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## THE EFFECTIVENESS OF INDIVIDUAL AND GROUP COGNITIVE THERAPY TRAINING ON SELF-ESTEEM AND THE TENDENCY TOWARDS USING NARCOTICS OF THOSE WHO ADDICTED TO IT

Shohreh Ghorbanshiroudi<sup>1</sup>, Javad Khalatbari<sup>1</sup>, Mohammad Ebrahim Maddahi<sup>2</sup>, Mona Mousaei<sup>1</sup>, Nikta Bazleh<sup>1</sup>, Mohammad Mojtaba Keikhayfarzaneh<sup>3</sup>

<sup>1</sup>Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

<sup>2</sup>Shahed University, Department of Psychology, Tehran, Iran

<sup>3</sup>Department of Psychology, Zahedan Branch, Islamic Azad University, Zahedan, Iran

E-mail of Corresponding Author: s.shiroudi@toniau.ac.ir

### ABSTRACT

The current experiment has been designed for determining the individual and group cognitive therapy training on enhancing the self-esteem and reducing and the tendency towards using narcotics of those who addicted to it. The experiment population included 400 individuals dependent on narcotics according to the TR-IV-DSM diagnosis criteria in Gilan province, in which 36 individuals were selected with random sampling and were replaced in two training groups and one control group.

The present research is an experimental one and is designed in pre test – post test experiment with control group. Research tool includes Kuper Smith (1967) self –esteem questionnaire, and Pegrod's (2004) narcotics using tendency test.

The research hypothesis were examined using covariance analysis and the results obtained showed that:

- The individual and group cognition therapy effectiveness on enhancing self-esteem and reducing the tendency towards using narcotics is different in those who addicted to narcotics. Individual cognitive therapy has no effect on increasing self-esteem in opioid-dependent individuals. Group cognitive therapy is effective in increasing the self-esteem in opioid-dependent individuals.
- Individual cognition therapy is not effective in reducing the tendency towards narcotics in opioid-dependent individuals. Group cognition therapy is effective in reducing the tendency towards narcotics in opioid-dependent individuals.

**Keywords:** self-esteem, the tendency towards using narcotics, individual cognition therapy, group cognition therapy, narcotics dependency.

### INTRODUCTION

Getting addicted to narcotics is a health and social problem in many country including ours. Being conterminous with a country producing poppy, the relative low-cost of

this material, increasing the incidence of narcotics dependence among all classes, unlike past ones, the special problems of the country after the war and economic, social and psychological consequences resulted from, failing to take effective ways to give it up, not regulating the maintenance approaches and not specified the performance field of counter-narcotics executive officials have been created a

special circumstances in the country that has followed to growing phenomenon of drug abuse. Obviously, high dependency to narcotics makes it difficult the tendency to give it up and health recovery (Eftekhar and colleagues, 2004).

When using drugs was considered as a moral or legal issue by a society, creating problems for consumers or being exit from voluntary state, the sources of concern overshadows all the donors.

Some drugs can have an influence on both mental state of inner perception such as mood and outer evident activities such as behavior. Drugs can create mental-psychological symptoms caused by specified and inseparable common mental disorders ( such as schizophrenia and mood disorders) (Kaplan, translated by Pourafkari, 2003).

Drug dependency can have destructive impacts on mental, physical and safety health, family and social conditions from various perspectives and various mental and physical disorders can be attributed to this phenomenon (Branden, 1996, translated by Eghtami, 1997).

One of the factors related to drug dependency is decreased self-esteem. Self-esteem is a concept much seen in psychology. This concept refers to a person's feeling concerning worth, the amount of credit or value, satisfaction, gratitude, interest or value a person attribute to himself (Sotudeh, 2000).

Self-esteem is reduced followed by drug dependency and depression resulted from it. It refers to the value a person attributes to himself. Based on cognitive psychology, it is believed that what a person think and except about himself have an influence on his behavior in mental life. The mental incidences include expectations, beliefs and memories which are the causes of one's behavior. One who takes responsibility and

do his best for getting succeed considers himself successful and obtains his merit, value and success by himself and others.

Values, responsibilities, respect and success form related circuit. The self-value feeling is necessary in succeeding every issue and we must take responsibilities and have feeling of success after doing the right thing and respect others and ourselves (Afrooz, 1993).

