The Effectiveness of Cognitive-Behavioral Stress Management on Relapse Prevention in Substance Dependent Men

Karimian, N.¹

Abstract

Introduction: The purpose of this study is to investigate the effectiveness of cognitive-behavioral stress management on relapse prevention in men who are substance dependent. Method: In a experimental study, 30 individuals who settled in Esfahan therapeutic community center were accidently divided into an experimental (15 subjects) and a control (15 subjects) group. The experimental group underwent ten 90 minutes sessions of cognitive-behavioral stress management and the control group didn't receive any particular treatment. All participants underwent urine tests at the beginning of the study, completion of treatment and three months following the completion of treatment. Data were analyzed using descriptive statistics and $X^2$ test. Findings: results showed significant difference in relapse rates of two groups in the following stage. Conclusion: Cognitive-behavioral stress management is effective in relapse prevention in men who are substance dependent.

Key words: Cognitive-Behavioral Therapy, Stress Management, Relapse, Substance Dependence

¹ M.A. of Clinical Psychology, Allameh Tabatabaee University. E.mail: Neg_karimian@yahoo.com