

Addiction and Drug Abuse: The Role of Automatic Thoughts, Coping Strategies and Neuroticism in Relapse

Zare, M.¹, Aghayousefi, A.², Saffarinia, M.³, Shayeghian, Z.⁴

Abstract

Objective: Addiction is kind of illness that is determined by several relapse. So finding out the critical factors in this illness and using them in treatment plan is as important as determination of critical factors in relapse. So the purpose of this study was investigation of the predictive role of three factors, automatic thoughts, coping strategies and neuroticism in relapse. **Methods:** 100 male patients selected through cluster sampling and they were asked to complete questionnaires about those three factors. Data was analyzed through regression and stepwise regression. **Results:** the only variable among automatic thoughts, coping strategies, neuroticism that can be predictor of relapse frequency is neuroticism, so the appropriate intervention on neuroticism may reduce the relapse frequencies. **Conclusion:** neuroticism has the most relations with the number of relapses so controlling neuroticism results in the reduction of relapses.

Keywords: Automatic Thoughts, Coping Strategies, Neuroticism, Relapse, Addiction, Drug Abuse

۶

6

سال چهارم، شماره ۱۵، پائیز ۱۳۸۹
Vol. 4, No. 15, Autumn 2010

-
1. Author-in-Chief: PhD Student of Psychology, Payame Noor University. E-mail: Nooshin.zare@gmail.com
 2. Associate Professor of Psychology, Payame Noor University
 3. Associate Professor of Psychology, Payame Noor University
 4. PhD Student of Psychology, Tarbiat Modares University