

RELATIONSHIP BETWEEN ALEXITHYMIA AND RESILIENCY WITH PREPARATION OF ADDICTION IN MALE STUDENTS

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ABSTRACT

This study aimed at investigating the simple and multiple relationships between alexithymia and resiliency with addiction potential in in male students of Ferdowsi university of Mashhad. Two hundred and thirty male students were selected by cluster sampling from the Ferdowsi University (Iran). The scales used for this descriptive study were Toronto Alexithymia Scale (TAS-20), Connor and Davidson resiliency scale and Iranian Addiction Potential Scale (IAPS). Data analysis was performed using Pearson correlation and multiple regressions. There were simple and multiple relationships between alexithymia and resiliency and preparation of addiction. In other words, 41 percent of the total preparation of addiction variance could be explained by the predictive variable in this study. Alexithymia and resiliency predicted addiction potential in university students. The most important suggestion of this research was to pay attention scientifically to alexithymia and resiliency as a fundamental factor of this difficulty, rather than just emphasizing on the cessation of drug or alcohol using.

KEYWORDS: alexithymia, resiliency, preparation of addiction, students.

INTRODUCTION

In recent decades, the prevalence of has been growing in the world population. This increase has been more and more significant in young people of the world who are most affected by addiction. The statistics published in our country report two million addicts and six million recreational users (Radi and Rezaye, 2001, quoted by Shargh, Shakibi, Neysari and Alilo, 2011), although this report seems optimistic. Our country lying along with countries like Afghanistan and Pakistan who are the major producers of drugs and also transit and traffic of drug from our country to other pints of the world including Europe and North Africa have bloomed into the domestic consumption market .effects of drug abuse on individual, family and society isn't a secret to anybody in such a way that imposes heavy costs to economies of countries, while the medical cures of drug addictions haven't been helpful enough. Today, regarding the epidemic amplitude of addiction prevalence, it's supposed that prevention of drug abuse of people is easier than curing this disorder (Bovtin and Bovtin, 1992).

Apparently in our society, there are not a lot of unfamiliar people with individual, domestic, social and economic damages of drug addiction, but despite of this familiarity, the spread amplitude of addiction is growing. This ruinous disaster incurs heavy economic and non-economic expenses for addicted individual, family, health network, executive, supervisory and judicature systems. Therefore, one third of national income of the country costs for drug abuse (Hashemi, 2004, quoted by Sahebazamani *et al.*, 2009). The addicted individuals have the least mental health than ordinary people and even drug smugglers, and they tolerate the most interrelation (Sohrabi, 2004). On the other hand, these people are mostly disposed to have other dangerous behaviors such as struggling against people, disobedience of law, deliberate damage to themselves (self-hitting or suicide). Moreover, 10 percent of addicts suicide, which usually happens in tissues because of a behavioral disorder due to drugs. In almost all cases, this disorder is passed down from couples and it may have undesirable effects on fetus (Sadouk and Sadouk, 2003). Today, regarding the epidemic amplitude of addiction prevalence, it's supposed that prevention of drug abuse of people is easier than curing this disorder (Bovtin and Bovtin, 1992).for this reason, it's suggested that investigations be conducted to study the reasons of trend and addiction in drug use especially in young people (Alahverdi pour, Farhadi nasab, Bashirian and Mahjoub,

2007). Despite all the efforts made in order to fight against drug smuggling, curing addicts and prevention of addiction, the addiction age interval has declined from 24-27 to 16-24 over the past 6 years. 91 percent of drug users are men, and their use of drugs has tended to industrial drugs. All of these indicate that the addiction research must be studied on adolescence and youth ages (like students ages), and the reason of this stratum's tendency to drugs should be studied. Considering the change of drug type and change of drug abuse reasons of this stratum, the experts of addiction field should identify the best approach to deal with drug addiction, and they should use the strengthening factors of people against addiction of drugs in order to make awareness, prevention and culture (Javadi *et al.*, 2011).

