

# Determination of Rate Effectiveness of Thraputic Plan on Emotional Plan and Self Endurance Related To Norotic Substances

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## Abstract

Present research aiming in investigating schema therapy on addict's emotional schema and self-resiliency. Methodology of the current research is semi-experimental with pretest-posttest and unequal control group and its population were all addicted men in quit addiction camps and clinics of Bandartorkman who were 112 people. Research samples were 35 people, 15 for experimental group and 20 for control group who were selected through one step random cluster sampling. All treatment processes were done in eight one-hour-sessions on every patient and to evaluate the degree of emotional and resiliency schema, Leahy's emotional schema scale and Conner & Davidson's self-resiliency scale were used. In order to analyze data, univariate analysis of covariance has been used. Results have shown that independent variable (group) had a meaningful effect on dependent variable (emotional schema) ( $F=67/77$ ,  $P<0.001$ ). Thus first research hypothesis is confirmed. As well independent (group) variable had a meaningful effect on dependent variable (self-resiliency) ( $F=27/77$ ,  $P<0.001$ ). Thus second research hypothesis is also confirmed. Hence it could be concluded that schema therapy has an effect on emotional schema and resiliency of addicts.

## Keywords

Schema Therapy, Emotional Schema, Resiliency, Drug Addicted People

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## 1. Introduction

Addiction is continuous use of a substance, deprivation of which cause discomfort symptom and strong tendency to use it again and finally cause body and psych destruction. Nowadays dependency replaced this term which is defined as continuous use of a medicine or a chemical substance or as a physical dependency. The most alarming dimension of it is the model of using in which addicted ones suffer from severe physical and psychological disorders as a result of abusing it and lack of control in different situations. During 50 years ago many efforts have been done in investigating the relationship between drug abuse and personality components framework. One of these components is schema. Early incompatible schemata are self-harming emotional and

cognitive models which have been placed in mind in early stages of development and evolution and have been repeating during life [1]. Schemas are the results of parent's talking with child which have been continuously placed in their mind and now systematically but insufficiently control his life [2].

Incompatible schemas as cognitive substructure, cause creation of illogical believe and have cognitive, sensitive and behavioral elements. When they are active levels of emotion is spreading and directly or indirectly cause psychological disorders such as depression, anxiety, inability in profession, drug abuse, intra personal conflicts and such [3]. All these elements affirm that cognitive schemas about emotions may have an effect on creating and developing these disorders [4]. Emotional schemas model indicates that people may be different in the way of conceptualization of their emotions or

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it's better to say people have different schemas about their emotions. These schemas reflect methods through which people experience their emotions and is believe they have in mind as soon as unhappy emotions about suitable scheme to act are motivated (or how to react while unhappy emotions are motivated) [4]. Researches have shown that different problems and elements bring psychological disorders in people's life which are related to physical and psychological diseases. Resiliency and psychological hardiness are such variables that moderate their undesired effects [5] which are considerable topics in health psychology and psychological health [6].

Resiliency as a fully natural phenomenon [7] refers to a dynamic process people reveal a positive compatible behavior while facing with difficult situation or trauma. This characteristic is protected and developed by person's internal abilities and social skills and interaction with environment and is revealed as a positive characteristic [8]. Many researchers have defined resiliency as an ability of dominance and transitions of unpleasant events and have reminded them as a good idea with high operational value to help people while facing with difficulties and protecting them against dangers in their life [9]. Obtained information from historical resources has shown that different ethnicities have differently applied them. Although method of using them and their effect on body and soul was mostly therapeutic and was used as medicine, today most people seek for psychological changes in using them [10]. Now with changing attitude an addict is considered as a patient or someone in need and it's our duty to understand this patient and treat him [11]. Thus it seems that in addiction treatment field dealing with these attitudes and schemas related to drugs in an addict and changing his lifestyle through psychotherapy we can effectively help them to quit drugs and prevent them from relapsing.

Now addiction is an important social issue. It can also involve wide variety of issues such as job addiction, internet addiction, alcohol addiction, computer game addiction, sport betting addiction and addiction to purchase are some of them. Dominate a person's determination and involve all his personality is possibly observed in different types of addiction. However current research has focused on a special type of this phenomenon: drug addiction. An internecine calamity which is a curse on human society, deprive them of thinking power, creativity, ability, struggle and construction and put their family basis and religious believes at risk and is unfortunately spreading. There are few countries in which addiction and drugs are not the most important or fundamental issues. Now addiction to drug is an important issue in general health which will be identified with incompatible behavior to obtain and use a lot of drugs and put people's health, social and personal life at risk [12].

