

## Comparing Efficacy of Four Preventive Methods on Attitude of Drug Substance Abuse and Self-Esteem in Students Supported by Emdad Committee

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### Abstract

**Introduction:** This study was aimed to compare the efficacy of four drug substance abuse preventive methods: cognitive-behavioral social traioning, life skills training, poster presentation and short message system on attitude change and enhancement self-esteem in students supported by Emdad Committee. **Method:**This was a quasi experimental study. 150 students were selected and randomly assigned to the four experimental and control groups. The groups were completed attitude of drug substance abuse and self-esteem inventories. Experimental groups received: group 1 received 10 sessions of group cognitive-behavioral social training 120 minutes each, group 2, 10 sessions of life skills training, 120 minutes each, group 3 for 10 weeks into presented of 40 posters and group 4 short message service for 10 weeks. **Findings:** The results revealed that preventive techniques were effected on attitude and self-esteem. Also results of post-hoc (LSD) test revealed that preventive techniques with difference effectiveness were effected on change attitude of substance abuse. Also cognitive-behavioral social training and life skills training techniques were effected on self esteem. **Conclusion:** The results of the study revealed that all the four techniques were effective in the generation negative attitude into drug abuse, otherwise only cognitive-behavioral social training and life skills training enhancement on self esteem.

**Keywords:** substance abuse, prevention, attitude, self-esteem

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