

The Efficacy of the Training of Stress Management by Cognitive-Behavior Method on Addicts' Anxiety of with Generalized Anxiety Disorder

Lak, Z.¹, Moazedian, A.², Hosseini A. A.³, Sedaghat, M.⁴, Ameri, S.⁵

Abstract

Aim: The purpose of this study was to investigate the effectiveness of cognitive-behavioral stress management on reduction of anxiety among addicts with GAD.

Method: The design of the study is experimental with pretest -posttest and control group. The population of the study was all addicts with GAD in Tehran self-referred centers that scored the most points in GAD-7 test. 24 addicts were allocated into experimental group (N=12) and control group (N=12). The cognitive-behavioral stress management was demonstrated in 10 weekly sessions on the experimental group while there was no psychological treatment for the control group. DASS-21 questionnaire and GAD-7 questionnaire were completed by both groups before and after program. The data was analyzed using covariance. **Results:** There were no significant differences in anxiety between two groups before intervention. Results of this study demonstrated that cognitive-behavioral stress management led to significant decrease in anxiety in experimental group.

Conclusion: Regarding to effectiveness of cognitive-behavioral stress management on anxiety, it may also be used as a supplement method decreasing generalized anxiety disorder among addicts.

Keywords: Cognitive-Behavioral Stress Management, Generalized Anxiety Disorder, Anxiety, Addicts

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1. Author-in-Chief: Ph.D. Student of General Psychology, Mohaqeq Ardebili University. E.mail: Nazaninezahra@gmail.com
 2. Ph.D. Student of Training Psychology, Roodehen Islamic Azad University
 3. Ph.D. of General Psychology, Sciences and Research Branch, Islamic Azad University
 4. M.A Student of Personality Psychology, Sciences and Research Branch, Islamic Azad University
 5. M.A Student of Statistics, Allameh Tabatabaee University