IMPULSIVITY AND EMOTION REGULATION IN GIFTED ADULTS WITH ADDICTIVE BEHAVIORS

Clothilde Moreau[1], Mathilde Auclain[2], Aurélie Rucart[3], & Servane Barrault[4, 5, 6]
[1]*Université de Tours, Laboratoire QualiPsy EE1901 (France)*
[2]*Centre de Soins d'Accompagnement et de Prévention en Addictologie (CSAPA) du Centre Hospitalier de Versailles - Pôle Psychiatrie adulte et addictologie (France)*
[3]*Centre de Soins d'Accompagnement et de Prévention en Addictologie (CSAPA 37), CHRU de Tours (France)*
[4]*Université de Tours, Laboratoire QualiPsy EE1901 (France)*
[5]*CHU Trousseau, Centre Hospitalier Régional Universitaire de Tours (France)*
[6]*Laboratoire de Psychopathologie et Processus de Santé, Université de Paris: EA4057 (France)*

Abstract
Empirical evidence pointed out giftedness, as defined by high intellectual abilities (IQ ≥ 130 according to the WHO), to be a protective or a neutral factor in the development of psychopathologies in children and adolescents (e.g., Martin et al., 2010, Alexopoulou, 2020). Nevertheless, very few studies demonstrated interest regarding addictions and giftedness. The few ones that have attempted to explore this subject focused only on academic giftedness and their relation to substance use. For instance, Williams and Hagger-Johnson (2017) found an increased risk of drinking alcohol regularly and cannabis use during adolescence and early adulthood in academic gifted students at age 11, whereas Peairs et al. (2010) studied the probability to try alcohol in students and found no difference between academic gifted students and their non-gifted peers. Overall, there is a huge lack of data regarding addictions and factors strongly associated with addictive behaviors, like impulsivity (Berg et al., 2015) or emotion regulation (Estevez et al., 2017), in gifted people, and more especially in gifted adults.
The purpose of this research is to better understand gifted adults with addictive behaviors by studying impulsivity and emotion regulation in this specific population.
The sample consists of adults (≥ 18 years) divided into 4 groups according to their condition: giftedness or not, with or without addiction. The 4 groups will be compared based on scientifically validated tools in impulsivity (UPPS) and emotion regulation (DERS). The IQ scores is evaluated with a full Wechsler Intelligence Scale. An interview is made systematically to check the addiction criteria of the DSM-V. We voluntary chose to consider every kind of addictions to stay in line with an exploratory goal.
The preliminary results (n = 150) will be exposed in this poster. We expect that the gifted adults with addictive behaviors would show better scores in emotion regulation abilities overall than the non-gifted ones, but lower scores regarding the sphere of emotional identification and awareness. This would be consistent with the results of Brasseur (2013) that suggested less emotional intelligence in gifted adolescents regarding identification and understanding of their own emotions. We also believe that they would show lower scores in impulsivity compared to the non-gifted ones because of a positive correlation between emotion regulation overall and low impulsivity.

Keywords: *Impulsivity, emotion regulation, addiction, gifted, adults.*

SUCCESSFUL AGING: THE CONTRIBUTION OF PERSONALITY VARIABLES

Elina Van Dendaele, Kristell Pothier, & Nathalie Bailly
PAVeA Laboratory, EA 2114, Department of Psychology, University of Tours (France)

Abstract
Understanding social, economic, and psychological factors are important for promoting elderly health. Rowe and Kahn (1997) described three main components for "successful aging" (SA): avoiding disability and disease, high cognitive and physical capacities, and active engagement in one's life. Psychological dimensions (i.e., personality) have not been sufficiently studied yet. However, they could be considered to define SA. This study aimed to determine whether physical, cognitive, social, and personality factors were associated with SA.