

Impulsivity-compulsivity axis in the abuse of Information and Communication Technologies (ICT) from the perspective of the Research Domain Criteria Project (RDoC) (pp. 399-415)

Eduardo J. Pedrero-Pérez¹, Sara Morales-Alonso¹, Vanessa Gallardo-Arriero¹,
Laura Blázquez-Rollón¹, and José María Ruiz-Sánchez de León²
¹Madrid Salud; ²Complutense University of Madrid (Spain)

The habit formation model to explain addiction involves the transition from an initial phase in which the prefrontal cortex ceases to control the behavior, to a phase in which control is transferred to the dorsal striatum, progressing towards compulsive consumption. This model, widely supported by empirical evidence, implies that each subject is at a certain point in the impulsivity-compulsivity continuum. Using two questionnaires recommended within the framework of the Research Domain Criteria Project which measure impulsivity and compulsivity, an attempt was made to confirm the existence of such a bipolar axis, applied to the abuse of information and communication technologies (ICT). The results of this study provide empirical support for the existence of this axis. The abuse of ICT seems to have many more compulsive components than impulsive ones, except in the case of video games, which are little related to both concepts. These results have important clinical implications since there are very different therapeutic approaches for impulsivity and compulsive behavior.