

ABSTRACT

Topic: Personality Traits and Readiness to Change among Individuals with Substance Use Disorders attending a Psychiatric Hospital in Lagos.

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Background: Substance use disorder is a chronic relapsing disease with rising incidence. Little has been done to explore the possibility of the patient's biological or psychological makeup being responsible for the treatment failure in those with substance use disorders.

Aim: The aim of the study was to identify the association between personality traits and readiness to change in treatment-seeking patients with substance use disorders.

Methodology: This was a descriptive cross-sectional study involving 167 participants. Stages of Change Readiness and Treatment Eagerness Scale was used to assess the readiness to change alcohol and other drug use while the Big Five Inventory measured the personality traits of the individuals. The relationship between personality and readiness to change was analysed using the independent t-test. Data was analysed using the SPSS version 26 at 95% confidence interval.

Results: For alcohol use disorder, respondents who had high recognition of their behaviour, high ambivalence towards change and had higher scores for taking steps all had lower scores on openness, 42.00 vs 32.75 [$t = -2.8$, $p = 0.047$] for each stage. For drug use disorder, those with high ambivalence towards their behaviour were more likely to score high on neuroticism, 23.00 vs 19.30 [$t = -2.4$, $p = 0.02$].

Among people with both alcohol and drug use disorders, respondents with high ambivalence towards their alcohol use behaviour had higher mean agreeableness, 36.00 vs 32.79 ($t = -2.3$, $p =$

0.03). For those with multiple drug use disorder, conscientiousness was significantly lower among those with low recognition compared to those with high recognition of the problem ($t = -2.5, p < 0.02$).

Conclusion: With the influence that personality traits have on readiness to change in clients with SUD, there is need for more clinical and research attention in this area as it would help improve the quality of individual client-based approach in the management of substance use disorders.

Keywords: Personality traits, Substance use disorder, Readiness to Change.