

# The Effectiveness of Life Skills Training on Tendency toward Opium in Clients who Referred to Rehabilitation and Treatment Centers of Addiction

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## Abstract

**Objective:** The aim of research was to study of effectiveness of life skills training on reduction of tendency toward opium. **Method:** This research was experimental research namely: pretest-posttest with control group. Researcher divided two groups randomly, that is half of selected sample allocated to experimental group and the rest allocated to control group randomly. The training was performed in experimental group only. Sample included of 60 improved addicts that selected randomly. **Results:** The results showed that life skills training can be reduced the tendency toward opium in experimental group. **Conclusion:** The life skills training can be useful in prevention of addiction.

**Keywords:** Addiction, Life Skills, Rehabilitation and Treatment Centers of Addiction

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