

SELF-HELP GUIDE TO CRYPTOCURRENCY & TRADING ADDICTION



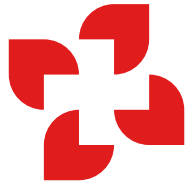
Addiction
ADVOCATES

 0800 012 6088

 Text HELP To 83222

Find us at

addictionadvocates.com



Addiction ADVOCATES

- 1 The effects of COVID-19 on Trading and Crypto Addiction **Page 3**
- 2 The Similarities Between Trader Addiction and Gambling Addiction **Page 5**
- 3 How Lockdown Has Increased The Number Of Traders and Young Traders **Page 7**
- 4 Professional Opinions On Crypto Trading and Stock Trading Addictions **Page 9**
- 5 How To Identify If You Have A Trading Or Crypto Addiction **Page 11**
- 6 What To Do If You Feel Like You Have A Trading Or Crypto Addiction **Page 13**
- 7 How To Talk To Someone Who You Think May Have A Trading Or Crypto Addiction **Page 15**
- 8 Resources To Help Someone With A Crypto Trading Addiction **Page 16**

1.

THE EFFECTS OF COVID-19 ON TRADING AND CRYPTO ADDICTION

Invented in 2009, Bitcoin has become one of the most successful cryptocurrencies in recent years due to the financial gains that can be made.

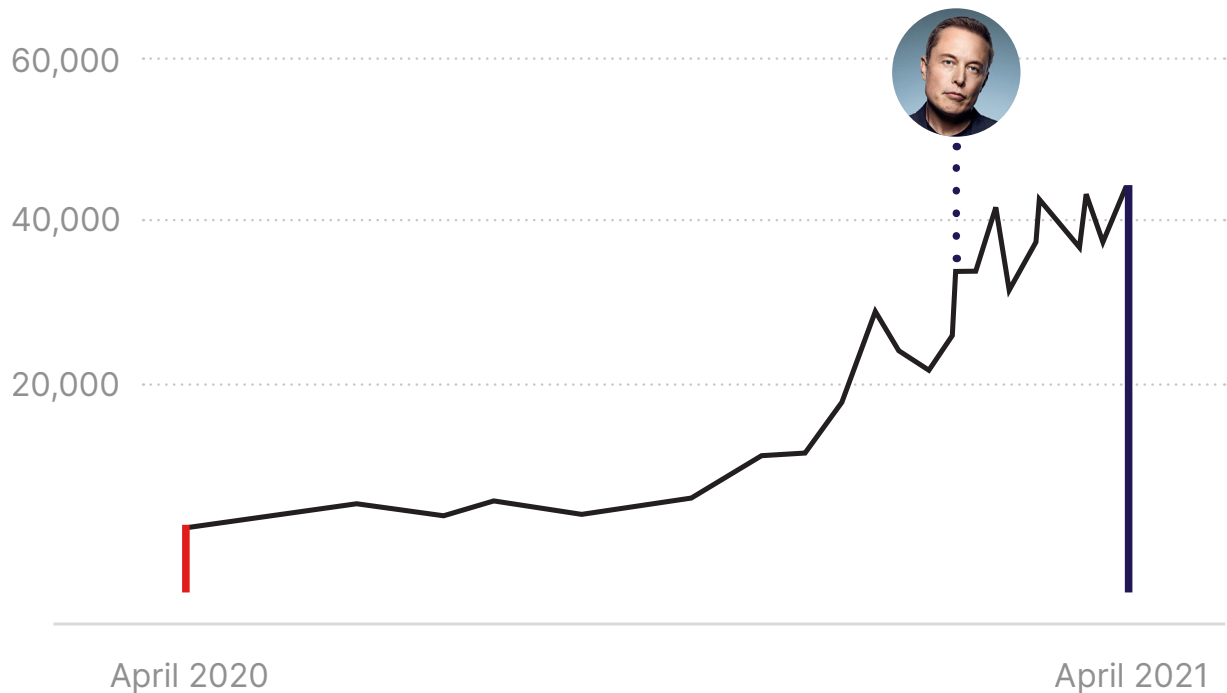
However, wild fluctuations paired with inevitable wins and losses have had devastating consequences on the lives of millions. As more significant numbers of people begin to invest in cryptocurrencies and try their hand at trading, crypto and trading addictions have not gone unnoticed.

Bitcoin expert [Michael Parsons](#) states:

“Trading and crypto investments are primarily based on speculation, a fear of missing out and hope. Sadly, these qualities are frequently observed in individuals with behavioural addictions.”