The addiction can be considered as a physical-mental-social disease that many pre-addiction fields play important role in formation of it (Galanter, 2006). Identification of these factors can be effective in controlling and preventing the infection. Personality traits and psychological features can be discussed as the best predictive factors of tendency to drug abuse, and since not many investigations have been conducted in field of recognition of these antecedents and predisposing factors in Iran, in this research, we are about to investigate the psychiatric variables that can possibly be predictive of drug attachment in students as the young stratum of the country. Some of these variables can be noted like psychiatric features, excitement seeking, impulse control, attachment style and personality features which have been subject of many researches, but Alexithymia and the important trait derived from new discussed concepts in positive psychology, or also resiliency, have been recently considered by researches of predictive factors of addictive behaviors. According to the subject of the present research on investigation on the relationship of alexithymia and resiliency with addiction potential in male students, these concepts and some of the related background have been referred in the following.

The first variable refers to alexithymia or alexithymia based on cognitive-affective style, which the result mentions to specific disorders in expression and process of emotions, but its main meaning refers to "distress verbal descriptions of feelings" (Bakhshipour Roudsari, 2005). The second variable is resiliency refers to a dynamic process, which human beings show in time of facing with adverse conditions or trauma (Luther, Chichtio and Baker, 2000). Eventually, criterion variable of addiction preparation means one's beliefs about the outcome and consequences of predisposing affairs and associated with addictive behaviors and the value a person attaches to the conclusion (Zargar, 2006).

Green *et al.* (2014) studied the impact of mental resiliency and other demographic variables on alcohol consumption of 1090 of western students injured in the wars in Iraq and Afghanistan. The results demonstrated that low levels of cognitive resiliency, lower ages and male gender were the most significant factors in alcohol abuse. Moreover, change in the levels of resiliency during a year is proportional to the levels of alcohol consumption. Considering the relationship between personality type C and addictive behaviors and drug addiction, Lysaker *et al.* (2014) investigated the mediating role of alexithymia with personality type C and addiction. The results demonstrated that existence of alexithymic characteristics in drug-dependent persons leads to lack of deal effectively in terms of excitement and failure to resolve issues appropriately, and this makes a person more prone to drug abuse.

Le Scanniff, Castanier and Anders (2015) studied the mediating impact of alexithymia with alcohol consumption and parental attachment style in an investigation on 343 students of physical education. Primary analysis demonstrated that there is a positive relationship between insecure mother-children attachment styles and alcohol consumption. Moreover, the results indicated that there is a relationship between alexithymia and alcohol abuse, onset, extent and urgency of alcohol consumption. In an investigation on student population, Shishido, Gaher and Simons (2013) studied the relationship between alexithymia, impulsivity, alcohol consumption and problems follow among 429 Ph.D. students. The findings indicated that there is a relationship between alexithymia, impulsivity, alcohol consumption and problems follow. Veselska *et al.* (2009) studied the relationship of self-esteem and resiliency with smoking cigarette and hashish among 3694 students from Slovakia. The results demonstrated that there is a relationship between low self-esteem and risk behaviors among boys while there is a significant relationship between resiliency and smoking hashish and cigarette in general. Consequently, they concluded that resiliency has combined impact so that some of its aspects has relationship with reducing cigarette and hashish smoking and some of its aspects has relationship with increasing in smoking cigarette and hashish. Regarding the mentioned points, it seems that identification of psychiatric, personal, domestic or even education environment factors can increase our knowledge toward this phenomenon and can be used

for control and prevention through education, laying down laws, treatment and etc. to keep the young and active stratum of society away from drug infections and its deleterious effects. On the other hand, it can be said that the Iranian young population and education of a large portion of them as students in universities of country indicate the importance of study of predisposing mental factors of individual towards drug abuse in the population. Exact recognition of psychiatric characteristics which are related to these types of behaviors can be used for prevention or quitting the drug abuse. Identification of psychiatric related features with addiction talent can be utilized in education of people with purpose of recognizing these features and reforming them. since not many investigations have been conducted in field of recognition of these antecedents and predisposing factors in Iran, in this research, we are about to investigate the psychiatric variables that can possibly be predictive of drug attachment in students as the young stratum of the country. In other words, this research is seeking to answer this question if there is any relationship between Alexithymia and resiliency with preparation of addiction in male students of Ferdowsi University of Mashhad?

Based on the mentioned information and considering the research background, the following hypotheses were formulated:

- 1- There is relationship between Alexithymia and preparation of addiction in male students.
- 2- There is relationship between resiliency and preparation of addiction in male students.
- 3- Alexithymia and resiliency predict the preparation of addiction in male students.

Based on the research hypotheses, the conceptual model is indicated in figure 1.

