



The Study of the Effectiveness of Cognitive-Behavioral Intervention on Quality of Life, Psychological Well-Being and Life Expectancy at Present Abusers in the Centers of Addiction Abandonment Camps in Kermanshah City in 2015

Sadegh Shekari¹, Touraj Rostami² and Iraj Rostami³

¹Master Student of Clinical Psychology, Islamic Azad University, Kermanshah Branch, Kermanshah, Iran.

²MA of Sociology, Islamic Azad University Borujerd, Lorestan, Iran.

³MA of Clinical Psychology, Islamic Azad University, Kermanshah Branch, Kermanshah, Iran.

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ABSTRACT

Addiction to drugs, change of thoughts, excitement and behavior is one of the most significant psychosocial damage that can easily destroy the basis of individual, family and social life of an individual. The purpose of this study was to determine the effectiveness of cognitive behavioral intervention, psychological well-being and self-retention of addicts in drug addiction camps. The results of this study show that cognitive-behavioral intervention is effective on the quality of life in addicts in drug addiction treatment centers, cognitive-behavioral intervention, on psychological well-being, in drug addicts in centers for addiction abandonment camps. Cognitive-behavioral intervention is effective on life expectancy in drug addicts in drug addiction camps. In the recommendations of this research, one of the important variables is the way of teaching to addicts. It seems that the personality traits of the educator, and how he communicates with addicts, is effective on psychological well-being and the life expectancy of addicts. Therefore, it is suggested that this variable should be included in future research, and its relationship with social adaptation and more skills should be measured.

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Introduction

By accelerating environmental changes, and changing and diversifying the structure of community culture, as well as increasing the complexity of the damage, the ambiguity and uncertainty of the existing conditions will increase the problems of societies. Social phenomena, in contrast to natural phenomena, have a particular complexity, and in consequence, in explaining it, we must consider a network of causes and factors; addiction is one of the disadvantages of human societies, which has devastating effects on life Individual and social. Growth is a social harm, and drug use is a threat to the general health of the community, in a way that can make the economic, social and even political of the nations vulnerable. At present, the problem of material The drug is globally debated as a crisis. Addiction to substances, changes in thoughts, excitement and behavior is one of the most significant psychosocial harm that can easily be eliminated from the person's individual, family and social life. Therefore, the best way to deal with these problems is to provide a therapeutic environment that helps to increase these skills and individual competencies (Turner, McDonald & Sumerst, 2008). Experts consider several factors to be effective in creating addiction, one The most important of these are the factors related to the individual, especially the lack of skills and quality of life. Many people in the community, especially substance abuse people, are facing the challenges and everyday problems of life, lacking the

necessary abilities and especially life skills, and promoting life skills plays a very important role in the treatment of addiction (Boutvin and Cantor , 2007)

Our society is now at a stage that is moving fast in the direction of increasing numbers. But quality should never be cut out of quantity. Quality is not new, which can be added in quantity in the future. If we have a clear philosophy and attitude from the beginning, in relation to the concept of quality of life, we will be more successful in seeking quantifications. The quality of life is, in fact, the product of the totality of emotions, emotions, and spiritual values that make up our inner world. The quality of life is the result of all that is, of us and of us, of our characteristics (Naraghi, 2011).

In recent years, measuring quality of life has focused on many people's attention as a scientific debate. This fact has always been considered as a final consequence in clinical studies, interventions and health care. One of the main and permanent topics in human life is health, and the individual and social functions of the community are conditional on the full health of its members. The complexity of the modern world, and the increasing proliferation of problems, have caused the mental health of people to be more threatened. On the other hand, psychology tries to promote the health of the community through its research and applied approaches. On the other hand, positive psychology has conceived mental health as equivalent to a positive psychological function and understood it as a term of psychological well-being.

From this perspective, psychological well-being means optimal psychological function (Rayan and Dokki, 2009). , Quoted by Mikaeli Manie, 2013). In other words, psychological well-being can be defined as emotional and cognitive responses to the perception of personal characteristics and empowerment, adequate progress, effective and effective interaction with the world, the connection between the ideal and the community, and positive progress over time. However, it can include components such as life satisfaction, energy, and positive mood (Caradmas, 2007 quoted from Mikaeli Manie, 2008).

