**Effectiveness of Cognitive-Behavioral Group Therapy on Improving Quality of Life in Opiate Addicts under Methadone Maintenance Treatment**

Momeni, F.[[1]](#footnote-1),Moshtagh, N.[[2]](#footnote-2), Pourshahbaz,A..[[3]](#footnote-3)

**‌**

**‌Abstract**

**‌Objective:** This study was aimed to assess the effectiveness of cognitive- behavioral group therapy on improvement of quality of life in opiate patients under methadone maintenance treatment. **Method:** This was a semi experimental study using control group also pre-test, post-test and follow-up. Thirty six patients on MMT were selected between the entire opiate addicts referred to Iranian national center for addiction studies within judgmental sampling and were randomly assigned into experimental and control groups. They were all administered the WHOQOL-BREF. In experimental group, cognitive behavior group therapy was performed in 8 sessions and the control group was registered in the waiting list for the CBGT. **Findings:** Data analysis revealed that the mean WHOQOL-BREF score in the experimental group had significant higher increase when compared with that of the control group. But it wasn’t significant in follow up. **Conclusion:** Results demonstrated the effectiveness of cognitive–behavior group therapy On improvement of quality of life of opiate addicts on MMT in short term but didn’t seem to be effective in long term.

**Key Words:** group therapy, cognitive-behavior therapy, opiate addicts

‌

1. . Author-in-Chief: Ph. D Student of Clinical Psychology, Shahid Beheshti University. E-Mail: Momenipsy@Gmail.Com [↑](#footnote-ref-1)
2. . Assistant Professor of Clinical Psychology Department, University of Social Welfare and Rehabilitation Science [↑](#footnote-ref-2)
3. . Assistant Professor of Clinical Psychology Department, University of Social Welfare and Rehabilitation Science [↑](#footnote-ref-3)