Effect of Mindfulness-Based Therapy with Control Drug on Cognitive Distortions of Addicted Adolescents in Isfahan

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Abstract

The purpose of this study was to investigate the effectiveness of mindfulness-based therapy on cognitive disorders in addicted adolescents in Isfahan city. The target population of all addicted teenagers is leaving the city of Isfahan in 1396. Sampling method was available from available centers in Isfahan province to the center of addiction treatment of rubbish in Isfahan province. After random sampling, 30 adolescent addicts who had entry criteria were randomly assigned into two experimental and control groups. After performing a pretest in two groups, the experimental group received cognitive therapy based on mind-awareness during 8 sessions of 90 minutes (once a week). During this period, the control group was on the waiting list. Then, both groups were measured in post-test and follow up. For information gathering, Abdollahzadeh and Salar Cognitive Distortion Questionnaire (2010), Tangji Self-Control Questionnaire-Form 36 (2004) was used. Data were analyzed using repeated measures ANOVA. The results of this study showed that Mindfulness-based therapy was effective on cognitive distortions and this effect continued throughout the follow-up period of one month. Based on the results of this study, Mindfulness-based therapy was effective in cognitive disturbances of addicted adolescents (p <0.05).

Keywords: Mindfulness, Cognitive distortions, Self-control.

Introduction

Addiction and substance abuse as a social issue is a phenomenon in which society's ability to organize and preserve is destroyed, normal functioning of social life is disturbed and causes structural transformations in the system Economic, social, political and cultural backgrounds of a community [1].

Drug disorders and its unpleasant consequences are one of the most important public health problems around the world today. Disorders are associated with many serious medical, psychiatric, family, occupational, legal, financial, moral and moral issues. Drug abuse disorders not only cause suffering, but also burden and harm the family. [2].

Addiction or drug dependence is defined as the second most common psychiatric disorder in the psychiatric segment known as drug-related disorders [3].

Based on research and studies, addiction processes are influenced by the beliefs and attitudes of patients (Birch, Stewart, Zack, 2004). A bunch of studies have shown that the cognitive and emotional responses of individuals are consistent with their attitudes [2-4].

Soda and Jackson have identified low self-control as a central driver for drug abuse among adolescents and young people. Also, low self-control among adolescents has been identified as a very powerful preventive agent for drinking, smoking and drug abuse [5-6].

Among addicts, issues such as cognitive distortions, impaired cognitive and documentary styles, defense mechanisms such as denial, rationalization and blaming are seen [7].
The results of various researches show that, if the teaching of the prevention method is combined with the mind, it can have relatively successful effects on the judgment and intimidation of injecting drug addicts [8].

The negative effects of temptation are reduced and, with the addition of a mental health plan, play an effective role in prevention and treatment, and emphasizes acceptance in the teaching of the mind, rather than suppressing thoughts [9] and the breakdown of the stress chain, can increase the rate of recovery, overcome the temptation of consumption [7].

Considering what has been discussed and the fact that today, the mind-body in the field of addiction is used to counteract temptation, this study seeks to answer the question of whether a mind-boggling treatment On the distortion of addicted adolescents is effective?

Materials and methods

This semi-experimental study (semi-experimental) and its design are two groups (test group and control group) with pre-test, post-test and one month follow-up. Independent variable is a treatment based on mind-consciousness that was applied only in the experimental group and its effect on post-test scores and follows up of the participants in the experimental group compared to the control group in these stages.

The sampling method is available. Among the centers located in Isfahan province, the rubella addict treatment clinic (referring to adolescent and young addicts leaving the country) was referred and then among those who had the criteria for entry, 30 persons in the age group of 12 to 18 years old were randomly selected. Then they were randomly assigned into two experimental and control groups (15 in the experimental group, 15 in the control group).

To collect information from Abdollahzadeh and Salar cognitive distortion questionnaires was used. Subsequently, for the experimental group, mindfulness-conscious therapy sessions were performed in group sessions, over a period of 8 sessions of 90 minutes, once a week. Then, both groups were re-measured in the post-test. The absence of some subjects in some training sessions and the negligence of some subjects in carrying out the assignments to them is one of the limitations of this research. For the problem of the absence of some subjects in some meetings, individual compensatory training sessions were held. In this research, cognitive therapy therapy based on mind-awareness was used. Data were analyzed using repeated measures ANOVA.

Results

Analysis of results using ANOVA showed that the cognitive disturbance factor with significant amount of less than 0.05 was significant in adolescent adolescents after treatment and in the follow up period and significantly increased. Therefore, the result is treatment-based on the mind of knowledge has a good effect on cognitive impairment of addicted adolescents in Isfahan province.