Hope is one of the most important indicators of health and well-being in humans. Hope is a positive motivational state, based on the sense of stability and evolution that is due to the interaction of the individual with the environment. Hope is one of the main factors contributing to the power of adaptation, and the adjustment and sign of physical and mental health, as well as the main factor, is the attempt to discover effective variables and lies beyond the improvement. Several factors, including psychological structure and psychological state, positive and negative emotions, ability to adapt to environmental conditions and periphery, genetics, level and quality of life, etc., affect the amount of hope and psychological well-being of humans. So that the goal of the positive psychology approach is to understand the health and mental health, as a courageous science action, it focuses on the understanding and understanding of happiness and mental health, and precisely focuses on the prediction of factors that emphasize psychological well-being. And the ultimate goal of this approach is to identify the structures and practices that bring about human well-being and happiness, and try to identify and eliminate the causative agents that threaten peace and happiness (Sadegh, 2011).

One of the innovations in psychological treatment, especially substance abuse, and addiction is cognitive behavioral intervention. One of the ways in which today, along with practices that are used primarily in the medical field, is cognitive-behavioral therapy (CBT). This therapeutic approach comes from combining cognitive and behavioral approaches. In this therapeutic way, patients are helped to diagnose patterns of thinking, and to detect their inappropriate behavior. To be able to alter these distorted thoughts and ineffective behaviors, they are used by systematic discussions and well-organized behavioral assignments (Hawton 2, Salcoeus Cise, Kerek and Clark, 2008; Ghasemzadeh translation, 2012). The effectiveness of these treatments has been studied in many studies: in the program for improving recovery, substance abuse, the effectiveness of cognitive and behavioral group intervention, and the combination of these in a large sample of depressed abusers. The results showed that adding cognitive-behavioral group training to individual therapy leads to decreasing medical outcomes (Sub et al., 2009). This study, considering theoretical and practical aspects, attempts to influence the effect of cognitive-behavioral intervention, On psychological well-being and self-retention of drug addicts, they are in the centers of drug addiction camps. Because in the field of recognition, these features in addicted people, as far as the researcher has studied, has less research on this very important issue, the form Therefore, regardless of the recognition of these categories of individuals, and the recognition of their individual characteristics, the planning and presentation of the solution, the effect Therefore, the present study examines the effectiveness of cognitive-

behavioral intervention on psychological well-being and self-sufficiency of drug addicts in drug addiction camps. Since it is based on the fundamental personality roles and behavioral tendencies Substance abuse is also essential because it adds to its target community, addicts. In fact, because addiction is the most painful reality that has led to the collapse of many values , And cultural and moral norms, the importance of this research is more than ever clear The investigator thinks that by tracking substance abuse, in the personality traits of addicted individuals, such as psychological well-being and self-reliance on these individuals, better strategies can be made to prevent addiction, or they may be more successful.

Research method

The present study is a quasi-experimental study in which pre-test and post-test design was applied to the control group. The randomized cluster sampling method was used. The statistical population of the study consisted of all drug abusers in the Kermanshah city of Addiction Detention Camps in 2015. The sample was selected using available sampling method, 30 people, in experimental and control groups (15 in the experimental group and 15 in the control group).

Results:

Table 1. The results of covariance analysis of a quality of life cohort in two groups of experiment and control.

Squat a	Significance level	F	Average squared	Degrees of freedom	Variable
0/85	0/006	8/22	297/67	1	Pre-test
0/82	0/01	4/35	27/7	1	Group

Table 2. Results of covariance analysis of a psychological well-being pathway in two experimental and control groups.

Squat a	Significance level	F	Average squared	Degrees of freedom	Variable
0/16	0/054	4/16	202/54	1	Pre-test
0/59	0/001	30/82	1500/17	1	Group

Table 3. Results of covariance analysis of a way of life expectancy in two groups of experiment and control.

Squat a	Significance level	F	Average squared	Degrees of freedom	Variable
0/14	0/07	3/41	288/658	1	Pre-test
0/35	0/003	11/65	984/141	1	Group

Effectives Factors of Influencing to Addiction

There are many factors that lead researchers, adolescents and young people to drug use. Those who are first to be seen in this regard are peasant induction, pleasure, war, economic poverty, and, on the other hand, economic prosperity, mood affairs such as sorrow and nostalgia, inspiration from the alien culture, lack of clear purpose, and Instability in the family.

Peer suggestion: The fact is that by pushing a boy or girl to adolescence, the impact of the family on one's person decreases, and vice versa, the inevitable effects of the environment and the sum of peers, and the unwritten values of the individual increase. As the peer's affirmation affects the acquisition of types of values, virtuosity, and the sense of self-esteem of individuals, their inclination equally affects the attitudes of individuals. Hence, researchers consider cohabitation with drug-addicted friends and fanatical peers and participation in friendly circles and unhealthy parties as cigarette and drug addicts.

