

The Comparison of the Effectiveness of Group Cognitive-Behavior Therapy and Methadone Maintenance Therapy on Changing Beliefs Related to Substance and Relapse Prevention

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Abstract

Introduction: This study was aimed to compare of the effectiveness of group cognitive-behavioral therapy and methadone maintenance therapy on changing beliefs toward substance abuse among addicted people. **Method:** The research method was a quasi-experimental pretest-posttest with witness group. 30 addicted people who were referred to the addiction treatment centers selected by available sampling, and they randomly assigned to three groups namely: cognitive-behavioral therapy, methadone maintenance therapy and witness groups. Substance abuse beliefs questionnaire was administered among all participants before and after intervention. **Results:** Results showed that in both experimental groups, beliefs toward drug was reduced significantly in comparison with witness group. **Conclusion:** Cognitive-behavioral therapy can be changed on cognitive mediator variables, like beliefs toward substance; therefore, it can reduce the risk of relapse. However, the programs of treatment of substance abuse should be targeted this type of intermediate variables.

Keywords: Substance Abuse, Cognitive-Behavior Therapy, Methadone Maintenance Treatment, Drug Beliefs

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