As a result, trading and crypto addictions have been defined as stimulating, engrossing, yet highly problematic compulsive behavioural addictions.

Whether you have personally developed a trading or crypto addiction or are concerned about someone you believe may have developed an addiction, this guide has been created to offer insight, advice and support.



Over the last 12 months the figures for bitcoin have skyrocketed. This is due to a lot of external factors, such as, Elon Musk tweeting about stocks and Tesla adding Bitcoin to their balance sheet.

2. THE SIMILARITIES BETWEEN TRADER ADDICTION AND GAMBLING ADDICTION

Although many individuals that frequently trade and engage in crypto trading activities will reject the belief that trader and crypto addictions are similar to gambling addictions, much research indicates that there are, in fact, many similarities between trader addictions and gambling addictions.

A report published in **2017** determined that addictive-like trading behaviours were recognised as a subset of gambling disorders.

Contributing to this, a study conducted in Croatia distinguished that...

individuals who spend excessive amounts of time engaging in trading exhibit characteristics commonly associated with gambling addictions.

These characteristics include uncontrollable urges to keep trading and an inability to stop trading.

Further research has also identified that individuals that repeatedly invest in trading and crypto have similar cognitive, motivational and personality attributes as those who find themselves subject to gambling addictions.

Further research has also identified that individuals that repeatedly invest in trading and crypto have similar cognitive, motivational and personality attributes as those who find themselves subject to gambling addictions.

It should also be noted that due to the very nature of behavioural addictions, research conducted by Imperial College London suggests that...

trading influences the reward centres of the brain, which in turn sees many develop trading habits that gradually preoccupies their life.

This essentially ascertains that individuals who develop trader addictions are likely to display the same behaviours as those with gambling addictions. Similarities in psychological and physical traits are also probable.



3.

HOW LOCKDOWN HAS INCREASED THE NUMBER OF TRADERS AND YOUNG TRADERS

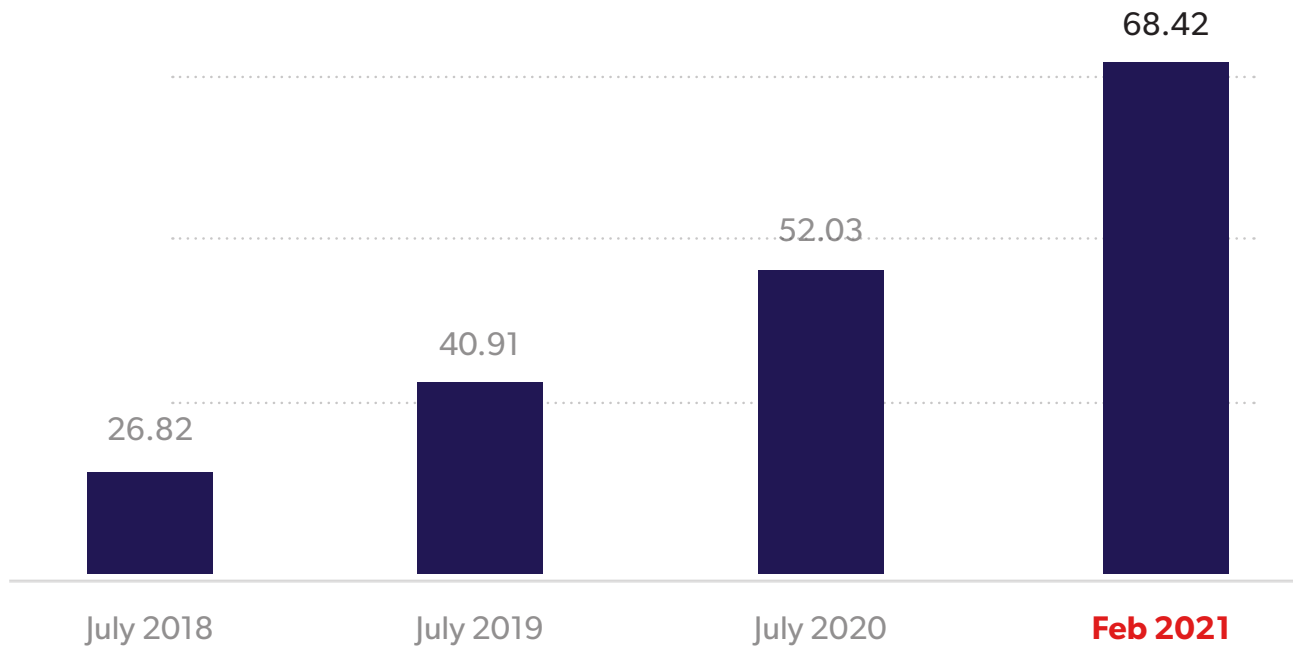
The COVID-19 pandemic has had many repercussions on individuals of all ages across the world. As numerous lockdowns have been imposed, financial stability has drastically reduced, especially as the number of people out of work has sadly soared.

