

The Comparison of Alexithymia and Spiritual Intelligence in Addicts, Addicts under Methadone Treatment, and Non-Addicts

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Abstract

Introduction: The purpose of the present study was to compare of the rate of alexithymia and spiritual intelligence in addicts, addicts under Methadone Treatment, and non-Addicts. **Method:** A causal-comparative research design was used. The study sample included 30 individuals under Methadone Treatment, 30 drug-dependent Addicted, and 30 non-addicted individuals selected by convenience sampling procedure. Toronto alexithymia scale and King's spiritual intelligence self-report inventory were administered among selected sample. **Results:** Findings revealed significant differences among addicted individuals and non-addicted adults also among individuals under methadone treatment and non-addicted adults in total alexithymia scores as well as on all three subscale scores. Furthermore, addicted individuals differed from those under methadone treatment in their scores on the subscale pertaining to difficulty in identifying feelings. Results also indicated differences among addicted individuals and those under methadone treatment in total spiritual intelligence and its four component scale scores, while addicted individuals differed from non-addicted individuals in total spiritual intelligence scores and only three of its component scale scores (personal meaning production, transcendental awareness, and conscious state expansion). **Conclusion:** Findings of this study indicate the advantages of the ability to control, emotional regulation and spiritual intelligence as a defense against addiction. By development of these characteristics addicts can be helped to gain relief from their addiction.

Keywords: Alexithymia, Spiritual Intelligence, Addiction

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4

سال ششم، شماره ۲۲، تابستان ۱۳۹۱
Vol. 6, No. 22, Summer 2012

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