Addiction to drugs is the most complicated social harm and is main reason of social deviations in society which can be the basis of most damages and social problems and in the case of spreading drug addiction among youth considering young popularity of the society, its destruction will be defiant.

Drug phenomenon and addiction are no longer considered as a social harm but are identified as social crisis. Presenting invalid statistics about addiction has been continuously a problem in our country. Variety of statistical centers, organizations parallel work and lack of statistical reference reforming are known as obstacles which make it difficult for experts, reporters and public thoughts to access precise statistics in different field and ruin their reputation. However present statistics have two common aspect in spite of all their differences in the number of addictions, first daily increasing number of addiction and second lowering addiction age in the country [13]. Addiction to drugs is a treatable chronic disease which has involved 6 million people in the United State. Unfortunately many caring presenters are not satisfied with caring addictions, are not interested in this job or are unaware of suitable treatment strategies in this field. This case makes an opportunity for discussing about drug addiction and cutting it [14].

Nowadays human suffer from different problems or crisis in behavior and psychology domain which originated from environmental and interpersonal relationships and interactions. Unfortunately these problems move in reverse side of developing technology with going away from social aspect and warm relations and in other word human being are separating but their separation is in feelings and interpersonal processes which cause many pressures and existential vacuum in people and their dependency and protection will be lowered day by day and indeed cause serious damages in cultural, social and psychological domains. As we daily observe, a great number of teenagers and youth's tendency to problems originated from their relations and perception of these relations. Addiction is also one of the most expansion domains which restrict inclined people through its powerful attraction.

Addicts imagine a relatively satisfied world for themselves which is not based on any changes in himself or environment but their imaginary world is only based on available narcotics in their vein, needing it and satisfying this need and they are mainly suffer from unsafely, incompetency, loneliness, hatred, depression, serious stress and specially intrapersonal tendencies and conflicts. However addiction is a social destructive phenomenon since its undesired effects and bad consequences are not only involves addict but also all people who are related to him in a way especially if he is the basis and in charge of a family. Schemas are the results of parents talking with children which are continuously fixed in their

mind and now are systematically but insufficiently control his life [2]. All these confirm that cognitive schemas about emotions may have effect on creating and developing these disorders. Emotional schemas model indicates that people may be different in the way of their emotions conceptualization or it's better to say people have different schemas about their emotions. These schemas reflects methods that people experience their emotions and is a belief they have in mind about suitable model as soon as undesired emotions are motivated (or how to act while unhappy emotions are motivated) [4].

Leahy has provided a treatment for treating emotional problems based on Beck's cognitive theory, Yang's schema therapy, Wells' meta-cognition model and based on acceptance approaches. Based on this treatment model all people experience negative and painful emotions but what differentiates them is how to react and interpret emotions or emotional schemas. Emotional schemas refer to models, methods and strategies applied by a person in response to an emotion [4]. Emotional schemas model demonstrates that people may be different in the way of conceptualizing their emotions. Thus current research is going to answer this question that how is degree of schema therapy effects on emotional schemas and self-resiliency of an addict?

## 2. Methods

Present research is semi-experimental with pretest-posttest design and unequal control group since it is going to investigate the effect of a treatment model (schema therapy) on emotional schema and resiliency of dependent people on drugs.

### 2.1. Statistical Population

Statistical population of this research consists of all drug dependent men who referred to drug quitting campus of Bandartorkman city who were 112 people.

### 2.2. Sample and Sampling Method

Present research sampling method is one-step random cluster sampling in this way that sample camp was selected randomly from among campus in Bandartorkman city and its all members as sample group after identifying those who had low resiliency and negative schemas, samples were randomly selected and 15 persons were selected for experimental group and 20 persons for control group.

### 2.3. Data Collecting Procedure

1. Library method: in this method books, psychological magazines as fishing and also valid psychological essays and theses have been used.

2. Clinical interview:

3. Field study: in this research two questionnaires, Leahy's emotional schema inquiry and Conner & Davidson's resiliency inquiry were used.

