

Comparison of Mental Health and Family Efficiency between the Addicts' Families Participating and not Participating in the Sessions of Anonymous Addicts

Karami, J.¹, Geram, D. K.², Gharibi, M. A.³

Abstract

Objective: The aim of this research was to compare the mental health and family efficiency between the addicts' families participating and not participating in the group sessions of Anonymous Addicts' families (Naranan) in city of Kermanshah.

Method: It was a descriptive and inferential statistical method project that the total sample size was 30 persons who were selected with simple random sampling among the addicts' families members participating in Naranan family groups attending for a period of one year or more as well as the same number was the family members of those families with addict who were not attending on those session and came to the Addict Wean Centers accompanied by their patient. After filling the General Health Questionnaire and Family Assessment Data. **Results:** there was a meaningful difference between the families with addict participating and not participating in the sessions. **Conclusion:** attendance in the sessions of the Naranan family groups can improve the mental health and family efficiency in the addicts' families effectively.

Key words: Mental Health, Family Efficiency, Naranan Family Groups

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1. Author-in-Chief: Assistant Professor of Psychology Department, Razi University. E-mail: j.karami.ac.ir

2. Assistant Professor of Psychology Department, Arak University

3. M.A of Psychology