The deepest form of commitment and responsibility is occurred when self-esteem is at risk. That is, if those who have high self-esteem behave in a foolish and unmerciful way have more displeasing and uncoordinated feelings (conscience distress). If an individual has low self-esteem, he has no much uncoordinated feelings by doing a foolish or immoral act, because this action is consistent with the understanding I have about myself (Armenon, translated by Shokrkon, 1994).

It is thought that addiction to narcotics is a non-conforming coping way in individuals who are not able to use adaptive coping methods in dealing with stress. Research has shown that drug use are initiated from adolescence and youth mainly characterized by stress and anxiety.

The young people who are interviewed sometimes say that using drugs is a way for coping emotions, dealing with mental stress and anxiety, feelings of loneliness or living in chaotic environments. On the other hand, 90% recurrence of addiction after giving up shows that there should still be many efforts for identifying the causes and factors of tending to this problem and the effective ways to treat it (Farina and colleagues, 2006).

Teens who live in a dependent on drugs society see that older ones use caffeine for waking in the morning, smoking to deal with everyday problems, drink alcohol to relax in night and take drugs for relieving

stress, depression and physical illnesses. Having reduced the parent's concern to school authorities and the media to drugs risks justify the unprecedented increase of using drugs among adolescents.

There are usually long-term consequences of drug abuse in

Adolescents. When teens get addicted to alcohol and drugs to deal with daily stress cannot learn decision making skills and other coping techniques. These adolescents show antisocial behavior with serious adjustment problems, including depression. They often initiate marital life while they are inexperienced and they mostly will be failed within. (Seligman, translated by Sayedmuhammadi, 2006).

- In an experiment performed by Adib (1995) aimed for considering the role of group counseling in enhancing self-esteem among adolescents, it is concluded that group counseling increases the self-esteem among adolescents.

- The experiment performed by Fathi (2006) entitled as " considering the effects of the two group training of social skills and cognition therapy on increasing the self-esteem among high school girl students under the Komite Emdad protection in Tehran, 16<sup>th</sup> District" have shown that social skills training and cognition therapy are effective in increasing the girl's self-esteem.

- Rostami (2005) concluded, in a project entitled as " the effect of group counseling program on the quality of life and self-esteem among girls before menstrual in secondary school students in Tabriz , that group counseling makes self-esteem and quality of life to be increased.

- Ebadian (2007) had an study on the effect of cognitive behavioral group therapy on young people's self-esteem affected to physical-mobility disabilities. For measuring the higher impact of

cognitive behavioral group therapy on individual's self-esteem, the higher self-esteem measuring test was used which consists of three separate components as " the scale of measuring higher depression", " the scale of measuring higher anxiety " and " the scale of measuring satisfaction of higher relationships". The data collected were analyzed and the results showed that group therapy is effective in reducing the depression and anxiety and increasing the relationship satisfaction.

- In a research performed by Ghorbani (2004), the role of cognitive behavioral group therapy on adolescent's self-esteem inhabiting in hostel center in Tehran was examined, and mentioned the role of group therapy effect in increasing adolescent's self-esteem, and was also pointed out that group therapy has a great impact in teaching social skills, courage and problem solving skills in adolescents.

- Shoaee Kazemi (2007) examined the effects of heroin on the addict's body and soul and its relationship with the family function. The research design is an experimental one with control group. The sample consists of 15 heroin addicts referred to one of treatment centers (drug addicts) in Tehran within the years 85-86 and receiving 8 sessions of group counseling. The experiment method was conducted in view-interview group counseling which 15 addicts were concurrently chosen in this age limit homogeneously and have not receiving psychological interventions, but completed personality traits questionnaire. The variable studied were thrill-seeking, self-expression, knowledge and insight, independence, social responsibility, flexibility and family function. But the results showed that there are no significant difference between the levels of awareness and insight among the groups. Regarding

the results, it is inferred that drug therapy is not merely the suitable way for treating drugs addiction, but the progress and not recurring of the patient can be treated tough in a long amount of time with an integrated approach (holistic).

- Mobter and colleagues (2007) made a comparative study between behavior therapy and cognitive-behavioral therapy in the treatment of drug-dependent people. 57 addicts were chosen and were randomly divided into three groups named therapeutic, cognitive-behavioral and control group and are treated individually within 4-12 sessions. The researchers used several tools for mood and background information. They concluded that the cognitive-behavioral treatment has a greater therapeutic effect on the two behavioral-therapeutic groups in which 3 people were deterred from treatment. In addition, there was not a significant difference within 6 months after treatment in the two groups.

