

# The Effectiveness of Psychological Services of Rehabilitation Period on Addictions' Negative Self Concept, Anxiety, Depression and Self Esteem

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## Abstract

**Objective:** The purpose of this study was to investigate the effectiveness of Psychological services of rehabilitation period on negative self concept, anxiety, depression and self esteem of T.C. addicts of Ahwaz city in 1386-1387. **Method:** The research design was semi experimental namely: pretest-posttest with one group. Population was all self reported addicts that accepted in Ahwaz T.C. center for 4 months period. The sample was 50 addicts who were selected by available sampling. Before psychological services pre test was administered. The questionnaires were administered in this research were Rogers's self concept, Cattle's anxiety, Beck's depression and Copper Smith's self esteem questionnaire.

**Results:** the results showed that the psychological services were effective on reduction of addicts' negative self concept, depression, and anxiety; also, on increasing of their self esteem. **Conclusion:** The results showed that participation of T.C. and using of psychological services can be affected on reduction of negative self concept, depression, and anxiety; also, on increasing of self esteem.

**Keywords:** Therapeutic Community, Psychological Services, Negative Self Concept, Depression, Anxiety, Self Esteem.

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