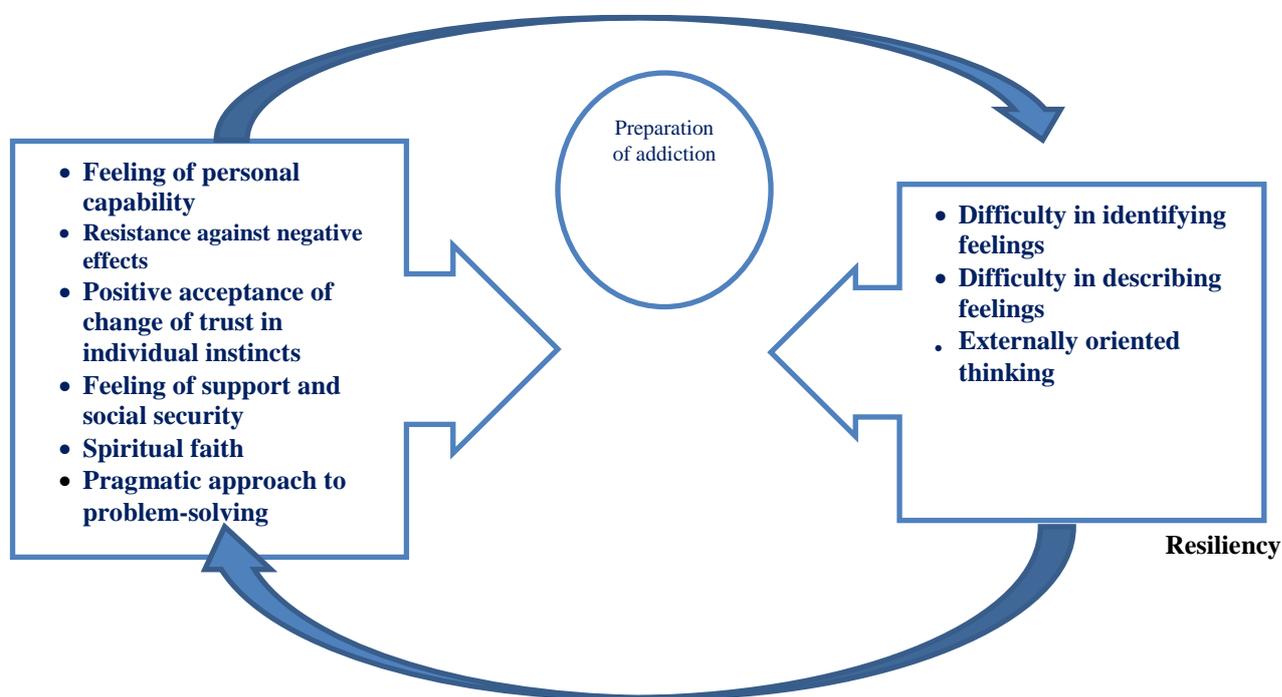


Figure1-The research conceptual model (researcher-made)

MATERIALS AND METHODS

The present research is a descriptive-correlation study. The target population of this research has been the undergraduate students of Mashhad University of Ferdowsi who were enrolled in 2013-2014. Tabachnick and Fidell have presented a formula for calculation of sample size for multivariate regression projects which is $N > 50 + 8m$ that m

is number of predictor variables (Plant, 2007 translated by Kakavand, 2010). According the formula above, the sample size value was 66. Using Cluster Random Sampling and among students of Ferdowsi University of Mashhad, number of 230 individuals were chosen as follows. First of all, the three faculties of engineering, theology and agriculture were randomly selected, and from each faculty of undergraduate level, two classes were randomly selected, and the questionnaires have been completed after explaining the purpose and importance of research by the subjects. Among the returned questionnaires, only 217 of them were correctly filled which were used in data analysis.

In this study, the following instruments were used to measure the variables:

The resiliency questionnaire: the resiliency assessment tool was the resiliency scale of Connor and Davidson (2003). this questionnaire was prepared by Connor and Davidson through reviewing research sources of resiliency field in 1979-1991. Investigation of psychometric properties of this scale is based on six groups. The producers of this questionnaire believe that this questionnaire is able to separate the resilient individuals from non-resilient individuals in clinic and non-clinic groups and it can be used in research and clinical situations. This scale includes 25 items and assesses different dimensions of resiliency including feeling individual ability, resistance against negative effects, positive acceptance of change, trust to individual instincts, feeling of support and social security, spiritual faith and pragmatic approach in problem solving methods. For each item, a five choice grading spectrum (absolutely untrue to always true) has been considered which is numbered from 1 (absolutely untrue) to 5 (always true).

