

Effectiveness of meta-cognitive therapy on craving beliefs and substance-related beliefs in substance abuse disorder patients

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Abstract

Objective: from a meta-cognitive stand point, psycho-cognitive disorders are concluded by activating of kind of incompatible thoughts that causes to improve meta-cognitive defects and continue of emotions. So, the aim of this research was to investigate the efficacy of meta-cognitive therapy in improving substance abuse patients. **Method:** this quasi-experimental research was conducted with pre-test, with a follow-up design. Substance abuse disorders patients visited in addictive withdrawal clinics in Esfahan city, 45 patients were selected through the convenience sampling method and were randomly divided into one control and two experimental groups. The craving believes questioner and substance-related believes questioner were used as pre-test measures. The experimental groups received 8 metacognitive therapy sessions in groups, while the control group received no treatment, at the end of sessions post-test was measured by the same questioners and the data were analyzed via multivariate covariance statistic method.

Findings: The results of the analysis of multivariate covariance showed that MCT had a significant effect in reducing craving and substance-related believes.

Conclusion: By the result of this research, the effect of metacognitive therapy is confirmed in improving of craving and substance-related believes as two predictive factors of inclining to use of substances.

Keywords: metacognitive therapy, craving believes, substance-related beliefs, Substance abuse disorder

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