

Research Article

The Role of Loneliness and Automatic Thoughts in Predicting Psychological Symptoms of the Individuals on Probation for Substance Use Background*

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Abstract

This study has sought to examine the role of loneliness and automatic thoughts of individuals on probation who have a history of substance in predicting the psychological symptoms. Following a correlational model, this study took the variables of loneliness and automatic thoughts as independent variables and psychological symptoms (i.e., anxiety, depression, negative self, somatization, and hostility) as dependent variables. The study's working group consisted of 323 male adult individuals of at least 18 years of age who were on probation in Eskisehir's Probation Office in Turkey. While the UCLA Loneliness Scale, the Automatic Thoughts Scale, and the Brief Symptom Inventory were used to as data collection tools, the data were statistically analyzed using Multi-Linear Regression. The results of the study reveal that loneliness and automatic thoughts together significantly predict anxiety, depression, negative self, and somatization. In regard to hostility, however, the results of the multiple regression analysis found that only automatic thoughts, and not loneliness, was a significant predictor.

Keywords

Substance use • Loneliness • Automatic thoughts • Psychological symptoms • Probation

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Substance use is becoming a growing social problem not only in Turkey but all over the world. The use of narcotic substances by a large number of people, regardless of age, gender, socio-economic and cultural status, shows the seriousness of the problem. It is known that substance use is highly associated with psychological disturbances together with adverse effects on individuals' cerebral functions (Öğüt, 2006). According to current research, the incidence of psychiatric disorder is observed to be 2.7 times higher in people who use narcotic substances than in those who do not (Ebert, Loosen, & Nurcombe, 2003).

Loneliness and negative automatic thoughts in individuals with a history of narcotic substance use are thought to be important factors leading to psychological symptoms. It is stated that individuals with substance use experience high levels of loneliness (Ergil, 1993). When studies on the relationship between loneliness and psychological symptoms are examined, a positive relationship between depression and loneliness is observed (Haliloğlu, 2008; Izgar, 2009; Kılınç, 2005). The results of a study on whether there exists a relationship between loneliness levels and automatic thoughts reveal that as the level of loneliness of individuals increases, negative automatic thoughts also increase (Oruç, 2013). It seems, therefore, that similar to all other problems, automatic thoughts significantly influence the emergence of feelings of loneliness. It only follows that negative thoughts are therefore significant in the emergence and continuation of such psychological symptoms as anxiety, depression, negative self, and hostility in the individual (Ağır, 2007; Gladding, 2015; Leahy, 2010).

The present study will help to provide more effective and lasting solutions for psychological help, counseling studies, and treatments for individuals with a history of substance use. The substance use-related difficulties experienced by individuals on probation are well known. Although studies examining loneliness, automatic thoughts, and psychological symptoms have been conducted on different samples, we encountered no study in the literature on individuals on probation who have a history of substance use. Moreover, we are of the opinion that this study will increase the importance of conducting further scientific studies in this field and that its results will serve as a basis for such further studies and research. In this study, we attempted to answer the question: "Do the automatic thoughts of individuals on probation with a history of substance and loneliness significantly predict psychological symptoms?"

Method

Following a correlational model, this study seeks to gauge the predictive power of two variables (i.e., loneliness and the automatic thoughts of individuals on probation who have a history of substance use) on psychological symptoms. The working group of the study consisted of 323 male adult individuals who were at least 18 years of age and who

were still on probation in Eskisehir's Probation Office during 2015 and 2016 after having completed their treatment at a hospital. Three data collection instruments were used in this study, namely the UCLA Loneliness Scale, the Automatic Thoughts Scale, and the Brief Symptom Inventory, and data were analyzed using Multi-Linear Regression.

Findings

Chart 1 presents the results of the multiple regression analysis conducted to reveal the predictive power of loneliness and of automatic thoughts of individuals with a history of substance use.