Toronto 3 alexithymia scale TAS-20: this scale was made in 1996 by Taylor (quoted by Afshari, 2008) and was revised in 1994 by Bagbay, Parker and Taylor. In their validation research, Other researches also supported these results (Bach *et al.*, 1996; Bersi *et al.*, 1996; quoted by Afshari, 2008). In this scale, the alexithymia structure is assessed in three sub-scales of difficulty identification feelings, difficulty describing feelings and externally oriented thinking. The scoring method of the test is based on Likert scale (1=absolutely disagree to 5=absolutely agree). Minimum score of subjects in this questionnaire is 20 and the maximum is 100.

Afshari, 2008 has calculated reliability of the research in an 80 individual sample of students using Cronbach's Alpha. The Cronbach's Alpha for the total scale is 0.75, for difficulty identification feelings 0.72, for difficulty describing feelings 0.72 and for externally oriented thinking 0.53. Afshari (2008) studied the concurrent validity of this scale with correlating total score of alexithymia with the Emotional intelligence in an 80 individual sample. The results indicated that there is a significant relationship between the subject's score in this scale with Emotional intelligence ($r = -0.47$, $p < 0.001$).

Preparation of addiction scale: in this research, the Iranian scale of preparation of addiction has been used which has 41 articles and two sub-scales of active and passive preparation towards addiction. This questionnaire has been made by Weed and Butcher (1992) and Zargar (2006) has normalized and validated that considering the psychosocial characteristics of Iranian community. The scoring is on a continuum from zero (absolutely disagree) to three (absolutely agree). Most of the articles in active preparation factor are sequentially due to anti-social behavior, drug craving and positive attitude towards drug, depression and sensation seeking. In the second

factor (passive preparation), the most articles are due to lack of assertiveness and depression. The reliability is calculated 0.90 by Cronbach's Alpha and the criterion validity and construct validity was favorable (Zargar, 2006). The reliability and validity of this scale and the double factors in Zargar's research, Najarian and Naami (2008) was assessed very good. In order to analyse the data in this research, the following statistical methods were used: A) using the descriptive statistics techniques such as frequency, frequency percentage, average, mean, standard deviation and maximum and minimum of scores. B) in range of inferential statistics, the statistical tests of Pearson's correlation coefficient and stepwise multiple regression were used. The data were analyzed by SPSS software seventeenth version. The level of probabilities for significance of hypotheses test was considered equal with 0.01.

RESULTS AND DISCUSSION

The research findings are discussed in this section. In this study, 230 male students with an age average of 21.7 and standard deviation of 2.8 were studied. Other demographic characteristics of sample group are given in table 1.

Table 1- Demographic characteristics of sample group

Marital status		Educational grade			Description
married	single	Ph.D.	Master of science	bachelor	
47	175	8	42	180	frequency
22.1%	78.8%	3.47%	18.2%	78.2%	percentage

The descriptive findings of this research include statistical indices like frequency, average, and standard deviation, mean, minimum and maximum of the scores. The descriptive findings for the predictive variables of this research (alexithymia and resiliency) are presented in table 2 and for criterion variable and its sub-scales in table 3.

Table 2- average, standard deviation, mean, minimum and maximum scores of students of sample group in predictive variables

Maximum score	Minimum score	Standard deviation	average	Variable statistical indices
81	32	9.21	57.13	Alexithymia total score
30	5	4.23	14.16	Difficulty identification feelings
35	9	6.01	20.57	Difficulty describing feelings
35	13	5.36	25.18	Externally oriented thinking
96	19	13.34	62.14	resiliency

The table2 indicates that the average of total score of alexithymia in students of sample group is 57.13 and the average score of resiliency is 62.14.

