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## ABSTRACT

Features of purpose of the habit and mental health in “preoccupation with habit”

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We investigated the concept of “preoccupation with habit” (PH) as a subclinical intermediate between indulgence and addiction and discussed the features of purpose of the habit and mental health by type of PH. A questionnaire survey was conducted; 349 participants were classified into five groups according to three subscales of the Addiction Tendency Scale by cluster analysis (Ward’s method). Respondents who scored high on PH were classified as “deep PH” while those who scored low were classified as “shallow PH.” The medium PH group was divided into “average pattern,” “loss of control,” and “affected social life.” According to an analysis of the characteristics of purpose of the habit and mental health, each group had health-conscious and non-health-conscious individuals. We suggest that an important point in clinical intervention is to tune into ambivalence and seek a compromise on healthfulness and unhealthfulness, and not simply looking at the degree of PH. Future studies should improve the PH scale and conduct qualitative surveys on clinical groups.

**Key Words:** preoccupation with habit, addiction, enthusiasm, purpose of the habit, mental health

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