



The Role of Personal Beliefs and Cognitive Avoidance in the Tempting Ideas of Addicts Who are Under Treatment by Preventive Medicine

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ABSTRACT:

Background and objective: Because of the increases in the number of drug abusers and addicts in the recent decades in most countries in the world, expansive and costly projects are being accomplished locally, nationally and internationally in order to fight against drug abuse. Objective of this survey is to determine the relationship between personal beliefs and personal avoidance with tempting ideas in addicts under treatment by preventive medicine. **Methodology:** This survey is a descriptive study and uses correlation patterns. Statistical population of this survey is the individuals suffering from drug abuse who are under preventive treatment in the city of Mashhad, individuals who have attended 5 substance and drug abuse treatment centers in this city in 2015-2016 (according to the data achieved from these centers, there were 250 clients). In order to select the survey samples, 180 individuals were determined (determining sample size by the use of Cochran's formula), and they were asked to respond to questionnaire items. The applied questionnaires in this study were: Survey of Personal Beliefs (SPB), Cognitive Avoidance Questionnaire (CAQ) and Craving Beliefs Questionnaire (CBQ). **Results:** The results of multiple regression analysis showed that personal beliefs, elements of other-directed should and high tolerance of failure are predicting factors of tempting ideas in the addicts under treatment by preventive medicine. The results also showed that the elements of cognitive avoidance as well as appeasement and substitution thoughts are the predictive elements of tempting ideas in the addicts under treatment by preventive medicine. In order to study the simultaneous role of personal beliefs and personal avoidance, the results showed that the elements of none-awfulization and high frustration tolerance (personal beliefs) have positive roles, and the cognitive avoidance elements including: thought appeasement and substitution have positive roles in prediction of tempting ideas. **Conclusion:** The results of this survey showed that cognitive structures such as personal beliefs and cognitive avoidance are predictive elements of tempting ideas in the addicts. Drug abuse is

one of the important hygienic, social and economic problems in many countries. The problem of addiction to drugs is one of the important and serious issues in the international level which has attracted a lot of attention to itself in terms of economic, social, political and physiological. Most addicts stop using drugs many times during their addiction period, but start using drugs again after some time [6]. Addiction, like any other chronic disorder, needs timely management of treatment [5]. Many theorists in the field of drug abuse believe that emotional factors are effective on the individuals' tendency to use drugs and on the level of temptation of the people under treatment. Temptation is one of the important factors experienced in the time of drug abuse. World Health Organization has recognized temptation as the basic reason for dependence on drugs, losing control and return to drugs [7]. In many modern definitions of medical dependence, temptation has been mentioned as the central phenomenon and the main factor in continuation of drug use as well as the main factor of return to drug use after treatment periods [8]. The term "desire" or "temptation" has a fundamental role in explaining many of the addictive behaviours. The applied method in this study is descriptive and its type is correlative. The statistical population includes the individuals suffering from drug abuse under preventive treatment in the city of Mashhad in the time period 2014-2015; individuals who have referred to 5 drug abuse treatment centers in this city. In order to select the survey samples out of the clients of these centers, 180 individuals were selected by the use of Cochran's formula. They were asked to respond to survey questionnaire items. The inclusion criteria to the survey were: diagnosis of dependence on opium, heroin and crack as the last abused substance according to the Diagnostic.

Keywords: Personal beliefs; Cognitive avoidance; Tempting ideas; Methadone.