Table 1

Multiple Regression Analysis: Role of Loneliness and Automatic Thoughts in Predicting Anxiety

Variable	B	SHB	β	t	p
Stable	.35	.11	-	3.35	.01
Loneliness	.16	.06	.12	2.57	.01
Automatic Thoughts	.51	.04	.60	12.50	.01

N = 323, *R* = .68, *R*² = .46, *F* = 136.12, *p* < .05.

As seen in Chart 1, loneliness and automatic thoughts significantly predict anxiety, together explaining 46% of the total variance [*R* = .68, *R*² = .46, *F* = 136.12, *p* < .05]. According to the standardized regression coefficient (β), automatic thoughts (β = .60) precedes loneliness (β = .12) in order of relative importance as a predictor variable. When the significance tests of the regression coefficient are considered, loneliness (*p* < .05) and automatic thoughts (*p* < .05) are found to be significant predictors of anxiety. Furthermore, Cohen's *f*² value was calculated to determine the effect size and was found to be .85. According to Cohen's (1988) criteria, the effect size in the present study is great.

Chart 2 presents the results of the multiple regression analysis conducted to reveal the power of loneliness and of automatic thoughts of individuals with a history of substance use in predicting depression.

Table 2

Multiple Regression Analysis: Role of Loneliness and Automatic Thoughts in Predicting Depression

Variable	B	SHB	β	t	p
Stable	.10	.12	-	.84	.40
Loneliness	.23	.07	.14	3.19	.01
Automatic Thoughts	.67	.05	.66	14.79	.01

N = 323, *R* = .74, *R*² = .55, *F* = 192.66, *p* < .05.

As seen in Chart 2, loneliness and automatic thoughts significant, positive predictors of depression, together explaining 55% of the total variance [*R* = .74, *R*² = .55, *F* = 192.66, *p* < .05]. According to the standardized regression coefficient (β), automatic thoughts (β = .66) precedes loneliness (β = .14) in order of relative importance in predicting

depression. When the significance tests of the regression coefficient are considered, both loneliness ($p < .05$) and automatic thoughts ($p < .05$) are found to be significant predictors on depression. Furthermore, Cohen's f^2 value was calculated to determine the effect size and was found to be 1.22 was found for this variable. According to the criteria laid out by Cohen (1988), the effect size in the present study is great.

Table 3 presents the results of the multiple regression analysis conducted to reveal the power of loneliness and of automatic thoughts of individuals with a history of substance use in predicting negative self.

Table 3
Multiple Regression Analysis: Role of Loneliness and Automatic Thoughts in Predicting Negative Self

Variable	B	SHB	β	t	p
Stable	.28	.11	-	2.52	.01
Loneliness	.16	.07	.11	2.37	.01
Automatic Thoughts	.61	.04	.66	14.44	.01

$N = 323, R = .72, R^2 = .52, F = 173.10, p < .05.$

As seen in Table 3, loneliness and automatic thoughts are significant, positive predictors of negative self, together explaining 52% of the total variance [$R = .72, R^2 = .52, F = 173.10, p < .05$]. According to the standardized regression coefficient (β), automatic thoughts ($\beta = .66$) precedes loneliness ($\beta = .11$) in order of relative importance order as a predictor of negative self. When the significance tests of the regression coefficient are considered, loneliness ($p < .05$) and automatic thoughts ($p < .05$) are found to be significant predictors of negative self. Furthermore, Cohen's f^2 value was calculated to determine the effect size, and was found to be 1.08 for this variable. According to the criteria laid out by Cohen (1988), the effect size in the present study is great.

Table 4 presents the results of the multiple regression analysis conducted to reveal the power of loneliness and of automatic thoughts of individuals with a history of substance in predicting somatization.

