

عنوان مقاله:

Comparing the Effectiveness of Cognitive-Behavioral Therapy and Brief Intervention on Relapse Prevention among Drug Users

محل انتشار:

مجله اعتیاد و سلامت, دوره 14, شماره 4 (سال: 1401)

تعداد صفحات اصل مقاله: 5

نویسندگان:

Reza Davasaz Irani - Department of Psychology, Shahrekord Branch, Islamic Azad University, Shahrekord, Iran

Reza Ahmadi - Department of Psychology, Shahrekord Branch, Islamic Azad University, Shahrekord, Iran

Shahin Norouzi - ۱ Department of Psychology, Shahrekord Branch, Islamic Azad University, Shahrekord, Iran ۲ Department of Psychiatry, Golestan Hospital, Ahvaz Jandishapur University of Medical Sciences, Ahvaz, Iran

Ahmad Ghazanfari - Department of Psychology, Shahrekord Branch, Islamic Azad University, Shahrekord, Iran

خلاصه مقاله:

Background: This study aimed to compare the effectiveness and stability of group cognitive-behavioral therapy (CBT) and brief intervention (BI) for relapse prevention (RP) among drug users of drop-in-centers (DICs) in Ahvaz, Iran. **Methods:** The present study was a quasi-experimental one with a pretest-posttest design, a follow-up phase, and a control group. The statistical population included all drug users of drop-in-centers of Ahvaz in ۲۰۲۱. The sample of the study included ۷۸ drug users selected randomly and assigned to two experimental groups and one control group (each ۲۶ members). A morphine test (special kits) that detects the presence of morphine in urine was used to check the relapse. Data were analyzed using repeated measures ANOVA with SPSS (version ۲۴). **Findings:** The results showed BI and CBT had a significant effect on reducing RP in drug users ($P < .001$). The BI was more effective than CBT for RP. **Conclusion:** It can be concluded that both BI and CBT can be effective in reducing the likelihood of relapse among drug users but BI is more effective than CBT for RP.

کلمات کلیدی:

Brief intervention, Relapse prevention, drug users, Cognitive-behavioral therapy

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/2036665>

