

The Effectiveness of Problem-oriented (Solution–Focused Therapy) Treatment in the Spiritual, Cognitive, Behavioral and Emotional Dimensions of the Psychological Health of Addict

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Abstract

Background and Objective: Due to its progressive nature in all aspects of life, addiction endangers the health of individuals and its adverse effects on the cognitive, behavioral, emotional and spiritual health of the individual can be clearly seen. Therefore, the aim of this study was to determine the effectiveness of problem-oriented (solution–focused) therapy on the spiritual, cognitive, Behavioral and emotional dimensions of the psychological health of addicts.

Methods: The present study was a quasi-experimental study with pretest-posttest control group design. The statistical population included all the addicts who referred to addiction treatment centers in the third district of Tehran in the first six months of 2021 (no=420), who were among the qualified people who volunteered to participate in the study. Out of them, 40 participants were selected using available sampling method and were assigned to the experimental group and control groups. The data collection instruments included a researcher-made questionnaire on mental health. Solution-oriented treatment sessions were held in eight sessions for the experimental group over two months, but the control group was on the waiting list. Data were analyzed using multivariate analysis of covariance. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results showed that there was a significant difference in the spiritual, cognitive, behavioral and emotional dimensions of addicts' psychological health in the experimental group compared to the control group ($P<0.01$).

Conclusion: Based on the results, it can be stated that solution-oriented treatment improved the dimensions of psychological health (spiritual, cognitive, behavioral and emotional) of addicts, so it can be used as an intervention to promote the mental health of addicts.



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Summary

Background and Objective

Drug use disorder is a significant risk factor for public health worldwide and has a direct impact on health goals (1). Mental health disorders and their long-term consequences are the most

important consequences of addiction (2). Mental health includes a state in which a person is in a cognitive, behavioral, emotional/emotionally balanced state and has the ability to experience a sense of enjoyment of life, to balance various activities, and to strive for psychological resilience (3). Due to the psychological damage caused by addiction, prevention of psychological

problems and traumatic consequences as well as health promotion, there is a need for psychological interventions for drug addicts as a vulnerable group. One of these relatively new interventions in the field of psychological problems as well as family traumas is problem-oriented/solution-oriented treatment (4). Short-term solution-oriented therapy is a non-pathological approach to treatment that emphasizes positive and healthy aspects of life instead of focusing on problems and illnesses. Thus, solution-oriented therapists, instead of focusing on deficiencies and disabilities, base their work on the forces, resources, and capabilities of the client (5). In this approach, researches on the past and grievances have been identified as obstacles to the healing process (6). Addiction not only causes pain and suffering to the drug taker, but also imposes a large burden and damage on the family and society (7); therefore, due to the adverse consequences of addiction, preventive interventions, including solution-oriented treatment, are necessary. Also, a review of the research background shows that in the field of the effectiveness of solution-oriented treatment in the dimensions of psychological health of addicts, no direct study has been done and there is a research gap in this field. Accordingly, the present study tries to examine the effectiveness of problem-oriented (solution-focused) therapy on the spiritual, cognitive, behavioral and emotional psychological health of addicts.

Methods

Compliance with ethical guidelines: In this study, all relevant ethical principles were observed, including the confidentiality of the questionnaires, obtaining the informed consent of the participants in the research, and leaving them free to withdraw from the study.

The present study was a quasi-experimental study with a pretest-posttest control group design. The statistical population included all addicts who referred to addiction treatment centers in the third district of Tehran in the first six months of 2021 (no=420), who were among the qualified people who volunteered to participate in the study. Forty addicts were randomly selected using available sampling method and assigned to experimental and control groups. Data collection instruments included a researcher-made questionnaire on mental health. Solution-oriented treatment sessions were held in eight sessions for the experimental group over two months, but the control group was on the waiting list. Data were

analyzed using multivariate analysis of covariance.

Results

According to the obtained results, there were 5 females (25%) and 15 males (75%) in the control group and 6 females (30%) and 14 males (70%) in the solution-oriented treatment group. In the control group, 10 were married (50%) and 10 were single (50%) and in the solution-oriented treatment group, 11 are married (55%) and 9 are single (45%). In the control group, there were 2 who had completed primary school (10%), 9 had diplomas (45%), 9 had a bachelor's degree (45%). In the solution-oriented treatment group, 3 participants had completed their primary school (15%), 6 had diplomas (30%) and 11 had a bachelor's degree (55%). The results also showed that there was a significant difference in the spiritual, cognitive, behavioral and emotional dimensions of mental health of addicts in the experimental group compared to the control group ($P<0.01$).

Conclusion

The results showed that the experimental group and the control group had significantly different "Spiritual" scores in addicts' mental health and due to the experimental group's higher mean scores, it can be concluded that the solution-oriented treatment was effective and developed the spirituality dimension of addicts' mental health.

In terms of the previous studies, based on the researcher's investigations, no study has been directly conducted in the addicts population, but the results are consistent with other similar studies. For example, Ahmadi et al. conducted the solution-oriented treatment on the elderly with type 2 diabetes and results showed a significant efficacy (8). Based on another study, Islamic Lifestyle Training improves marital burnout, resilience and spiritual health in women with addicted spouses (9). In explanation for this finding, it can be stated that the problem-solving intervention encourages patients to find appropriate solutions based on their worldview and the intervention focuses on the solution instead of reducing the problems. This method allows us to achieve our goal in the least possible time and it is a quick way to solve problems and achieve proper solutions (10).