Table 3- average, standard deviation, minimum and maximum score of sample group in preparation of addiction scale and its sub-scales

Maximum score	Minimum score	Standard deviation	average	Statistical index variable
96	0	15.61	59.71	Preparation of addiction
51	0	11.21	38.62	Active preparation of addiction
27	0	4.7	19.31	Passive preparation of addiction

As it's indicated in table 3, the total average score of preparation of addiction in students of sample group is 59.71 with standard deviation of 15.61 in active preparation of addiction sub-scale of 38.62 with standard deviation of 11.21 in passive preparation of addiction sub-scale of 19.31 with standard deviation of 4.7. The correlation coefficient of preparation of addiction and its dimension with predictive variables in students of sample group are given in table 4.

Table 4- correlation coefficients between total score of preparation of addiction and its sub-scales with resiliency, alexithymia and its sub-scales

indices	Passive preparation of addiction	Active preparation of addiction	Preparation of addiction (total score)	variable
R	0.63	0.46	0.58	alexithymia
P	0.0001	0.0001	0.0001	
R	0.36	0.49	0.49	Difficulty identification feelings
P	0.0001	0.0001	0.0001	
R	0.57	0.39	0.46	Difficulty describing feelings
P	0.0001	0.0001	0.0001	
R	0.27	0.063	0.12	Externally oriented thinking
P	0.003	0.47	0.156	
R	-0.48	-0.63	-0.58	resiliency
P	0.0001	0.0001	0.0001	

as its indicated in table 4-6, the correlation coefficient between the total score of preparation of addiction with total score of alexithymia and its each three sub-scales are significant in level of $p=0.0001$ and also the total score of preparation of addiction has a significant relationship with resiliency in level of $p=0.0001$. Therefore, the hypotheses of 1 and 2 are confirmed in the research. The correlation coefficients between the score of active preparation of addiction sub-scale are significant with alexithymia and the two sub-scales of difficulty describing feelings and difficulty identification feelings in level of $p=0.0001$. The correlation coefficient between score of active preparation of addiction sub-scale with resiliency is negative and significant in level of $p=0.0001$, but the correlation coefficient between the score of active preparation of addiction with sub-scale of externally oriented thinking isn't significant. In addition to this, the correlation coefficient between the score of passive preparation of addiction with total score of alexithymia and its each three sub-scale is positive and significant in level of $p=0.0001$. The correlation coefficient between the score of passive preparation of addiction with resiliency is negative and significant in level of $p=0.0001$. In present research, to understand the total and discrete impact of each of alexithymia and resiliency variables on preparation of addiction variable the multiple regression tests has been used. The basic assumptions of using regression such as normal distribution of data, the linearity of the data and multicollinearity of variables have been tested and the assumptions have been provided. The table 5 indicates the results of multiple stepwise regression analysis between the predictive variables and preparation of addiction.

Table 5- summary of regression test of resiliency predictive variables and alexithymia with criterion variable of preparation of addiction

Significance level	ΔR^2	Adjusted correlation	Square of correlation coefficient	Correlation coefficient	predictive variables	model
0.001	0.283	0.251	0.355	-0.582	resiliency	1
0.0001	0.126	0.324	0.412	0.631	Resiliency of alexithymia	2

The contents of table 5 indicate that the predictive variables relationship with total preparation of addiction is estimated 0.631 which is significant in level of 0.0001. In other words, the resiliency and alexithymia variables express about 41 percent of variance due to preparation of addiction together and the resiliency share is 0.283 and share of alexithymia is 0.126. The calculations due to statistic of F also indicated that the regression model has been an appropriate model and the predictive variables are able to express the criterion variable changes ($F=29.67$, $df=1, 215$; $p=0.001$). These results

indicate the confirmation of hypothesis 3. The results of data analyses of regression coefficients are also indicated in table 6.

Table 6- coefficient of resiliency and alexithymia components in prediction of preparation of addiction

Significance level	t	Standardized coefficient of variables (Beta)	SE	model	Entered variables in model
0.001	4.29		3.5	1. y-intercept	
0.001	-10.12	-0.611	0.102	Variable coefficient	Resiliency
0.010	7.46	0.671	0.193	Variable coefficient	Alexithymia

Based on the given data in table, the regression equation can be written as following:
 Y (or also preparation of addiction) = 0.671 (alexithymia) + -0.611 (resiliency)

It can be said based on the regression model above: with an increase of standard deviation in resiliency and alexithymia in assessed students, sequentially -0.611 and 0.671 of standard deviation will change in variable of preparation of addiction of students.