#### 2.3.1. Leahy's Emotional Schema Inquiry

Leahy's emotional schema scale has been introduced by Leahy to clarify people's beliefs and strategies against emotions and emotional schemas. In this scale people reveal their view about 50 items and in a 6 choice scale between 1 (totally incorrect) to 6 (totally correct). Emotional validation, emotional understanding, feeling guilt, emotional simplistic, pursue higher values, emotional senselessness, need logic, emotional continuation, generalizing emotions, accepting emotions, mental rumination, express emotion and blame others are emotional schemas under assessment in this scale. Each of these dimensions has put between 2 to 7 items in it. Since some dimensions evaluate incompatible schemas thus there is no general score and every dimension score is separately evaluated. In a study which has been done on 1286 contributor on main frame of this scale, high internal similarity 0.80 has been reported. Validity of its translated form in Iran has been reported desirable and reliability of this scale with Chronbach's alpha on 60 subjects was 0.85.

#### 2.3.2. Conner & Davidson's Resiliency Inquiry

This inquiry has 25 items and Conner & Davidson (2003) have designed it by reviewing research resources 1979-1991 in resiliency domain. Scoring in this inquiry is between 5 scaling, 0 (totally incorrect) and 4 (always done correctly). The highest score is 100 and the lowest one is 0. Providers believe that this questionnaire well separates resilient people from non-resilient ones in clinical and non-clinical group and is applicable in clinical and research situations. In Iran Mohammadi [15] for its standardization before determining validity and by using factor analysis in a way of main elements of two scales with suitable amount of sampling 0.87 and chi-square of Bartlett's spear test 5556/28 has found that both scales showed competency of evidence for factor analysis. Reliability coefficient was 0.89 based of Chronbach's  $\alpha$  calculation.

#### 2.3.3. The Process of Running Sessions

First session: familiarity with patient and teaching treatment logic, teaching schema therapy model and performing emotional schemas and resiliency pretests

Second session: teaching about nature of dependency on drugs, explaining about the necessity of doing homework, familiarity and filling daily activity form.

Third session: investigating and identifying schemas of

dependent people and presenting daily program based on schemas

Forth session: investigating daily activity form and reforming inefficient schema and presenting daily program based on schemas

Fifth session: investigating daily activity form and reforming inefficient schema and presenting daily program based on schemas

Sixth session: investigating daily activity form and reforming inefficient schema and presenting daily program based on schemas

Seventh session: reforming inefficient schema and presenting daily program based on schemas and intensifying people's resiliency

Eighth session: summing up sessions

### 3. Result

In order to analyze data inferential and descriptive statistics were used. In descriptive statistic mean and standard deviation were determined and table of frequency and figures were designed and ANCOVA analysis was used to inferential analysis of data and testing theories. In doing the whole process of analyzing SPSS 19 was used.

#### 3.1. First Sub-Hypothesis

Schema therapy is effective on drug dependent people's emotional schema.

**Table 1.** Analysis of Covariance Test of mean difference in of emotional schema in two groups in posttest after removing the effect of pretest.

Source of changes	The sum of the square	Degree of freedom	Mean	F square	The significance level
Pretest	102/76	1	5/96	102/76	0/056
Group	507/07	1	67/77	507/07	0/001
Error	286/57	28	10/23		
Total	896/6	30			

In order to investigate the effect of schema therapy interference on emotional interference and moderating the effect of pre-test on post-test covariance analysis was used. The results of table 1 shows that independent variable (group) had a meaningful effect on dependent variable (emotional schema) ( $p < 0.001$ ,  $F(1, 28) = 67/77$ ). Thus the first research hypothesis is confirmed and it is concluded that

schema therapy had an effect on drug dependent people's emotional schema.

#### 3.2. Second Sub-Hypotheses

Schema therapy has an effect on drug dependent people's self-resiliency.

**Table 2.** Analysis of Covariance Test of mean difference of self-resiliency in two groups in posttest after removing the effect of pretest.