- In a research conducted by Shahraki (1995), the normal and handicapped young people's self-esteem were examined and the following results were achieved:

1. There is a significant relationship between self-esteem and one's physical viewpoint. In other words, the more a person be happy about his appearance, the more his self-esteem in this regard.

2. The self-esteem mark is more in normal young people than the handicapped ones, which it could be because of the fact that there are some defects in handicapped ones.

3. Social self-esteem are more common in normal young people than the handicapped ones.

- Back and colleagues (2000) did an study concerning the effect of focused cognitive therapy on self-esteem of those

who affected to panic disorder. The results showed that the group which receiving focused cognitive therapy had a significantly reduced panic symptoms and general anxiety and increased self-esteem after 8 months than the short term cognitive therapy group. 71% of cognitive therapy group was free from fear at 8 weeks.

- Elgaz (2007) studied the effect of cognitive therapy on reducing drug use. The results showed that cognitive therapy reduces using drugs in addicted ones.

- The research results conducted by Halperin and Dromond (2000) showed, regarding the cognitive-behavioral group therapy capability on improving the examination anxiety and student's self-esteem in which 20 ones were randomly chosen for treatment, that group intervention had a positive effect on the cases mentioned above and no impacts or changes were shown control group symptoms.

- Rosen Bloom(1999) investigated the effect of group cognitive-therapy on the treatment of cocaine-dependent individuals who are treated with metalon. The group therapy was hold in 20 sessions with 7-12 participants which lasted approximately 90 minutes in each session. There was a specific aim in each therapeutic session and the patients got accustomed with treatment design.

- The stressful situations in life, social and family problems and the way to respond to them were described in these sessions and finally in the last meeting, the experiences of patients during treatment was reflected within. This research results showed that there was a significant change during the first 6 months in both groups for drug use, but there was a significant decrease in just using cocaine during the second 6 months participated for being

treated, while there was a small change in using heroin and tirodiazpin.

The following hypothesis were tested according to the research hypothesis and research background.

**Hypothesis 1:** the cognitive-therapy training effectiveness and group cognitive therapy is different on self-esteem improvement and reducing the tendency towards using narcotics and in the individuals addicted to opium materials.

**Hypothesis 1-1:** training on individual cognitive therapy is effective in increasing self-esteem of people dependent on narcotics.

**Hypothesis 1-2:** group cognitive therapy training is effective in increasing the self-esteem on individuals dependent on narcotics.

**Hypothesis 1-3:** individual cognitive therapy training is effective in reducing the tendency towards using opium in the individuals dependent on narcotics.

**Hypothesis 1-4:** group cognitive therapy training is effective in reducing the tendency towards using opium in the individuals dependent on narcotics.

## RESEARCH METHODOLOGY

The current research is experimental and a pre test- post test with control group which was chosen in experimental and control group. A pre test was conducted in the two experiment and control group before initiating treatment. Then the “ Back” individual and group cognitive therapy was implemented in experiment groups and a post test was finally performed on the two experiment groups in order to the difference resulted from the independent variables be obtained on experiment groups. A post test was conducted on the control group for comparing it with the control group.

The research statistical community included 40 people dependent on narcotics

based on the TR-IV-DMS cognitive criteria in Gilan province referred to treatment center in Rasht and Bandar Anzali medical sciences and were involved in maintenance treatment with metadon, in which 12 people for individual cognitive therapy, 12 people for group cognitive therapy and 12 people for control group were chosen in random sampling.

The following tools are used for measuring the group and individual cognitive therapy effectiveness on improving self-esteem and the tendency towards using drugs in individuals dependent on narcotics in this research.

### 1. Koper Smith's Self-esteem Test

Koper Smith (1967) provided his self-esteem scale based on the revision he made on Roger's and Deymond's (1954). This scale includes 58 articles which 8 articles are pathometer. Totally, five articles are divided into four scales as general self-esteem, social self-esteem (peers), family self-esteem (parents) and educational self-esteem (schools). The grading method is 0 and 1, and the minimum mark is 0 and the maximum one is 50 for everyone. If the subjects achieves more than 4 marks of 80 pathometer articles, this would mean the test validity is low. The reliability of this questionnaire have been reported by Porshafeie (1370) as 82%. In addition, Shekarkan reported the reliability of this questionnaire for girl and boy students as 90% and 92%, respectively (Masoomi, 1999).

The reliability of this questionnaire was reported by Azizi as 84% through Cronbach's alpha in his MA thesis.