CONCLUSION

The research purpose was to determine the relationship of psychological characteristics of alexithymia and resiliency with preparation of addiction in students of Ferdowsi University of Mashhad. As the findings indicated, there is a significant positive relationship between the total score of preparation of addiction with alexithymia. Therefore, the hypothesis 1 of the research is confirmed. In other word, increasing the alexithymia score of subjects, it can be expected that the preparation of addiction score increases. These findings are consistent in results of Shideido, Gaher and Simons (2013), Andres, Costa Nir and Scanf (2014), Carton *et al.* (2010), Alrashid (2001), Ghalebani and Besharat (2001), Hamidi, Rostami, Farhudi and Abdolmanafi (2010) and Afshari (2008). There is also negative significant relationship between total score of preparation of addiction with resiliency. Therefore, the hypothesis 2 of the research is confirmed. The finding is consistent in results of Green *et al.* (2014), Salehifadradi, Azad and Nemati (2010), Veslesca *et al.* (2009), Stayovski and Zimmerman (2009), Buckner, Mezzacappa and Beardslee (2003), Javadi *et al.*, (2011), Mohammadi, Aghajani, Zahtabvar (2011) and Hosseini Almadani *et al.*, (2013). The presented results indicate the existence of multiple significant relationships between these predictive variables and the criterion variable. In other words, the predictive variables have had the ability of prediction of preparation of addiction in subjects of the research that indicates the confirmation of hypothesis 3 of the research. The results are consistent in results of Andres, Costa Nir and Scanf (2014), Salaehifadradi, Azad and Nemati (2010), Alrashid (2001), Afshari (2008) Hoeein Almadani *et al.*, (2012). The addiction can be regarded as a psychosocial-physical sickness that many pre-addiction fields play key role in formation of it (Galanter, 2006). Identification of these factors can be effective on control and prevention of it.

In expression of mental analysts, people with extensive alexithymia symptoms are like the individuals who are suffering from psychopathological disorders. Due to poor coping with stressors, they have a high risk of catching psychosomatic and psychiatric diseases and instead of using adaptive and efficient defensive methods (like sublimation, humor and suppressing), they use premature and immature defensive styles (such as denial, projection and physicalisation) (Ciarochi *et al.*, 2003, translation of Nouri and Nasiri, 2005). Therefore, lack of expressing the feelings and avoiding internal emotional details in people with high alexithymia cause suppression of feelings and self-occupation and doing habitual behaviors become a replacement for expressing feeling as mental analysts have expressed (Moein, 2003). Results of researches of Sohrabi (2004) and Davos *et al.* (2000) indicate that stress and anxiety can lead to increase of drug use in drug dependent individuals. Stress also causes increase of frequency of use, feeling of disability against drugs and distress in life, and in this way, it causes the decrease of mental health and higher

rate of mental disorders such as depression in addicts. Adult individual can use their extra stresses through verbal and non-verbal relationships and creative convergence in interpersonal relationships, but immature individual isn't able to do these actions. Lack of appropriate ways to dispose causes chronic stress and chronic problems such as additional stress which is a symptom of people with high alexithymia. In addition, due to problems in verbal communication and expressing feelings to other people, people with high alexithymia encounter interpersonal problems and they can't fully use these communications for adjusting their emotions. The imperfect ability for symbolization of imaginations and dreams causes a cognitive, literal, useful style in outer direction. It can be said in relationship between difficulty identification feelings, difficulty describing feelings and externally oriented thinking in outer direction that the individual has less internal source in these problems therefore, they mostly rely on external factors (Taylor, 1997, quoted by Mattila, 2009).

It's assumed that adaptation and control of painful emotions caused by mental pressures in prone people is difficult due to maladaptive coping techniques, and the inability to deal adequately and properly with the problem causes revealing and intensification of feeling lack of control on life, self-confidence decrease and tendency to non-adaptive behaviors such as drug abusing (ministry of health and treatment and medical education in collaboration with secretariat of combating drugs center, 2002).

Another result of the research was that there is negative and significant relationship between resiliency and preparation of addiction and also the two active and passive preparation factors of that. The importance of this finding is because of newness of this feature and individual quality on one hand and on the other hand because of newness of using that in assessment of talent and preparation of addiction so that a few researches can be found that assessed these features in addiction field. Regarding that these feature has had the most correlation with preparation of addiction, it's suggested to be considered more in further studies.

