Spring 2017

The Relationship of Anxiety, Depression and Low Self-Esteem on the Tendency to have Compulsive Buying-type Behaviors

Ingrid Granados

Dominican University of California

Follow this and additional works at: https://scholar.dominican.edu/ug-student-posters

Part of the Other Psychology Commons

Survey: Let us know how this paper benefits you.

Recommended Citation

https://scholar.dominican.edu/ug-student-posters/39

This Presentation is brought to you for free and open access by the The Dominican Experience at Dominican Scholar. It has been accepted for inclusion in Student Research Posters by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.
The Relationship of Anxiety, Depression and Low Self-Esteem on the Tendency to have Compulsive Buying-type Behaviors
Ingrid M. Granados

Background
Compulsive Buying is characterized by:
• shopping not done in moderation
• preoccupation to buy
• uncontrollable urge to buy
• leading to significant social and financial problems

Compulsive Buying is:
• Not officially recognized as a psychological disorder by APA
• Associated with impaired functioning. (Gallagher et al, 2017)
• More likely in women than in men (Granero et al, 2016)

“Retail therapy” is:
• engaged in by people with the primary purpose of improving their mood
• considered the first phase of shopping addiction (Sohn et al, 2013)

Common factors in people with Compulsive Buying Behaviors:
• Psychiatric history
• Mood disorders
• Legal problems (Harvanko et al, 2013)

Hypotheses
Compulsive-buying-type behaviors will be more common for individuals with:
1) higher levels of depression.
2) higher levels of anxiety.
3) lower self-esteem.

Method
• Materials
  • Richmond Compulsive Buying Scale
  • Tano General Anxiety Scale
  • Rosenberg Self-Esteem Scale
  • Center for Epidemiologic Studies Depression Scale
• Participants
  • Recruited via email and Facebook posts
  • 90 completed surveys (14 male, 76 females)
• Procedure
  • Participants completed an anonymous online survey

Results
Hypothesis #1 was supported.
Results showed a moderate positive linear relationship between depression and compulsive buying type behaviors.
\[ r = +0.36 \quad p = 0.05\% \]

Hypothesis #2 was not supported.
Results suggest a possible weak linear relationship between general anxiety traits and compulsive buying type behaviors, as predicted.
\[ r = +0.14 \quad p = 17\% \]

Hypothesis #3 was not supported.
Results showed the predicted negative linear relationship between self-esteem and compulsive buying type behaviors.
\[ r = -0.19 \quad p = 7\% \]

Conclusions
• Compulsive Buying was significantly more common among participants who were depressed than those with anxiety.
• Self-esteem is negatively related to Compulsive Buying behaviors, but was too weak to be statistically significant.
• Presence of all three factors is not required to increase the inclination of individuals to Compulsive Buying.
• Compulsive Buying is not higher in women than in men.
• People can behave in ways consistent with compulsive buying from time-to-time without meeting the diagnosis for a mental illness.
• Future studies might benefit from examining the role(s) of:
  • income levels
  • materialism
  • online shopping
  • stress

Additional Evaluations
• Comparison of male and female groups on CB scale using two-tail t-test showed no significant gender difference in compulsive-buying-type behaviors.

\[
\begin{array}{|c|c|}
\hline
& \text{Male} & \text{Female} \\
\hline
\text{Mean} & 14.8 & 16.0 \\
\hline
\text{Std Dev} & 3.8 & 4.0 \\
\hline
P(T<=t) two-tail & 58\% \\
\hline
\end{array}
\]