

The Role of Thought Suppression, Meta-Cognitive Factors and Negative Emotions in Prediction of Substance Dependency Disorder

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Abstract

Introduction: This study investigated the role of thought suppression, meta-cognitive factors, and negative emotions in predicting of substance dependency disorder. **Method:** Subjects were 70 patients with substance dependence disorder and 70 normal individuals (total 140). Substance dependants were selected of outpatient treatment centers and the normal sample was selected of the general population too. Sampling methods in both samples were convenience sampling. All people were assessed by MCQ-30, White Bear Suppression Inventory, and Beck's Anxiety and Depression Questionnaires. For data analysis, discriminant analysis were used. **Results:** Negative meta-cognitive beliefs about worry, depression, and thought suppression were the most significant predictors of substance dependence disorder. **Conclusion:** Through meta-cognitive beliefs, thought suppression and negative emotion (especially depression), substance dependency disorder can be predicted. Based on this model can be used to take a substance dependency disorder prevention approach and psychotherapy approach (based on cognitive and meta-cognitive therapies). In addition, the findings of this research can be applied in clinical and counseling environments to help substance dependant clients.

Key words: self-regulatory executive function model, meta-cognitive beliefs, thought suppression, substance dependency

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سال پنجم، شماره ۱۸، تابستان ۱۳۹۰
Vol. 5, No. 18, Summer 2011

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