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Relationships between different types of affective temperaments and instagram addiction

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Background: Studies indicate that certain types of affective temperaments (cyclothymic, irritable and anxious) can be a risk factor for substance addiction. The relationship between affective temperaments and behavioral addictions has received relatively little attention from researchers. Instagram is a social network with apparently greatest addictive potential and the number of its users has been growing the most. The aim of this study was to examine the relationships between Instagram addiction (IA) and different types of affective temperaments. *Method:* The study sample included 332 students (61.9% female). Their mean age was 20.99 ± 2.35 years. The Instagram Addiction Scale (IAS, Cronbach $\alpha = 0.88$ in the present study) and Temperament Evaluation of Memphis, Pisa, Paris and San Diego Autoquestionnaire (TEMPS-A, Cronbach $\alpha = 0.77$ in the present study) were administered. Items of TEMPS-A were constructed on the basis of the criteria for affective temperaments (cyclothymic, depressive, irritable, hyperthymic, anxious). *Results:* The mean score on the IAS was 28.61 ± 9.75, with scores in females and males not differing significantly. Hyperthymic temperament was the only temperament that correlated negatively with IAS (rs = -0.12; $p < 0.05$). Cyclothymic temperament correlated moderately with IAS (rs = 0.38; $p < 0.05$), followed by anxious (rs = 0.26; $p < 0.05$), depressive (rs = 0.23; $p < 0.05$) and irritable temperaments (rs = 0.11; $p < 0.05$). *Conclusions:* IA is associated to affective temperaments positively except for negative association with hyperthymic temperament. This may have further scientific and preventive implications.

Keywords: Instagram addiction; Instagram Addiction Scale; TEMPS–A