Lured into the belief that they can easily make money from the comfort of their own home...

More than 13 million people worldwide now participate in trading in a bid to generate income. During the pandemic and lockdown alone, this increase has seen trading technology use expand by 63%.

When considering how lockdown has increased the number of traders and young traders, it is worth noting that young people are now more likely to invest in trading.

Much research highlights that the recent pandemic has caused millennials to consider how they spend and invest their money. As a result, **three-quarters of people born between 1981 and 1996 are planning to invest in trading by 2022.**



Gen Z doubles time spent on finance/trading apps during the pandemic year

When looking at types of apps (such as social media, video, games) time spent on personal **finance/trading mobile apps grew the most during the pandemic year (63%)**. This growth was fueled by Gen Z consumers who clocked an 102% increase in total hours.

Time spent among all consumers on social media apps increased by 25% during the pandemic, and accounts for the most amount of time consumers spent on their phones (more than an hour per day).



Social media apps only increased by **25% during the pandemic**

Whereas Crypto/trading apps increased by **102% in hours spent online**



4.

PROFESSIONAL OPINIONS ON CRYPTO TRADING AND STOCK TRADING ADDICTIONS

As the number of individuals investing in crypto trading and stock trading continues to escalate, across the world, psychologists and mental health professionals have expressed their opinions and concerns regarding crypto trading and stock trading addictions.

Many medical professionals have gone as far as warning the general public that stock trading and investing in crypto are considered to be a form of gambling which can lead to dangerous behavioural addictions.



Dr. Alexander Lapa

“We’re finding that day trading and cryptocurrency investments are attracting those with a compulsive disposition to gambling. Much like the motivation to gamble, cryptocurrencies and day trading promise high rewards, but also high risk for those who cannot afford to lose the money. We need to seriously consider cryptocurrency as a subcategory of gambling addiction”

**Dr Mark Griffiths, Director of the
International Gaming Research Unit**

“Although many believe trading can increase their fortune in a short period, individuals involved in trading find themselves desperate and on the verge of suicide due to increased bouts of isolation and debt”

Professor Scott Galloway

“Our young people are addicted to screens — and online trading platforms may be the next menace preying on them”

**Keith Whyte, Executive Director of the National
Council on Problem Gambling**

“The online day trader with problems is indistinguishable from the online gambling addict”

**Devin J. Mills, assistant professor, Community, Family
and Addiction Sciences at Texas Tech University**

“It is also possible that (the coronavirus disease) COVID-19 increased interest with additional discretionary funds and no sports or casinos or traveling ... People might have been looking for something to do, It will be interesting to see if this trend persists after COVID-19 becomes less of an issue.”



5. **HOW TO IDENTIFY IF YOU HAVE A TRADING OR CRYPTO ADDICTION**

If you partake in trading and crypto activities and fear that you have developed an addiction, various physical, psychological and behavioural signs may have begun to impair your life.

To help you identify if you have a trading or crypto addiction, we have outlined just a few of the symptoms that often come hand-in-hand below.

- **Restlessness**
- **Insomnia**
- **Heightened anxiety and depression**
- **Paranoia**
- **Irritability**

In addition to the above, if you have developed a trading or crypto addiction, you will likely find that your every waking moment is preoccupied with trading. Gradually this will see you lose interest in your everyday responsibilities. You may even isolate yourself from others in a bid to spend as much time as possible trading.

If, upon reviewing the above, you are still unsure whether you have developed a trading or crypto addiction, asking yourself the following questions will offer you clarity;

- **Do you spend more money on trading and cryptocurrencies than you can afford to lose?**
- **Have you attempted to reclaim money that you have previously lost?**
- **Have you ever borrowed money from others to trade or invest?**
- **Has trading ever caused you to experience physical or psychological illnesses such as those noted above?**
- **Have you been approached about your engagement in trading and crypto?**

If you have answered yes to any of the questions above, you may have developed a trading or crypto addiction.



