IMPULSIVITY AND EMOTION REGULATION IN GIFTED ADULTS WITH ADDICTIVE BEHAVIORS

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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

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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.

A total of 2109 participants living at home (53.39% men; m_{age} =75,38±8.11) – from the Survey of Health, Aging, and Retirement in Europe (SHARE dataset release 7.0.0 of 2017) – completed questionnaires measuring physical (mobility, number of diseases, IADL, BMI) and cognitive (memory, executive function) health, social engagement, and personality (Big Five Inventory). These variables were gathered into three distinct blocks: sociodemographic characteristics (age, sex), model's Rowe and Kahn variables (physical, cognitive, social engagement), and personality. SA was assessed by the Euro depression scale. A correlation matrix was computed to examine the interrelationships between all variables. We then performed linear regression analysis when it was appropriate.
A higher level of motor and cognitive abilities correlated with a lower level of depressive symptoms (r=0.34; p<.001; r=-.20; p<.001; r=-.17; p<.001). The number of diseases was positively correlated with depressive symptoms (r=0.26; p<.001). The more engaged people were, the fewer depressive symptoms they had (r=0.09; p=.019). An effect of the level of education on depressive symptoms (F(5,847)= 7.06; p<.001) was found: people with a higher educational level had a lower depression score than those with a lower educational level. A lower level of neuroticism, higher level of agreeableness, and conscientiousness were significantly correlated with a lower level of depressive symptoms (r=0.41; p<.001; r=-.09; p<.028; r=-.08; p=.028). Linear regression analyses showed that personality variables explained 11% of the variance of depression scores, beyond sociodemographic characteristics (age, sex) (9%) and variables in the Rowe and Kahn model (10%). The three blocks, all together, explained 29% of the variance of the depression scores.
In line with Rowe and Kahn's model (1997), results showed that physical, cognitive, and social factors from the SHARE study partially explained SA (i.e., absence of depressive symptoms here). Interestingly, personality variables also explained a significant proportion of depressive symptoms. Personality may have an important role in addressing SA: adapting the care as well as the prevention to encourage the elderly to engage in physical, social, or cognitive activities.

Keywords: *Successful aging, personality, depressive symptoms.*

FOOD ADDICTION AND ADULT ADHD SYMPTOMS AMONG BARIATRIC SURGERY CANDIDATES: ARE THEY ASSOCIATED WITH POORER QUALITY OF LIFE?

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Abstract
Background and objective: Both food addiction (FA) and adult ADHD symptomatology have a significant impact on quality of life (QOL), which in turn may affect bariatric surgery outcomes in the context of severe obesity. The main objective of this study was to investigate the association between FA, ADHD symptomatology and QOL in the specific population of bariatric surgery candidates.
Method: Three hundred and twenty-two adult bariatric surgery candidates were recruited during the systematic preoperative psychiatric assessment. The participants completed questionnaires assessing body mass index (BMI), QOL (QOL-Obesity, and Dietetics rating scale, QOLOD), FA (YFAS 2.0), and adult ADHD symptoms (ASRS).