

Phone Addiction and Personality Traits as Correlates of relapse among patients in Mental Health Facility in Lagos.

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ABSTRACT

Introduction

Following the post covid-19 era, there has been recent over involvement with the use of smart phones to complete important tasks which has raised some questions, particularly among clinicians managing patient with mental illness. Its been observed that some degree of smart phone use appeared to produced more negative treatment outcomes in these patients. Hence the current study investigated the relationship between phone addiction, personality traits and relapse among patient with Mental illness.

Methods

Through an Impost facto design patients that met the inclusion criteria were recruited for the study and responded to the study instrument, voluntarily. The study instrument include measures of personality (Big Five Inventory-10items) and smart phone addiction scale -10items.. patients were randomly selected for the study on their days of appointment. All data collected was analysed using Pearson correlation and regression analyses with margin of error set at 0.05.

Results

The results revealed that all but one agreeableness [(r = .047, p>.05)] personality traits of the participants showed significant relationship with their tendencies towards relapse; extraversion (r = -.14, p<.05), consciousness (r = .183, p<.01), neuroticism (r = .223, p<.01), openness to experience (r = .136, p<.05). Similarly, higher score on the phone addiction scale was observed to have increased the odd of patients' relapse (r= .22, p<.05). the results further stressed that the combination of personality traits and phone addiction accounted for a statistically significant proportion of the variance observed in relapses [F=2.98, p<.05].

Conclusion

In all, the study highlights the protective role of some personality traits towards our patients health outcomes. Also, increased involvement with phone use will cause more likelihood for relapses among our patient. Routine screening for the level of phone use during clinic will be helpful in noticing any addictive tendencies and preventing relapse in our patients.

KEY WORDS: PHONE ADDICTION, PERSONALITY TRAITS, RELAPSE RATE, PSYCHIATRIC PATIENTS.