### Golparvar's tendency towards using narcotics test

This questionnaire was provided by Golparvar (2004) which is made up 54 questions including 30 positive questions and 24 negative ones. The questionnaire

was responded as YES and NO questions. One grade to YES alternative and 0 grade was given to positive questions and grading was done reversely in negative questions. The test validity estimated by Golparvatr and Cronbach's alpha as 76% and 89%. The data were analyzed after collecting data using multivariate covariance analysis and post hoc tests.

### Intervention Practices

The individual cognitive therapy and group cognitive therapy periods were hold in 45-minute-8 sessions each for the two experiment group.

### Research Findings

The descriptive statistics indicators including mean and standard deviation are presented in following table:

**Table 1: The Descriptive Statistics Indicators (Mean and Standard Deviation)**

experiment group	Test	mean	Standard deviation
	Self-esteem pre test in individual self-esteem	26	5.592
	self-esteem post test in individual cognitive therapy	28.25	6.002
	The tendency towards g narcotics in pre test in individual cognitive therapy	134.50	7.293
	The tendency towards using narcotics post test in individual cognitive therapy	131.17	7.158
	Self-esteem pre test in group cognitive therapy	25.25	3.019
	Self-esteem post test in group cognitive therapy	39.83	3.810
	The tendency towards using narcotics pre test in group cognitive therapy	120.92	6.273
	The tendency towards using drugs post test in group cognitive therapy	99.33	4.418
Control group	Self-esteem pre test	4.92	4.274
	Self-esteem post test	42.92	4.274
	The tendency towards using narcotics pre test	131.17	5.323
	The tendency towards using narcotics post test	127.75	5.659

The research hypothesis and the results achieved are presented in this part:

The individual and group cognitive therapy training effectiveness in improving self-esteem and reducing the tendency towards

using narcotics is different in drug-dependent individuals.

According to Table 2, the amount of 72% shows the carried out training effect size in combinational variation.

**Table 2: Wilkez Lambday's Effect Size Test**

Test power	Effect size	Significant level	Freedom rate error	Freedom rate	F	value	Effect size
The groups Wilkez Damiday's test	0.078	38.796	4	60	0.000	0.721	1.000
The Wilkez Damiday's self-esteem test	0.431	19.826	2	30	0.004	0.531	0.921
The Wilkez Damiday's tendency towards using drugs test	0.250	44.943	2	30	0.000	0.841	1.000

The calculated effect size is more than 14.0 here, and the individual and group cognitive therapy training is effective based on the calculated effect size in reducing the tendency towards using narcotics.

It has been figured out, using the post hoc test, that there is a difference between the two receiving individual and group cognitive therapy group by 916.12, and this difference is significant in the 05.0 level. This shows that group cognitive therapy training is more effective in increasing self-esteem in the individuals dependent on narcotics than individual cognitive therapy. In addition, it has been recognized, by comparing the mean differences of the two groups in the amount of the tendency towards using narcotics, that there is a difference between the two groups by 140.21, which this difference is significant in the 05.0 level. This result shows that group cognitive therapy training is more effective in reducing the tendency towards

using narcotics than individual cognitive therapy in drug-dependent individuals.

**Hypothesis 1-1:** individual cognitive therapy training is effective in increasing the drug-dependent individual's self-esteem.

Based on the fact that the calculated F (F=1.551, SIG=0.222) is greater than that of the significant level of Bon Foruni's alpha (017.0), it is concluded that individual cognitive therapy training is not effective in increasing the drug-dependent individual's self-esteem.

**Hypothesis 2-1:** group cognitive therapy training is effective in increasing the drug dependent individual's self-esteem.

Based on the fact that the calculated F (F=15.998, sig=0.000) is greater than that of the significant level of Ben Foruni's alpha (017.0), it is concluded that group cognitive tm. therapy training is effective in increasing the drug-dependent individual's self-esteem. In addition, by

sing the post hoc test and comparing the mean differences, it is found out that there is a difference in the self-esteem mean age of the receiving cognitive therapy group with control group by 845.9, which this difference is statistically significant in the 0.05 level.

**Hypothesis 3-1:** individual cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

Based on the fact that the calculated F ( $F=0.371$ ,  $sig=0.547$ ) is more greater than that of Ben Foruni's alpha significant level (0.017), it is concluded that individual's cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

**Hypothesis 4-1:** group cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

Based on the fact that the calculated F ( $F=71.975$ ,  $sig=0.000$ ) is smaller than that of the Ben Foruni's alpha significant level (0.017), it is concluded that group cognitive therapy training is effective in reducing using narcotics in drug-dependent individuals. In addition, using post hoc test and comparing the mean differences, there is a difference in the tendency towards using narcotics in those who receiving group cognitive therapy individuals with control group (-19.722), which this difference is statistically significant in the 0.05 level.

