A comparison of dysfunctional attitudes in substance abusers and control group and its psychological outcome

Kobra Haj Alizadeh, M.A; Seyed Abdolmajid Bahreinian, Ph.D.
Ghasem Naziri, Ph.D.; Morteza Modares Ghoravi, Ph.D.

Abstract

Objectives: Addiction researchers find that addictive processes are influenced by patient beliefs and attitudes. This research was carried out to assess the role of dysfunctional attitudes, outcomes of psychology in substance abuse behaviors of subject were referred to addiction treatment center in the city of Bandar Abbas, and to compare the with the control group.

Methods: This is a retrospective study in which 100 subject substance abusers were compared with 100 subject s of control group who were selected using convenience sampling and were also demographically matched. Data were gathered using a demographic questionnaire, clinical interview, dysfunctional attitudes scale (DAS), Depression Anxiety Stress Scale (DASS). The data were analyzed via descriptive statistic method, T- Test and chi-square and variance analysis.

Findings: Findings indicated that in comparison with control group, subject of substance abusers had experienced more stress, anxiety, depression, had shown a cognitively more percent of them dysfunctional attitudes in comparison with control group.

Results: The results suggested that the dysfunctional attitudes could be as a Vulnerability Factor that increase abuse of substance; consequently use of cognitive therapy could be helpful and effective in prevention and treatment of the addicts.

Keywords: dysfunctional attitude, substance abuse, anxiety, depression.