

Ethics Approval and Participation Approval

This study was approved by the Ethics Committee of Cyprus Health and Social Sciences University (Decision No: KSTU/2026/015, Date: 05.04.2026). All procedures were conducted in accordance with the Declaration of Helsinki. Informed consent was obtained from all participants.

Publication Permission

The authors confirm that the manuscript has not been published elsewhere and is not under consideration by another journal.

Availability of Data and Materials

The datasets used and/or analyzed during the current study are available from the corresponding author on reasonable request.

Conflict of Interest

The authors declare that there is no conflict of interest.

Authors' Contributions

R.G. contributed to the study design, data collection, analysis, and writing of the manuscript. M.Ç. and Ş.E.Ö contributed to the supervision of the study, interpretation of the findings, and critical revision of the manuscript.

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