Source of changes	The sum of the square	Degree of freedom	Mean	F square	The significance level
Pretest	112/76	1	112/96	5/76	0/026
Group	607/07	1	527/07	27/77	0/001
Error	266/57	28	11/23		
Total	796/6	30			

In order to investigate the effect of schema therapy interference on self-resiliency and moderating the effect of pretest on posttest covariance analysis was used. The results of table 2 shows that independent variable (group) had a meaningful effect on dependent variable (self-resiliency) ( $p < 0.001$ ,  $F(1, 28) = 27/77$ ). Thus the second research hypothesis is confirmed and it is concluded that schema therapy had an effect on drug dependent people's self-resiliency.

### 4. Discussion

In order to specify obtained results from research considering theoretical subjects, research background and objective evidences from interference process, confirming or rejecting theories are going to be discussed. Results of analyzing first hypothesis (schema therapy has an effect on drug dependent

people's emotional schema) findings have shown that independent variable (group) has meaningful effect on dependent variable (emotional schema) and related researches to drug dependent people's emotional schema has been referred. Aliverdinia has stated that people who have defected, dependent and impulsive schemas are mostly possibly attracted by drugs [16]. Dashtban has shown that about 76% personal harm and addiction variance are specified by emotional deprivation, dependency/incompetency, competency /humiliation, undeveloped ego/failure schemas. He has shown that these schemas predict 60% of samples who suffer from personal harm [17]. Moreover Copper et al's researches have shown that addicts have reported different emotions such as aggression, anger, anxiety and sorrow. They refuge in using drug and alcohol to escape from problems and avoid from sorrow and emotions and negative feelings. In the research of [18], [19] it is shown

that knowing emotional schemas involve in temptation can have desirable applied implications about recognition, treatment and preventing from drug abuse. Emotional schemas refer to applied designs, methods and strategies by a person in response to an emotion.

Results of analyzing second hypothesis (schema therapy is effective on drug addicted people's resiliency). Findings have shown that schema therapy has an effect on drug addicted people's resiliency. It refers to a number of researches related to drug addicted people's resiliency. Resiliency is defined as a positive adaptation in reaction to unpleasant conditions and person's differences in reaction and contrast to difficult situations. Thus a resilient person processes unpleasant condition more positively and knows him able to face it [20].

## 5. Conclusion

Although people who suffer from drug dependency disorder have negative emotional schemas and cannot control these emotions in controlling and managing these schemas in emotional times and places, easily use drug in different situations because of personal weakness resulted from negative emotional schemas and also because of others' confirmation and magnify themselves among others, life problems, psychological pressures of failure [21]. Emotional schemas indicate this important point that people may be different in conceptualization of their emotions. Based on schema oriented treatment model, all people experience negative and painful emotions but what makes them different is interpretation and reaction to emotions or their emotional schemas. In schema oriented treatment it is tried to challenge formed schemas in drug addicted people's mind and thought and change these negative schemas to positive emotional ones or remove those negative schemas in order to use accurate solutions in same emotional situations to cope and solve problem in life [22]. It can be specified that inefficient schemas are resulted from fundamental psychological needs dissatisfaction in childhood which have inefficient contrastive styles made such as using drugs in adolescent and with changing these inefficient schemas people are helped to apply efficient contrastive styles it means that they apply problem solving in more emotional times. With regard to this point that in many people using drug is turned to a method to help bearing life problems and relaxation and a way to escape from psychological pressures happen to him during the time and also a cognitive and psychological effect of using drug is forgetfulness or happiness and satisfaction and pleasure in a short time as a solution to cope with life pressures, schema therapy helps drug dependent people to overcome negative schemas which cause reducing resiliency and adjusting stressful environments and change them to capable humans

while facing with pressures, problems and daily issues [23].

## 6. Research Suggestions

### 6.1. Result-Based Suggestion

1. Quitting drug campus and clinics are suggested to apply schema oriented treatment as a complementary treatment based on present research results beside medicine therapy to improve addicts' conditions.
2. The results of present research will be used in advising drug dependents and their families.

### 6.2. Suggestions to Future Researchers

1. Doing expansive research about the effect of using drug on drug dependent people's social and family conditions.
2. It is suggested to other researchers to do researches about the effect of emotional and cognitive-behavioral based treatment.
3. It is suggested that group teaching or treatment are done to drug dependent people.
4. Based on obtained results which shows drug dependent people's resiliency is lower than the mean society, thus it is suggested to do a research and treatment on increasing resiliency.

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