

When Shopping is a compulsion

Many people enjoy shopping. But that doesn't describe those shopping is compulsive - meaning, they do it frequently and can't stop even though it harms them. Compulsive shopping becoming a serious issue in the US and Europe, it affects around seven per cent of adults. Experts predict that this figure rise in the coming years.

Compulsive shoppers fall into various categories. The most well-known is emotional shoppers, buy when they're sad or angry. Others can't resist anything the sales, even when they don't need it. Some feel a need to have the latest things or to impress others. And some compulsively buy and then exchange or return items.

No matter its form, compulsive shopping can cause serious financial problems. Beyond this, many studies shown that it can also lead to depression, anxiety and loss of self-esteem. Some experts have trying to get it officially classified as a mental health condition, which would increase public awareness and make it easier to get treatment.

