

## **The Effectiveness of Cognitive Behavior Therapy of Impulse Control on Reduction of Impulsiveness, Crave of Usage and Addiction Severity among Crack Users**

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### **Abstract**

**Introduction:** The present study was done in order to study of the effectiveness of CBT of impulse control on the reduction of impulsiveness, crave of usage and addiction severity of Crack users. **Method:** In a quasi experimental design 30 Crack addict users who were treating with Methadone in a clinic selected by interview method and consideration of entrance criterions. Then they allocated to two groups (15 subjects for each group) as a witness and experimental groups. The experimental group was under Methadone drug therapy and CBT of impulse control for 8 sessions, and 60 min for each session. But witness group was under Methadone drug therapy and there was not any other intervention. All participants in research were examined before and after treatment by three scales namely: Bart's Impulsiveness Scale, Tifani's Crave Usage, and Addiction Severity Index. MANCOVA was run for analyzing of data. **Results:** The results showed that significant difference between two groups on impulsiveness subscales; crave usage, and addiction severity (except of medical status, job status, law status, and family status). **Conclusion:** It can say CBT of impulse control can be effective on the reduction of impulsiveness, crave usage and addiction severity in Crack users.

**Key Words:** Impulse control time, Crave usage, Addiction severity

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