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The Relationship of Big Five Personality Factors and Self-Efficacy with Hope to Treatment in Self-Referred Addicts

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Abstract

The purpose of this study was to investigate the relationship between Big five personality factors and self-efficacy with hope to treatment. In this descriptive study 350 self-referred addicts consisting of 288 men and 62 women were selected by using a multi-stage stratified random sampling method in Isfahan city centers. The study instruments included the NEO Personality Inventory, the General Self-efficacy Scale, and the Snyder Hope Scale. The data were analyzed using Pearson correlation coefficient and multiple regression analysis. The findings showed that there is a significant relationship between the Big Five personality traits and hope for recovery, general self-efficacy and hope for recovery, and the Big Five personality traits and general self-efficacy ($p < 0.01$). Additionally, the result demonstrated that among the Big Five personality traits, neuroticism and conscientiousness are able to predict hope for recovery and general self-efficacy. Moreover, general self-efficacy is better able to predict significant hope for recovery beyond the Big Five personality traits. These results indicate that the Big Five personality traits and general self-efficacy can effectively predict hope for recovery. Using these predictive variables can be highly beneficial for estimating hope for recovery in individuals seeking treatment for substance avoidance in rehabilitation centers.

Keywords: Big Five personality traits, hope for recovery, rehabilitation, self-efficacy, self-referred addicts