Shopping Addiction
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What determines a shopping addiction?

- Repetition of buying behaviors
- Unsuccessful attempts at controlled purchasing
- Negative consequences (debt, theft, etc.)
- Interference with everyday life
- Experience a “high” or a feeling of escape while shopping

Clark & Calleja, 2008
Warning signs of a “Shopaholic”

• Purchases unnecessary items
• Show a loss of control over buying behaviors
• Feelings of guilt or regret after spending
• Spending more money than intended
• Hiding purchases

Pham, Yap, & Dowling, 2011
http://www.youtube.com/watch?v=3Q1V_y1Fq2lA
DSM-V Criteria

• There has been much debate about which category Shopping Addiction will fall under in the DSM-V

• Two broad categories:
  • Obsessive Compulsive Related Disorders (OCD, OCPD, hoarding, etc.)
  • Impulse Control Disorders

Allan & Hollander, 2006
Impulse Control Disorder

- Impulsive behaviors
- Distress in day to day life because of impulsive behaviors
- Effects personal relationships
- Effects on occupation responsibilities
The Case for Compulsive Shopping as an Addiction (Hartson, 2012)

• Release of dopamine = Pleasurable experience.
• Occurs in 6% of general population.
• Higher prevalence in people with GAD or depression.
• This problem behavior is becoming more prevalent because of accessibility.
Addiction?

- Pros: Excessive behavior, initial pleasure/excitement, loss of control, feelings of guilt as a result of the compulsive buying, distress in daily life, negative consequences, the behavior becomes a priority over responsibilities (bills, necessities, etc.)
Addiction? (Cont.)

- Cons: Socially acceptable behavior, not biologically addicting, cannot withdraw from shopping.
• I think shopping can be considered an addiction.

• The behavior is excessive and is initiated the same way chemical addictions are initiated.

• There is a loss of control.

• There can be negative consequences such as financial, family, and psychological distress.

• Inability to stop the behavior despite the negative consequences.
References


