



## Help for Compulsive Shoppers

### Reading List

Mohr Catalano, E & Soneberg, N (1993) Consuming Passions: Help for Compulsive Shoppers. New Harbinger Publications, Inc, USA.

Benson, A.L. I shop Therefore I Am: Compulsive Buying and the Search for the Self

### Help & Advice with Debt

National Debt Line – tel 0645 – 500511

Debtors Anonymous tel 014296 – 947150

Consumer Credit Counselling Charity – Free phone 0800 -138-1111

Consumer Credit Counselling Service  
Wade House  
Merrion Centre  
Leeds  
LS2 8NG

### Therapy or Counselling

**NHS** - Ask your GP to refer you to a Clinical Psychologist/CBT Therapist/Counsellor

**Self Funding /health insurance** - Therapy Services at [www.affinityhealth.co.uk](http://www.affinityhealth.co.uk)

Find a Psychologist [www.bps.org.uk](http://www.bps.org.uk)

College runs a clinic for Dr Adrienne Baker a senior lecturer in psychotherapy at Regents shopping addiction.



Provider of complex  
mental health services



## Internet Sites on Compulsive Shopping

[www.mindpub.com/art279.htm](http://www.mindpub.com/art279.htm)

Curb the Zeal for Shopping

[www.indiana.edu/~engs/shop.html](http://www.indiana.edu/~engs/shop.html)

Practical hints on managing compulsive shopping

<http://news.bbc.co.uk/1/hi/health/1868364.stm>

2 pages BBC/Health/Shop alcoholics treated with drugs

Link on page to "When Shopping Habit Costs too much"

[www.addictionrecov.org/spendwhat.htm](http://www.addictionrecov.org/spendwhat.htm)

It is estimated that nearly one in five people has a problem keeping their shopping under control.

[www.sussex.ac.uk/press\\_office/bulletin/17jan97/item5.html](http://www.sussex.ac.uk/press_office/bulletin/17jan97/item5.html)

Preliminary findings from researchers at Sussex University show that shopping addicts experience a large discrepancy between the way they see themselves (the actual self) and the way they wish to be (the ideal self).

<http://www2.netdoctor.co.uk/womenshealth/features/spend.htm>

4 studies carried out in the UK, Germany Canada and the USA indicate that between 2 and 10 per cent of the adult population have some compulsive shopping tendencies

In 2005 the Citizen Advice Bureaux saw a 16 percent rise in people coming to see them with large debts compared to 1999.

Compulsive Shopping or oniomania cannot technically be called an addiction because addictions involve some degree of physical dependence. Instead it is seen as compulsive behaviour with a lack of impulse control

<http://www.addictions.co.uk>

Compulsive shopping is a form of behaviour designed to avoid unpleasant reality and is accompanied by a high which causes the sufferer to lose control and buy many items for which they have no need. It is followed however by guilt low mood and shame.





## Signs and Symptoms of shopping addiction

<http://www.psychworks.com/addictionfaq.htm>

Shopping or spending money as a result of being disappointed, angry or scared.

Shopping/spending habits causing emotional distress or chaos in one's life.

Having arguments with others regarding shopping or spending habits.

Feeling lost without credit cards.

Buying items on credit cards that would not be bought with cash.

Spending money causes a rush of euphoria and anxiety at the same time.

Spending or shopping feels like a reckless or forbidden act.

Feeling guilty, ashamed, embarrassed or confused after shopping or spending money.

Many purchases are never used.

Lying to others about what was bought or how much was spent.

Thinking excessively about money.

Spending a lot of time juggling accounts and bills to accommodate spending.

<http://www.hypnos.co.uk/hypnomag/hecht2.htm>

Describes use of hypnoses with compulsive shopping .