

# The Relationship Between Drug Use, Impulsiveness and Emotional Dysregulation: A Pilot Study among Expatriates Living in the Netherlands

Reham Al Taher

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Bachelor Thesis from the year 2015 in the subject Psychology - Clinic and Health Psychology, Abnormal Psychology, grade: 1, Webster University, course: Senior Thesis, language: English, abstract: Why do some people resort to using drugs in stressful situations and some do not? That is a familiar question researchers and psychologists have been wrestling with for a long time. This pilot study not only highlights the struggles of any individual who has moved to a foreign country but it is also a depiction of the turmoil human beings face when they feel out of place, isolated, and scared. Not everyone is equipped with the inner strength and ability to envision a better future in order to withstand unexpected challenges and focus on long-term goals. While some seem to be able to move through life's struggles rather effortlessly, there are others who believe it is easier to face challenges with the help of narcotics.

The author Reham Al Taher, a psychology major and aspiring clinical psychologist, was raised most of her life in Egypt and moved to the Netherlands in 2012. In this pilot study she is investigating the potential correlation between drug use, impulsiveness, and emotional dysregulation among expatriates in the Netherlands.



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