

The Effectiveness of Healthy Behavior Training Program in Changing Attitude of Students towards Substance Abuse and Reduction of Addiction Vulnerability Level

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Abstract

Objective: The purpose of this study was developing the healthy behavior to change the attitude of students in order to decrease their tendency towards substance abuse and Reduction of Addiction Vulnerability Level. **Method:** This research was carried out by two methods of descriptive-analytic and quasi experimental design. First, 60 students of Shahid Beheshti University were selected randomly (of 2000 students) from the University dormitory. Then, half of the students received the developing healthy behavior training program. The efficacy of this program was evaluated by the scales of "attitude towards substance abuse" and "addiction vulnerability". The data was analyzed by Analysis of covariance (ANCOVA). **Results:** The result showed significant difference attitude towards substance abuse total scores and addiction vulnerability subscales between experiential and control group. **Conclusion:** The result of this research indicated that healthy behavior training program develops the negative attitude towards substance abuse and Reduce the Addiction Vulnerability Level.

Keywords: Healthy Behavior, Attitude towards Substance, Addiction Vulnerability, Drug Abuse, Students

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