Effect of cognitive-behavioral group therapy on addicts self-confidence and their attitude toward drugs

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Abstract
Aims: Self-esteem originates from the social life and its values and it is among the most important aspects of personality and indicator of human behavioral characteristics. Cognitive-behavioral approach is a short-term and focused approach for assisting individuals with drug abuse. The objective of this study was to investigate the effect of cognitive-behavioral group therapy on self-esteem and the attitude of addicted people toward drugs.

Methods: In this semi-experimental study with control group and pretest-posttest design, 20 subjects were selected from among the 48 men who referred for the first time to four private centers for addiction abandonment in Zahedan, and were divided into two experimental and control groups, each includes 10 subjects. Experimental group received 12 sessions of 1.5-hour cognitive-behavioral group therapy, and control group received no treatment. Data collection tool was two questionnaires including Coopersmith self-esteem inventory and Attitude Scale Questionnaire concerning the attitude toward addiction and narcotic drugs. To analyze the collected data, ANCOVA analysis was utilized using SPSS 16 software.

Results: The pretest score difference of the two groups as well as the pretest and posttest score of the control group was not significant in terms of self-esteem index (p>0.05). However, the difference in the score of the two phases of the test in the experimental group was significant (p=0.023). The pretest score difference of the two groups as well as the pretest and posttest score of the control group was not significant in terms of attitude toward drugs index (p>0.05). However, the difference in the score of the two phases of the test in the experimental group was significant (p=0.03).

Conclusion: Cognitive-behavioral group therapy leads to an increase in self-esteem and negative attitude toward drugs in the addicted individuals.

Keywords: Drug Addiction, Cognitive-Behavioral Therapy, Self-Esteem, Psychology, Attitude

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نتایج
میانگین نمره عزت نفس در گروه آزمایش در پیش آزمون 2/37 ± 0/23، و در پس آزمون 2/73 ± 0/46، و در پس آزمون 2/91 ± 0/29، در پیش آزمون 2/39 ± 0/19، و در پس آزمون 2/72 ± 0/19، بود. اخلاق نمره پیش آزمون و گروه و همه نمره پیش آزمون و پس آزمون گروه کنترل مانی‌دار بود (p<0/05) و ویا اخلاق نمره
دو مرحله آزمایش مانی‌دار بود (p<0/05).

بحث
براساس نتایج مطالعه حاضر، درمان شناختی-رفتاری گروهی بر افزایش عزت نفس و نگرش نگرفت مثبت نسبت به موارد در افراد
مبتلا به مصرف مواد مخدر، داشته باشند و این در حالی است که افراد دارای عزت نفس بالا در مقابل روابط مثبت زندگی خود نشان می‌دهند. از طرفی، یکی از مهم‌ترین عوامل گزارش به موارد جدید جوهر بر اثر و راه‌هایی غلط است که درمان
شناختی-رفتاری تاکید بر موارد مبتنی بر عزت نفس و نگرش نسبت به موارد مبتنی تا احتمال مصرف، تشکیل یا عود
اعتیاد را در آنها کاهش دهد.

با توجه به آنکه درمان شناختی-رفتاری نوع مداخله روان‌شناختی بوده و درمان‌های روان‌شناختی به‌شکل ابزارزایی درمان اعتیاد
لهد (34% حسیابی‌های گروه چهار گروه مصرف مواد مخدر است) و دوم آنکه نتایج این گروه به یکدیگر، از طرفی، یکی از مهم‌ترین عوامل گزارش به موارد جدید جوهر بر اثر و راه‌هایی غلط است که درمان
شناختی-رفتاری تاکید بر موارد مبتنی بر عزت نفس و نگرش نسبت به موارد مبتنی تا احتمال مصرف، تشکیل یا عود
اعتیاد را در آنها کاهش دهد.

منابع
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