6. WHAT TO DO IF YOU FEEL LIKE YOU HAVE A TRADING OR CRYPTO ADDICTION

A recent report published by the Financial Times has suggested that **two-thirds** of trading and crypto investors are classified as high risk. Regrettably, this means that over 66% of individuals that participate in trading or crypto activities are at risk of developing an addiction.

If you believe that you have developed a trading or crypto addiction, there are various ways to reduce the severity of your addiction. We have outlined just a few examples below.

1. Reduce the amount of time you spend on trading

In some instances, individuals will spend a whole day trading. However, this is not feasible nor recommended.

If you worry that you are addicted to trading, reducing the amount of time you spend on trading is advised.

2. Limit the amount of money that you invest in trading and cryptocurrencies

If you have developed a trading or crypto addiction, you may have invested a substantial amount of money in your addiction.

Considering this, you must set yourself a spending limit and reduce the amount of money you allow yourself to spend on trading and cryptocurrencies.

3. Change your perception of trading and crypto

As previously touched on, many individuals have come to view trading as their primary source of income due to the ramifications of COVID-19.

If this resonates with you, and you are worried that you have developed an addiction, we recommend changing your perception of trading. Doing so will gradually assist you in limiting the time you spend trading and investing in crypto.

4. Seek professional support

Although the above measures can help you reduce your addiction's severity, we would advise you to seek professional help and treatment from a suitable rehab facility.

Not only can treatment help you overcome your addiction, but treatment can assist you as you regain control of your life.



7.

HOW TO TALK TO SOMEONE WHO YOU THINK MAY HAVE A TRADING OR CRYPTO ADDICTION

1

NEGATIVE IMPACTS

Let them know the negative impacts that their crypto addiction is causing you, be open with your feelings but tell them carefully.

2

DON'T CONTROL THEM

Don't try and control their life, as this will make the both of you very unhappy.

3

HELP THEM

Let them know that you want to help them as much as possible. They may have feelings of shame or embarrassment or a sense of pride to discard help, but just show your willingness to help them.

4

DON'T TAKE THE BURDEN

Offering support to them is important, however you must maintain not to take the burden of their addiction. Maintain that "I can't do this for you, but I'll be with you when you do it"

5

ENCOURAGE RESPONSIBILITY

Ensure they take responsibility for their own behaviour, be it dealing with employers or creditors.

8.

RESOURCES TO HELP SOMEONE WITH A CRYPTO TRADING ADDICTION

If you are concerned that you have developed an addiction to crypto or trading, there are many resources available to support you.

Likewise, if someone you know is subject to a crypto or trading addiction, many of the available resources can assist you as you look to identify how you can support someone struggling with addiction.

Below, we have outlined a number of the resources that we recommend taking advantage of.



**the Money
Advice Service**

**moneyadviceservice.org.uk
0800 138 7777**

As trading addictions significantly increase an individual's risk of encountering debt, Money Advice Service can provide debt advice for those in need.



Addiction
ADVOCATES

addictionadvocates.com
0800 012 6088

On hand to offer support and guidance for a wealth of addictions, including behavioural addictions, Addiction Advocates provide a free 24/7 helpline for individuals struggling with addiction.



stepchange.org
0800 138 1111

Having helped over 5 million people overcome debt, Step Change understands that many people struggling with debt will be unsure of the resources and support available to them.

They also understand that seeking help for debt can be daunting.

As a result, Step Change has created a free, confidential service that ensures solutions can be found.



In addition to the above, numerous threads on Reddit provide individuals suffering from crypto and trading addictions with the ability to talk to others that may also be suffering from an addiction.

Reviewing these threads may offer you insight into how you can manage your addiction or help an individual control and overcome their addiction.

References

<https://www.stepchange.org/>

<https://www.youtube.com/watch?v=vMSIlmMxMB8>

<https://www.sciencedirect.com/science/article/pii/S0306460315300721>

<https://hrcak.srce.hr/file/149383>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5370364/>

<https://www.thecabinchiangmai.com/blog/how-dangerous-can-money-be-day-traders-face-addiction/>

<https://www.ft.com/content/9fld7227-3716-422c-99da-cbc51d56ab73>

<https://www.thesun.co.uk/news/6405739/bitcoin-cryptocurrency-gambling-addiction/>

<https://www.bbc.co.uk/news/uk-scotland-44289772>

<https://www.coindesk.com/price/bitcoin>