Pleasure: Some psychologists believe that human beings in principle avoid pain, anxiety and anxiety, and tend to be comfortable and comfortable. Now, right or wrong, this thesis is beside, those who seem to upgrade this principle of pleasure to a certain extent in a philosophy of life, make it their own installation of important. Of course, it should not be forgotten that sometimes the opposition and militancy of adolescents, in comparison with parents and centers of power, has been transformed, in the form of public disregard for themselves, and the community and the conversion to false rejoicing..Such events should be addressed to teenagers' identification. They should give them the personality and opportunity to make the process more appropriate.

- Economic poverty: As a result of material deprivation, inappropriate career and career conditions, and its negative consequences, such as instability and lack of a clear goal in life that can be effective in promoting addiction, as one of the most effective factors in the tendency Drug use is considered. Material well-being: Well-being, sometimes it makes the cousin's children come to terms with inadequate expectations of life, and with the least of cases, trouble, difficulty and annoyance of drugs, especially if the parents are weak, Being attentive to their children, because in this case, it is possible not only to communicate with the family's adolescents, but also to transfer the necessary skills and knowledge. In this case, the teenager becomes more comfortable with the use of medications and psychoanalysts, to artificially with life problems, and to create a temporary mental and physical balance.

- Responding to grief and misery: Until recently, they considered the reason often used to shelter some people to alcohol and drugs, saying: "Because of the hot flush and the pain, as many times, the taste of bitter failure "," Because they are far removed from their young aspirations. " But observations show that when some young people resort to drug abuse, they probably have not learned, or have not referred to their past experiences, that bad and upsetting events will not always last, in Otherwise they knew that you had to endure sadness and nostalgia a little. Identity-related vacuum: Sometimes the lack of value criteria, for compliance and targeting, makes AUTO ironing and drug attention worth becoming.

- Inappropriate family structure: The sense of self-worth and the confidence of teenagers form in the family. Some parents are authoritarian and authoritarian. This group of parents, not only considers virtuous obedience to their children, but are also prepared for various excuses, such as the failure of the child to attend the congress, so that they can be dressed in modesty and without defect Together, they are unaware that they have not only had the greatest hostility in their own right, but also made them vulnerable to drug abuse, while adolescents who, from being Parents have decisive and trustworthy, they always think that they are affectionate.

Psychotherapy patterns that have shown their effectiveness in leaving addiction

Therapy Behavioral

In behavioral therapy, most psychologists believe that by showing proper behavior (and replacing it with inappropriate behavior), and consistently strengthening the proper behavior, good behavior can be considered as the substitute for inappropriate behavior (for example, addiction). In this regard, we believe that having your leisure time and providing the necessary facilities for spending your free and leisure time, through exercise, reduces the likelihood of drug

use. Therapists' behaviors provide their clients with specific tasks that they carry out activities outside of their treatment sessions, and encourage their clients to practice and repeat appropriate behavior, and to advance their attitudes towards (target) behavior And reducing the use of drugs). Appropriate rewards and encouragements are considered to achieve the goals (for example, the abandonment of addiction or reduced use). Examples of patient urine are regularly tested, until full use of drug use. The goal of behavior therapy is to encourage clients to reinforce and train three specific types of controls that are referred to below, which include:

Drivers control

The stimulus control helps patients identify and avoid situations that facilitate the use of drugs, and spend most of their time on activities that are not compatible with drug use.

Control of desire and desire for drugs

Control of drug addiction tends to help patients (patients) identify, identify and motivate the thoughts, feelings and motives that lead to drug use, and take steps to change them.

Control and social control

Social control and control includes family members, friends and other important people who help the patient to avoid drug use. For example, parents, or other important people in the life of the addict, attend medical sessions, and help the patient to do the exercises, and they will take steps to strengthen the proper behavior. Research shows that this therapeutic approach helps teenagers and young people to stop drug addiction and increase their abilities to continue their normal life and health after completing a non-drug-free period. . Research has also shown that people treated in other areas such as employment, school function (educational performance), and frequent presence in the classroom, family relationships, and depression have also shown a remarkable improvement. These conclusive therapeutic data can be attributed to urinalysis, in general, to the presence of family members, in treatment sessions and to encourage addicted people to prevent drug use, using appropriate enhancers, and monitor their performance.