Researches indicate that some of resilient individuals, after facing hard situations of life, return to normal level of life. However, some people, after facing with failures, tragedies and difficulties promote compared to past. Totally, resilient individuals have these features:

- 1-they accept the life realities easily
- 2-they believe that life is meaningful

This belief usually is supported by their values. The resilient individuals have remarkable ability of quick adapting with big changes (Jokar, 2007).

Resiliency and hardiness are semantically very close together and they can even be used instead of each other (Javadi *et al.*, 2011). The hardiness helps people to turn the difficulties into profitable opportunities in facing with stressful changes. Attitudes in hardiness are: commitment, control and challenge seeking. The purpose of commitment is that the individual, facing hard circumstances, would rather too keep their presence instead of leaving the situation and help the involved individuals in solving the hardness. The purpose of control is that the individual believes in their abilities of effectiveness on results and the purpose of challenge seeking is that facing with challenges, the individual seeks to create opportunities for themselves and others for growth instead of blaming the destiny. After formation and divulging hardening behaviors, the individual should raise the problem solving skills and interaction with others. In fact, resiliency phenomenon comes from normal human adaptive responses and despite of individual's facing with serious threats, the resiliency empowers them in accessing success and overcoming threats. Resiliency isn't just passive resistant against damages or threatening conditions, but the resilient individual is an active and constructive participant of their surrounding environment (Jokar, 2007).

The individuals who have high hardiness have personality features that increase their mental health, including high social skills, problem solving ability, autonomy and feeling of purposefulness and hope for future (Wolff, 1995;quoted by Javadi *et al.*, 2011). In justification of positive effect of hardiness on life and that the hardiness causes decrease of threat assessment (negative thoughts) and increase of success expectation of individual from situations (Tugade and Fredrickson, 2004).

In investigation of addiction relationship, resiliency and emotional components, Mohammadi, Aghajani and Zahtabvar (2011) stated that the subjects with more probability of drug abuse have fewer resiliencies. Hosseini Almadani *et al.* (2013), with comparing 60 addicts and 60 stated that 60 non-addicts stated that spirituality and resiliency can predictive of membership in addicts and non-addicts groups.

Having self-awareness, self-regulation and learning skills, suitable solutions of awareness of emotions and feelings of self and others, increase of resiliency and self-esteem of individuals and also increase of individual's hope to their future have positive effect on prevention process of individuals of becoming addict. These factors have also positive effect on process of leaving addiction, curing drug addicts and making benefitting effects on life quality of them. This awareness increase causes the decrease of feeling of submission to drug and its attendant problems and the individual feels active encountering drugs. This important affair increases the self-esteem and feeling of internal control versus external in its turn and it indirectly effective on improvement of feeling healthy and life quality of these individuals. The most important practical results derived from predictive factors of addiction, including this research, is that we can improve the individual's ability to gain feeling of identity and self-efficacy, ability to make decisions, setting goals and believing in the future, and in this way they can make their basic human needs such as kindness, relation with others, challenge, power and significance the attention focus of any preventive intervention, their educational and individual growth (Yazdani, 2012).

As a conclusion it can be said in general, identifying prone students to addiction and suitable dealing with them or even educating students the resistant behaviors against addictive behaviors (including two variables of alexithymia and resiliency in present research), these students can be able to do their assignments as manpower with energy and motivation, and they can increase their feeling of competence and self-esteem by continuing their responsibility. On the other hand, in addition to feeling of productiveness and usefulness in them, they can help to efficiency and productivity of their society. According to results of this research, it's suggested to use the assessment tools of preparation of addiction in possible cases (including dormitories) for screening and identification and finally helping by consulting, educational sessions, practical pamphlets and etc. in students. It's also recommended that to identify the students with high preparation of addiction to make the education of their immune psychiatric features from the research (alexithymia and resiliency). On the other hand, the universities can hold educational sessions or workshops by psychologists and experts for students using the results of this research.

Limitation

It should be considered that addiction preparation might be subject to other conditions and its assessment would help to the present study, but limitations existed in such researches were outside the scope of this study.

The students of Ferdowsi University were chosen as the sample size. It should be noted that the researcher should be careful about extending the sample size. Failure to remove all mediating factors due to the extent of research topics.

The research was of correlational-descriptive type and it cannot be concluded like causal and experimental relationship.

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