## DISCUSSION AND CONCLUSION

The current experiment aimed to determine the effectiveness of the calculated effect size, which is more than 0.14 here. The individual and group cognitive therapy post test is effective in reducing using narcotics based on the calculated effect size.

It has been figured out, using the post hoc test, that there is a difference between the two receiving individual and group cognitive therapy by 12.916, which this difference is significant in the 0.05 level. This result has shown that group cognitive therapy training is more effective in increasing the self-esteem in drug-dependent individuals than individual cognitive therapy.

In addition, it has been found out, by comparing the mean differences in the two groups, that there is a difference in the tendency towards using narcotics between the two groups by -21.140, which this difference is significant in the 0.05 level, and this shows that group cognitive therapy training is more effective in reducing the tendency towards using narcotics in the drug-dependent individuals than individual cognitive therapy.

**Hypothesis 1-1:** individual cognitive therapy training is effective in increasing self-esteem in drug-dependent individuals.

Based on the fact that the calculated F ( $F=1.551$ ,  $SIG=0.222$ ) is greater than that of Ben Foruni's alpha significant level (0.017), it is concluded that individual cognitive therapy training is not effective in increasing self-esteem in drug-dependent individuals.

**Hypothesis 1-2:** group cognitive therapy training is effective in increasing self-esteem among drug-dependent individuals. Because the calculated F is 15.998 and  $sig=0.000$  and significant level is smaller than Ben Foruni's alpha (0.017), it is concluded that group cognitive therapy is effective in increasing self-esteem among drug-dependent individuals. There is a difference between the self-esteem mean age of the cognitive therapy group with control group by 9.845, which this difference is statistically significant in the 0.05 level.



**Hypothesis 1-3:** individual cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

Because the calculated F is 0.371 , sig=0.541 and Ben Foruni's alpha significant level is greater than that of 0.017, it is concluded that individual cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

**Hypothesis 1-4:** group cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

Because the calculated F is 71.975, sig=0.000 and the significant level is smaller than Ben Foruni's alpha (0.017), it is concluded that group cognitive therapy training is effective in reducing using narcotics in drug-dependent individuals. There is also a difference between the mean age of tendency towards using narcotics in group cognitive therapy with control group in -19.722 through using post hoc test and comparing the mean differences, which this difference is statistically significant in the 0.05 level.

#### **DISCUSSION AND CONCLUSION**

The current research has been designed for determining the individual and group cognitive therapy effectiveness on self-esteem and reducing the tendency towards using narcotics in drug-dependent individuals. For this reason, they are involved in two experiment groups and one control one and then a 45 minute 8 session training were designed for each experiment groups and finally compared with control group which left untrained. The following hypotheses were tested:

**Research Main Hypothesis:** the individual and group cognitive therapy effectiveness is different in improving self-esteem and

reducing the tendency towards using narcotics in drug-dependent individuals.

According to the results achieved that each combinational variable (self-esteem and the tendency towards using narcotics), and 721% and 569% which shows effect size for self-esteem variable and the amount of 4437% showing effect size for the tendency towards using narcotics, because the effect sizes are more than 0.14% showing the high effect size. Therefore, individual and group cognitive therapy training has different effectiveness on self-esteem and the tendency towards using narcotics.

These findings are compatible with those of Rosen Bloom (1999), Ebadian (2007), Fathi (2006), Ghorbani (2004), Vadi and colleagues (2007), Shoaie Kazemi (2008), Sohrabi (2002), Eftekhar (2004), Elgar (2007), Tarter and colleagues (2005), Fatehizadeh (1996) and Ebrahimi (1995). The reason for succeeding this issue can be found in theoretical principles for explicating this issue.

Cognitive therapy is a specific way of treatment based in the mental disorders theory ( Back, 1967), clinical and experimental studies (Kowakes and Back, 1978, Bern, 1988) and also the individual treatment techniques.

These ways for treatment is organized forms of psychotherapy which cause reducing the symptoms and helping patients learn effective ways for dealing with problems that are not the reasons for making discomforts.