Based on the results, it can be stated that solution-oriented treatment improved the psychological health dimensions (spiritual, cognitive, behavioral and emotional) of addicts;

therefore, it can be used as an intervention to promote the mental health of addicts.

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Ethical considerations

This study has been approved by the ethics committee of research of AlZahra University of Tehran under the code IR.ALZAHRA.REC.1400.029.

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Conflict of interest

The authors reported no conflict of interest in this study.

Authors' contribution

Writing the main text of the article: first author; the first supervisor to the study: second author; the second supervisor and helping in preparing the research instruments: third author; consultant and doing the statistical analysis: fourth author.

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دراسة تأثير العلاج المؤدي إلى النتائج على البعد الروحي، والمعرفي، والأخلاقي والعاطفي للسلامة الروحية للمدمنين

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المؤدي إلى النتائج

المدمن

الملخص

خلفية البحث وأهدافه: نظراً للتأثير المتزايد الذي يتركه الإدمان على حياة المدمن وشموله لكافة شؤون حياة المصاب، فإنّ الوقوع فيه يمكن أن يؤثر على حياة الفرد من كل جانب ويترك أثراً سلبية على الناحية النفسية، والمعرفية، والأخلاقية، والسلوكية، والروحية. فإنطلاقاً من هذه القناعة تسعى هذه المقالة تحديد ودراسة تأثير العلاج المؤدي إلى النتائج على البعد الروحي، والمعرفي، والأخلاقي، السلوكي والسلامة النفسية لدى المدمن.

منهجية البحث: تعتمد هذه الدراسة المنهجية التحليلية وإخضاع المجموعة الضابطة للإختبار قبل الإختيار وبعده. أما الجمعية الإحصائية فهي تشمل جميع المدمنين في مراكز إعادة تأهيل المدمنين في المنطقة الثالثة لمدينة طهران النصف الأول من عام ٢٠٢١ والذين اختاروا من بينهم ٢٢٠ مدمناً أعلنوا استعدادهم للتعاون مع كتاب هذه المقالة؛ مع التركيز على ٤٠ مدمناً من خلال اختيار عشوائي خضع جميعهم لاختبار الصحة النفسية. كما خضع هؤلاء لثمانية دورات علاجية لمدة شهرين. يُذكر أنّ المجموعة الضابطة لم تكن ضمن المجموعة التي خضعت للإختبار. أما تحليل المعطيات فقد كان حسب منهجية كوواريانس متعدد العوامل. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى هذا فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

المعطيات: أثبتت النتائج أنّ هناك فرقاً شاسعاً من ناحية الأبعاد الروحية، والمعرفية، والأخلاقية والسلوكية والصحة النفسية للذين خضعوا للإختبار وبين المجموعة الضابطة ($P < 0.01$).

الاستنتاج: أثبتت النتائج أنّ العلاج المؤدي إلى النتائج يساعد المدمن على تحسين حالته النفسية والصحية (الروحية، والمعرفية، والسلوكية، والعاطفية) بشكل ملحوظ. لذلك يمكن الإعتماد عليه إلى جانب طرق علاجية أخرى لتحسين حالة المدمن من الناحية الصحية والنفسية والإرتقاء بمستوى صحته بشكل عام.

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تعیین اثربخشی درمان حل مسئله مدار (راه حل محور) بر ابعاد معنوی، شناختی، رفتاری و هیجانی سلامت روان شناختی معتادان

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چکیده

سابقه و هدف: اعتیاد به دلیل ماهیت پیش رونده اش در همه ابعاد زندگی، سلامت افراد را به خطر انداخته و آثار سوء آن به وضوح بر سلامت شناختی، رفتاری، هیجانی و معنوی فرد قابل مشاهده است. از این رو، هدف مطالعه حاضر تعیین اثربخشی درمان مسئله مدار (راه حل محور) بر ابعاد معنوی، شناختی، رفتاری و هیجانی سلامت روان شناختی معتادان بود.

روش کار: پژوهش حاضر نیمه آزمایشی از نوع پیش آزمون-پس آزمون با گروه گواه است. جامعه آماری شامل تمامی معتادان مراجعه کننده به مراکز ترک اعتیاد منطقه سه شهر تهران در شش ماه نخست سال ۱۴۰۰ بود که از میان آنان (۴۲۰ نفر)، ۴۰ نفر از افراد واجد شرایط که داوطلب همکاری در پژوهش بودند، به روش نمونه گیری در دسترس انتخاب و به طور تصادفی در گروه های آزمایش و گواه قرار گرفتند. ابزار جمع آوری اطلاعات شامل پرسش نامه محقق ساخته سلامت روان شناختی بود. جلسات درمان راه حل مدار برای گروه آزمایش طی هشت جلسه در طول دو ماه برگزار شد اما گروه گواه در فهرست انتظار بودند. جهت تحلیل داده ها از آزمون تحلیل کوواریانس چند متغیری استفاده شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده اند.

یافته ها: نتایج نشان داد که بین ابعاد معنوی، شناختی، رفتاری و هیجانی سلامت روان شناختی معتادان در گروه آزمایش در مقایسه با گروه گواه تفاوت معنی داری وجود داشت ($P < 0/01$).

نتیجه گیری: بر اساس یافته ها می توان گفت که درمان راه حل مدار موجب بهبود ابعاد سلامت روان شناختی (معنوی، شناختی، رفتاری و هیجانی) معتادان شد. بنابراین، می تواند به عنوان روش های مداخله ای مؤثری برای ارتقای سلامت روان شناختی معتادان به کار برود.

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راه حل محور

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