

## The Effectiveness of Abstinence-Based/Faith-Based Addiction Quitting Courses on General and Coping Self-Efficacy

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### Abstract

**Aim:** One of the influential elements in the life of an individual is his or her level of self efficacy. This research aimed to study the effectiveness of abstinence-based/faith-based addiction quitting courses on general and coping self efficacy of the people who want to quit opium addiction through these courses in Tehran city. **Method:** In semi experimental research design 80 people who referred to abstinence-based/faith-based addiction quitting courses were selected by census method. General self efficacy questionnaire of Jerusalem and Schwartz (1981) and coping self-efficacy questionnaire of Chesney (2006) administered among selected sample before and after treatment. **Results:** The results of paired t-test indicated that abstinence-based/faith-based addiction quitting courses have a significant influence on the skills of impeding negative thoughts and excitements and gaining friends' and colleagues' support. **Conclusion:** The findings of this research concur with the findings of similar researches, and indicated with appropriate strategies of training; self-efficacy beliefs can be improved and boosted.

**Keywords:** General Self Efficacy, Coping Self Efficacy, Narcotics Anonymous

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