One of the features of treatment with this approach is to reduce symptoms and help the patient learn effective methods to deal with the problems that do not cause discomfort. One of the characteristics with this approach is that all the efforts are focused on solving the problem. It is tried, in psychotherapy, that the complex

psychological and situational problems are considered that may be involved in patient's discomfort.

Group cognitive therapy is a kind of treatment technique to a patient's errors and cognitive biases. For this reason, it has been effective on increasing self-esteem and reducing the tendency towards using narcotics.

It has been found out, in considering the research main hypothesis through post hoc test, that group cognitive therapy is more effective in improving self-esteem and reducing the tendency towards using narcotics than individual cognitive therapy.

**The first sub-hypothesis:** individual cognitive therapy training is effective on increasing self-esteem in drug-dependent individuals.

Considering the fact that F is significant, it was found out that individual cognitive therapy is not effective in increasing self-esteem in drug-dependent individuals.

**The second sub-hypothesis:** group cognitive therapy training is effective in increasing self-esteem in drug-dependent individuals.

Because of the fact that F is significant, it was found out that group cognitive therapy is effective in increasing self-esteem in drug-dependent individuals.

This result is compatible with those made by Emamipour (1997), Shahraki (1995), Hosseini Karimi (1998), Back and colleagues (2000), Adib (1995), Rostami (2005), Ghorbani (2004), Fathi (2006) and Ebadian (2007).

**The Third sub-hypothesis:** individual cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

According to the calculated F, it is concluded that individual cognitive therapy is not effective in the tendency towards using drugs in drug-dependent individuals.

**The fourth sub-hypothesis:** cognitive therapy training is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

Based on the fact that F is significant, it is concluded that group cognitive therapy is effective in reducing the tendency towards using narcotics in drug-dependent individuals.

These results are compatible with those of Elgaz (2007), William Wekong(2000), Shoaie Kazemi (2008), and Rozen Bloom (1999).

In group therapy, it is emphasized on social relations, the impact of group therapy on motivation and the ability for improving relations, the roles and increasing self-consent and of others, increasing self-esteem and self-expression. The self-esteem, mainly mental evaluation, is based on the fact that a person has a good personality or conversely has a bad conduct or is worthless.

Hence, group therapy can make changes in people's insight and knowledge. Group therapy causes the person to have capability and value feelings and some changes as being ambitious, tending to have more health, enjoying in having relationship with others are emerged in person.

It is tried, in cognitive therapy sessions in this study, at the notions be explicated through creating solidarity in groups, understanding self-esteem and the cost needed to reduce its payment and it is also tried in group therapy that false beliefs are replaced with rational beliefs about addiction, and it has been explained what a piece is paid for not having self-esteem.

The individuals are trained that there must be no tendency towards using narcotics for escaping from stress and depression, because it must be inculcated that no one will be died for stress and depression and

the person can be dealt with it such a little depression and stress, and it is tried to create this sense in persons that every change is possible.

They should be aware that having insight to oneself and of others, identifying the specific situations, identifying the thoughts and their meanings, identifying the emerged behaviors, choices, choosing rewards are significant in this regard. It be explicated to individuals that those who have weak self-esteem are incapable to deal with their problems and are usually misused by others because of this incapability, and the most effective way for their changing is make them identified with their mistakes.

The factors make positive feelings should be preserved and the ones that make negative feelings should be abandoned. The behaviors can be changed through changing false beliefs and hence self-esteem is improved step by step.

The problem solving techniques are also used in these sessions, and the referents are requested to imagine the special circumstances in which the person is likely to return using narcotics ,then the therapist and patient exchange their ideas concerning these experiences and discuss ways to deal with these cases.

Another significant issue is that the person should be taught to say NO and the members should use the perceptual changes in combating with using drugs.

The philosophy behind the cognitive therapy is that our thinking and feelings have key and fundamental roles in our behaviors. One of the basic goals in this study was that the individuals who use narcotics were taught in that though they cannot control all the aspects round them, they are able to control in how to read and interpret things in their environments. Although cognitive therapy is a short-term

period, it is proven that it can help patients overcome a wide variety of maladaptive behaviors and it can also help the drug-dependent individuals in bringing the disciplinary skills, which can be useful aids over time and in the future.

Since the cognitive techniques have been effective in increasing self-esteem and reducing the tendency towards using narcotics, this subject indicates that individual and group cognitive therapy can have effective use as a non-drug therapeutic method.

Group cognitive therapy have especially more effective than individual cognitive therapy in this research.

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