Table 4
Multiple Regression Analysis: Role of Loneliness and Automatic Thoughts in Predicting Somatization

Variable	B	SHB	β	t	p
Stable	.27	.12	-	2.33	.02
Loneliness	.21	.07	.15	3.02	.01
Automatic Thoughts	.47	.04	.54	10.48	.01

$N = 323, R = .63, R^2 = .40, F = 105.37, p < .05.$

As seen in Table 4, loneliness and automatic thoughts are significant, positive predictors of somatization, together explaining 40% of the total variance [$R = .63, R^2 = .40, F = 105.37, p < .05$]. According to the standardized regression coefficient (β), automatic thoughts ($\beta = .54$) precedes loneliness ($\beta = .15$) in order of relative

importance as a predictor variable of somatization. When the significance tests of the regression coefficient are considered, loneliness ($p < .05$) and automatic thoughts ($p < .05$) were found to be significant predictors of somatization. Furthermore, Cohen's f^2 value was calculated to determine the effect size and was found to be .66 for this variable. According to the criteria laid out by Cohen (1988), the effect size in the present study is medium.

Table 5 presents the results of the multiple regression analysis conducted to reveal the power of loneliness and of automatic thoughts of individuals with a history of substance use in predicting hostility.

Table 5
Multiple Regression Analysis: Role of Loneliness and Automatic Thoughts in Predicting Hostility

Variable	B	SHB	β	t	p
Stable	.61	.15	-	4.16	.01
Loneliness	.09	.09	.05	.98	.33
Automatic Thoughts	.63	.06	.58	11.11	.01

$N = 323, R = .61, R^2 = .37, F = 93.97, p < .05.$

As seen in Table 5, loneliness and automatic thoughts are significant, positive predictors of hostility, together explaining 37% of the total variance [$R = .61, R^2 = .37, F = 93.97, p < .05$]. According to the standardized regression coefficient (β), automatic thoughts ($\beta = .58$) precedes loneliness ($\beta = .05$) in order of relative importance as a predictor variable of hostility. When the significance tests of the regression coefficient are considered, only automatic thoughts ($p < .05$) was found to be a significant predictor of hostility. It is therefore understood that loneliness is not an important predictor. Furthermore, Cohen's f^2 value was also calculated to determine the effect size and was found to be .58 for this variable. According to the criteria delineated by Cohen (1988), the effect size in the present study is medium.

Discussion and Conclusion

The findings of the present study illustrate that loneliness and automatic thoughts together significantly predict anxiety. Individuals with high levels of loneliness and negative automatic thoughts are expected to experience increased levels of anxiety, which, in turn, may lead lonely individuals to make irrational interpretation of people and circumstances. Moreover, such false perceptions disturb such individuals' feelings, interactions with their surroundings, and socialization. The findings of the present study further reveal that loneliness and automatic thoughts together significantly predict depression, negative self, and somatization. In the related literature review, however, no previous study was encountered in which loneliness and automatic thoughts together significantly predicted somatization. Furthermore, the study also shows that only automatic thoughts, and not loneliness, is a significant predictor of

hostility. This finding indicates that hostility resulting from psychological symptoms is closely related to cognition and negative automatic thoughts.

As a result, this study shows that loneliness and automatic thoughts of individuals with a history of substance use can be taken together to explain psychological symptoms. Not only are loneliness and negative automatic thoughts observed to predict anxiety, depression, negative self, somatization, and hostility, they also constitute important variables in explaining the causes of psychological symptoms. The current study found that although loneliness and automatic thoughts together predict anxiety, depression, negative self, and somatization, only automatic thoughts was a significant predictors of hostility. It is crucial that those seeking to prevent mental disorders related to anxiety, depression, negative self, somatization, and hostility realize that loneliness and automatic thoughts predict psychological symptoms and that there is a relationship between them. This study is important because it shows that psychological symptoms should always be considered in terms of producing solutions, treatment, and rehabilitation for male adult individuals with histories of substance use. Before any psychological or psychiatric problems emerge, studying such individuals' loneliness levels and negative automatic thoughts may be beneficial in preventing possible problems or pathologies. Accordingly, it may be possible to prevent substance dependency and other psychological disorders in individuals using narcotic substances.

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