

## Effectiveness of Hope Therapy on Reducing Depressive Symptoms and Preventing of Relapse in Cure-Seeker Women with Dependency to Narcotic Drugs<sup>1</sup>

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### Abstract

**Introduction:** The aim of the present research was the investigation of the effectiveness of hope therapy on reduction of the degree of depression symptoms and prevention of relapse in cure-seeker women with dependency to narcotic drugs. **Method:** In semi-experimental research method 20 clients who diagnosed as substance abuse disorder that completed detoxification period successfully, and they were scored more than 14 in depression symptoms (Beck depression questionnaire, second edition) selected by available sampling and assigned to two experimental (n=10) and witness (n=10) groups randomly. Experimental group was trained for 8 sessions under training of hope therapy and witness group was not under any training. The experimental people were evaluated by Snyder Hope scale and Beck depression questionnaire and morphine test before beginning of therapy. After it and after the completion of the two months follow-up period. For analyzing of data chi square test, Z test, and ANCOVA were applied. **Results:** The results showed that hope therapy education could create considerable reduction in degree of depression symptoms of women suffering from addiction. In addition, results of chi square test indicated significant difference between the number of relapsed women in experimental and witness groups. **Conclusion:** in general, results of this survey show that hope therapy education is effective in reduction of degree of depression symptoms and prediction of relapse in cure-seeker women suffering from addiction.

**Key words:** hope therapy, depression, substance dependency, prevention of relapse.

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