Also, the results showed that Mindfulness education in the treatment group was significantly more effective than the other group because its significance was significantly less than 0.05, but the grouping of individuals as the treatment group and the control group had an effect on There was no cognitive distortion.

Table 1: The results of an analysis of variance of the size of repeated cognitive distortion

<table>
<thead>
<tr>
<th>Test power</th>
<th>Squared of Ata</th>
<th>Significant value</th>
<th>Test statistic</th>
<th>df</th>
<th>Total second power error</th>
<th>Source of change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.000</td>
<td>.402</td>
<td>.000</td>
<td>18.822</td>
<td>2</td>
<td>212.600</td>
<td>Factor 1 (cognitive distortion)</td>
</tr>
<tr>
<td>.986</td>
<td>.276</td>
<td>.000</td>
<td>10.665</td>
<td>2</td>
<td>120.467</td>
<td>Inside the subject</td>
</tr>
<tr>
<td>.096</td>
<td>.015</td>
<td>.521</td>
<td>.422</td>
<td>1</td>
<td>96.100</td>
<td>Between the subject</td>
</tr>
</tbody>
</table>

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Also, considering that the significance of the subject in the table 2 is significantly less than 0.05 and that for the intermediate subject is more than 0.05, we conclude that education based on mindfulness about the self-control of adolescent adolescents in Isfahan city, especially in the state. The treatment group has a lot of influence, but the grouping of individuals does not affect the increase in the level of self-control of individuals, and we also find that mindfulness-based treatment significantly affects the self-control of addicted adolescents leaving the city of Isfahan.

**Discussion**

This study investigated the effectiveness of mentally-based therapy on cognitive abnormalities of adolescent adolescents leaving the city of Isfahan. The results of this study showed that cognitive and self-control abnormalities of addicted adolescents in Isfahan city were significantly affected by mental-based therapy (p <0.05). Mindfulness is a concept that has been brought into scientific circles in recent years.

Subjective knowledge techniques are increasingly used in Western psychotherapy and psychotherapy to relieve symptoms in a variety of diseases, and although it is a subjective roots in Buddhist culture, non-religious receptions Well done and answered. Nowadays, the conscious mind in the field of addiction is used to deal with temptation [10,11].

It can also be said that the education of the mind-consciousness in the sense that it brings the individual's attention and awareness to physical and psychological emotions and its training leads to the ordering of psychological and physical emotions. It clearly helps to see and accept the emotions and physical phenomena as they happen [12] and another important point - that mental-based therapy leads to subjective representation.

The objects in the lives of these people are beyond control immediately, and this is taught through deep breathing and thinking [13]. Mindfulness-conscious intervention is a kind of intensive approach that is used to gain new types of wisdom control based on the inner abilities for self-reliance, attention, awareness and insight.

The results have shown that this kind of intervention has been effective in treating both psychological and physical symptoms. A cognitive-based counseling program significantly increases mental awareness and psychological decline [14].

The results of this study are consistent with the research by Mardopour et al., which examined the efficacy of prevention of relapse, craving and self-control in opiate dependent individuals. [9].

Also, with the study of Whiteout’s and collaborators, a study titled “Preventing Relapse Based on Mindfulness on Craving” is similar.

These researchers have a mediating role in the relationship between self-report and self-report craving for post-treatment craving, and so on, the authorities experience an illogical attitude in this therapeutic approach.

Several studies, such as Baun et al., Witkowitz, Rubber and Bowen, Bowne and Watte have been proactive in preventing recurrence-based mind-reading [13].

In explaining the complementarity of the results, it can be admitted that the main purpose of the mind is to enable the patient to realize the effects of the active activation of the mindset through automatic guidance and to remain in mind by applying and creating the mind-consciousness and Observing your thoughts, feelings through repetitive exercises on the directional orientation of attention to an object (for example, the flow of breathing, body sensation).

Mindfulness is the main component of the integrated system that supports us in identifying the inner suffering of humans and providing us with the conscious use of this therapy. The mind-boggling exercises focus on some of the ways that are more powerful to "re-establish and strengthen our communication with our internal perspectives." On the other hand, the effectiveness of mind-awareness mediation has been identified as a clinical method through studies related to addiction. Those who practice the mind know how to
deliberately observe and accept their emotional states, and this enables them to make habits (habits) They reduce the ruminal face [15].

The results of this study suggest that mindfulness treatment is a suitable treatment for cognitive disturbances of addicted adolescents leaving the city of Isfahan.

**References**


