The Effectiveness of Group Motivational Interviewing Sessions on Enhancing of Addicted Women’s Self-Esteem and Self Efficacy

Dehghani F. S.¹, Ghasemi, H.², Safari, S.³, Ebrahimi, A. A.⁴, Etemadi, O.⁵

Abstract

Objective: The aim of present research was to study of the effectiveness of motivational interviewing on enhancing of self-esteem and self-efficacy in addicted women who were under therapy. Method: The research method was semi experimental research design namely: pretest-posttest with witness group. The population consisted of all addicted women who were referred to Ayandeh Roshan recovery addiction camp of Isfahan city during summer in 1391. By available sampling, 30 women selected and divided randomly to two experimental and witness groups (N= 15, per group). Experimental group received eight sessions of 90 minutes based on group counseling sessions following motivational interviewing style. For gathering data, Cooper Smith’s self-esteem and general self-efficacy questionnaires administered among two groups. Results: The results indicated the effectiveness of motivational interviewing. Conclusion: It can be concluded that motivational interviewing has had enhancing effect on self-esteem and self-efficacy among experimental group.

Keywords: Motivational Interviewing, Self-Esteem, Self-Efficacy, Addicted Women

1. Author in Chief: M.A Student of Family Counseling, Isfahan University. Email: samiredehghani@yahoo.com
2. M.A Student of Family Counseling, Isfahan University
3. M.A Student of Clinical Psychology, Isfahan University
4. PhD Student of Special Children
5. Associate Professor of Psychology Department, Isfahan University