

Impulsivity Predicts Gambling Intention via Upward than Downward Counterfactual Thinking among Nigerians Youths

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Abstract : The increase in proliferation of gambling venues in Nigeria in the last decade has led to an increase in gambling prevalence among the youths who have shown signs of problem gambling and its associated risks and pressures to parents and therapists. The present study sought to investigate the roles of counterfactual thinking (CFT) forms (upward CFT vs downward CFT) in the relationship between impulsivity and gambling intention of 371 Nigerian youths who have gambled prior to the study (mean age = 17.37, SD = 4.13). Hayes PROCESS macro result revealed that, after controlling for age, downward CFT was negatively associated with and contributed to a decrease in gambling intention, while upward CFT was positively associated with and contributed to an increase in gambling intention. Mediation analysis result showed that upward CFT amplified the contribution of impulsivity to gambling intention. The association between impulsivity and gambling was partially weakened by downward CFT, even though this weakness was not significant. We conclude that gambling therapies should encourage packages that attenuate upward CFT impulsivity and at the same time, increase downward CFT skills.

Keywords : upward counterfactuals, downward counterfactuals, gambling intention, nigerian youths

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