Use of aversive setting methods

A number of behaviourists have been using addictive treatments to counteract addiction. An aversive condition is one of the treatment methods used primarily for the treatment of alcoholism, smoking, and drug addiction. The underlying principle of the abusive conditioning method is the opposite contingency. In an aversive setting, the stimulus of improper behavior (such as addiction) loses the ability to call for undesirable behaviors, in other words, an intimidating stimulus, which means its enhancement. For example, in the treatment of alcoholism, it is given to a drug addict, which is nauseous. Immediately before the effect of the medicine appears, he is given some alcohol. The sight, smell and taste of alcoholic beverages are immediately followed by nausea. This synergy, alcoholism with nausea, is repeated several times until the alcohol eventually causes nausea alone. In this way, a drug addict hates alcohol.

Secret sensitivities

Neutralization is also one of the ways that behaviorists have benefited in the treatment of troublesome behaviors, including in the treatment of drug addiction. In this way, virtually no annoying triggers are presented, instead, references are asked to bring the stimulus of troublesome behavior into an imaginative stimulus. This method was originally invented by Català (1966), which was called the "senseless sensitization". From there, the secret attribute is

given in this way, in which the combination of stimuli occurs only in the minds of the references. The reason for naming it is to sensitize that, as a result of the imaginary coherence of the stimulus generating undesirable behaviors and disgusting stimuli, the stimulus generating adverse behaviors is also disgusting, which means that references are susceptible.

The scenes used in the tactile sensitization procedure are set up to provide maximum anxiety, along with the behavioral intent that the referring institution has been addressing its intention to eliminate. But among the scenes, the therapist can ask the authorities to use tacit reinforcement to reinforce denial for activities that are inconsistent with problematic behavior. In the following example, the Wisconsin test (1973) describes how to use the tactile sensitization method to quit heroin addiction, this method is well represented:

Cognitive behavioral features

Cognitive-behavioral therapy has features that make it suitable for treatment, substance abuse, and addiction. Among these features are the following points:

- 1) Cognitive-behavioral therapy is a short-term and limited approach that can be used in many therapeutic programs.
- 2) Cognitive-behavioral therapy has been tested in accurate clinical trials, and has been supported as an addiction treatment drug.
- 3) Cognitive-behavioral therapy is an organized, targeted, and focused approach to issues that drug users are struggling with.
- 4) This approach is very flexible, and applies to a wide range of patients, situations (inpatient and outpatient), and in various forms (group and individual).
- 5) Cognitive-behavioral therapy is a comprehensive approach in which all the elements and common tasks of successful treatment of addiction are used.

Discussion and conclusion

In summary, the results of this study showed that:

Cognitive-behavioral intervention is effective on quality of life in drug addicts in drug addiction camps.

The statistical F calculated for the comparison of post-test control and test groups after the elimination of the pre-test, is statistically significant at the level ($p \leq 0.01$) and, according to the ITA coefficient (0.82), the change in the quality scores Life was due to the effect of cognitive-behavioral therapy. Therefore, data analysis shows that intervention has affected post test results.

Cognitive Behavioral Intervention, on psychological well-being, is effective in drug addicts in drug addiction camps.

The statistical statistic F (30.82) was statistically significant at level ($p < 0.001$) for comparison between control and experimental post-test, after the elimination of the pre-test, and according to the ITA coefficient (0.59), The change in the scores of psychological well-being was due to the effect of cognitive-behavioral therapy. Therefore, the analysis of data shows that intervention in post-test results has been effective.

Cognitive-behavioral intervention on life expectancy is effective in keeping drug addicts in drug addiction camps.

The statistical statistic F (11.65) was statistically significant at the level of ($p < 0.003$) for the control and experimental group after the elimination of the pre-test, and according to the ITA coefficient (0.35), The change in life expectancy was due to the effect of cognitive-behavioral therapy. Therefore, the analysis of data shows that intervention in post-test results has been effective.

Theoretical suggestion, Applied and Cognitive

The results of any research will be reliable at a time when the repeatability principle of the results is true. Therefore, it is recommended that the research be repeated in the long term of the various addiction treatment centers in Iran.

The present study reveals the urgent need to continue research in this area. It is suggested that these studies be carried out at other times and with more subjects, so that the process of screening becomes a continuous and continuous flow, rather than a program that only once Always running, the results of these studies themselves contribute to treatment.

One of the important variables is how to train addicts. It seems that the personality trait of the educator, and how his relationship is effective. Therefore, it is suggested that this variable will be included in future research, and its relationship with social adaptation and more skills will be measured.

It is suggested that this study be implemented through more precise plans and with a larger sample, in order to better rely on its results.

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