



TOP 10 NON-DRUG BASED ADDICTIONS

People struggling with substance abuse turn to the internet for help and information every day. Whether searching for signs of an addiction, addictions treatment resources, or addict relapse prevention, the ratios within these search statistics help us understand the nature of substance abuse today.

The following table highlights the most common items found in online searches for addictions to substances that are not drugs. How does this knowledge challenge your assumptions? How can you use this information to prevent addictions in your community?

Top 10 Addictions – Non-Drug Based:

1	GAMES	1,326,314 *
2	SEX	505,353
3	INTERNET	231,922
4	LOVE	230,544
5	PORN	178,975
6	GAMBLING	131,336
7	FOOD	114,377
8	SOLITAIRE	103,755
9	COMPUTER	62,420
10	CARBOHYDRATE	61,407



“Honorable Mentions” – The Next 10:

11	DIET	53,849
12	CHURCH	45,482
13	CAFFEINE	32,722
14	SHOPPING	32,680
15	SUGAR	32,372
16	PAIN	25,964
17	MASTURBATION	25,182
18	PANTYHOSE	23,324
19	RELATIONSHIP	18,587
20	PANTY	18,185



* (Estimated annual searches across all search engines in phrases including “addiction”, “addictions”, “addict”, “addicting”, and “addictive.”)

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Addictions to games, sex, pornography, and gambling account for a large share of addictions-related online searches. While many of these searches may spring from harmless situations, the pattern of abusing substances to cope with stress is a more common social issue than addiction to one specific substance.

Several bizarre addictions highlight the strange range of habit-forming activities reported by tens of thousands of people, including addictions to shopping, panties, solitaire, diets, and computers.



Complete analysis of addictions online search trends available at:

<http://www.clearhavencenter.com/addictions-research>