

## Effectiveness of Training Positive Thinking Skills Mental Health of Self- Represented Clients in Addiction Treatment Centers of Welfare

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### Abstract:

*This study aims to evaluate the effectiveness of positive thinking skills to represent clients in mental health centers, addiction Welfare conducted. The study drug rehab centers Welfare and consisted of 24 subjects were selected by convenience sampling. The quasi-experimental method with pre-test and post-test with control group was used. The samples were divided into two control groups. Experimental group received 10 sessions of exposure treatment with the same treatment plan. The research instrument was a questionnaire on mental health. The descriptive statistics (mean and standard deviation) and inferential statistics (t-test) was used.*

**Key words:** positive thinking skills, mental health, addiction

### Introduction

Abuse and addiction is one of the most striking changes in mood and behavior disorders are psychosocial (Marden, 2001).

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According to the World Health Organization (WHO) in 2005 stated that Iran has the highest rate of 2.8 percent addicted to narcotics addicts are among the world's countries (Marden, 2001). Substance dependence is the most common mental disorders (Sohrabi, 2008). Epidemiological data show that 53 percent of drug abusers who have a serious mental illness (Najafi, 2005). Studies show that addicts and drug abusers have paranoid thoughts, depression, anxiety, obsession, phobia and low self-esteem and lower mental health scores achieved(Drake,2009).Important role in the etiology and treatment of mental health plays a drug addict would not be possible (Serajkhorami and Isfahanieasl, 2009). Depending on the type of treatment approaches for drug abuse, utilization, and availability of support systems - psychological, and social characteristics of the individual patient is different (Prince, 2007). Recent theories about the etiology and treatment of addiction emphasize the role of learning and memory processes (Riba, 2010). Among the different treatment given to addicts, cognitive therapy is an effective treatment (Kaplan & Sadock, 2007). One of the main goals of cognitive therapy is to help smokers quit and return to the maintenance of addiction (Everitt, 2008). In such circumstances, positive thinking skills for people, especially youth, to promote and enhance positive relationships with themselves, positive relationships with others, and life (the world) and also improve their mental health, it seems useful. Learning these skills to help young people to better understand themselves and about their opinion about the self and the world (live) curious. They also learn to the world, take an active stance and shape their own lives, rather than what they are going to accept a passive manner. From the perspective of behavioral science and psychology, mental health, physical and mental makeup of the experience of pain or joy, our mental thought arises. We even wider, bigger, healthier and more beautiful than we think, our

objective life broader, deeper and more enjoyable, this is our way of thinking that determine our quality of life.

Many of the negative thoughts that come to mind the influx of people, the fact that people have beliefs about themselves, others or the world. A study has shown the necessary skills that can be used to have optimism and positive orientation along with the flexibility and the reality-based training to young people and make them safe against issues of mental health problems (Hendriks & Scheea, 2011). It seems that many young people having negative thoughts and maladaptive and irrational pessimistic about the future, they are frustrated and risk of psychological problems such as depression is a threat to their health than ever before. Application of positive thinking in psychotherapy by Khodayarifard (2004) show that positive perceptions of self-reinforcement-based intervention could lead to increased self-described positive person and the patrons get more confident, inconsistencies family declined to clients and depression improved. Therefore, looking for the addicts of positive spirit about themselves, others and the world is entitled considered effective and beneficial to your life with bright ideas and the confidence to spend more realistic the need for intervention and training for them to be felt more than ever that their life expectancy, and the incentive to pay more. Complications of addiction to opiates, without a doubt one of the biggest problems in contemporary societies, every year large quantities of material and spiritual wealth of the world's nations, despite its severe economic needs. Given the importance of the issue, and given that many addicts have a psychiatric diagnosis other combination. The affinity for addiction, relapse of drug addiction and its continuing role is appreciated. Therefore, the diagnosis and treatment of mental disorder combined with substance abuse treatment and prognosis are important. The aim of this study was to investigate the effect of positive

thinking on mental health of self- represented clients in addiction treatment centers of welfare.

## **Method**

This study was a quasi-experimental pretest-posttest design with a control group.

The subjects of this study, 24 individuals with drug addiction centers who met inclusion criteria for the study were Qaen city. Inclusion criteria for the study included the time spent to complete detoxification, ready to receive mental health services in detoxification centers, agreed to perform the duties provided in agreement, to constant presence in meetings, lack of psychological disorders chronic and earn 23 to 48 mental health score at pre-test (which indicates a moderate mental disorder in persons) respectively. Criteria through diagnostic interviews and clinical records of patients were studied. The subjects were randomly divided into experimental group and control. The experimental group received 10 sessions of exposure treatment. Pre-intervention program designed to provide experimental group and the control group received none. The effects of the intervention and control group pre-test - post-test were compared. *Meetings of positive thinking are as follows:*

**First session:** The therapist in this session Referrals and appointments with other members and explain the objectives and general approach was discussed.

**Second session:** implementation of the 48 Point questionnaires individual capacity as a way to achieve satisfaction in life. Personal merit and ability was as way to achieve satisfaction in life.

**Third Session:** use and mention of blessings and good things in everyday life as positive things in life.

**Fourth Session:** Having a purpose in life.

**Fifth session:** increased life satisfaction and the enjoyment of others, please move to appropriate interpersonal communication.

**Sixth Session:** Learning fan appreciation and thanks

**Seventh Session:** Introduction to positive social relationships and responsiveness of education and technology, and enable manufacturer

**Eighth Session:** Working with calm and its effect on life satisfaction

**Ninth Session:** Introduction to the stabilization fun

**Tenth Session:** In this session, members will assess progress and feedbacks from members of the group were used to derive at the end of treatment was to help members expand their knowledge and enhance stability.

## **Instrument**

The instrument used to measure mental health, general health questionnaire, 28 were female. The subjects tested twice, before and after exercise were conducted in positive thinking. General Health Questionnaire, self-reported questionnaires in clinical situations with the aim of identifying individuals with a mental disorder, is used (Dadsetan,2003). In this study, the form of the 28-item questionnaire was used. The questionnaire consists of four subscales: somatic symptoms, anxiety, depression and social inefficiency. Taghvaei(2001) examined test-retest reliability of the GHQ into three, split-half and Cronbach's alpha reliability coefficients to 0.70, 0.93 and 0.90 were obtained.

## **Findings**

The mean and standard deviation of pretest - posttest mental health is presented in Table 1.

**Table 1. Mean and standard deviation of mental health in both experimental and control groups**

Group	Statistical index	Before intervention	After intervention
Experiment (n = 12)	Mean	0.41	0.59
	SD	7.396	7.123
Control (n = 12)	Mean	53.57	56.28
	SD	7.314	7.309

As it can be seen in Table 1, mean scores for general health at post-test experimental group decreased. (It is worth noting that in the case of mental health, mental health means having a lower score is earned). The purpose of this study was to investigate the effect of positive thinking on mental health is an addict. To test this, the independent t-test was used. The effects of positive thinking skills to represent clients in mental health rehab center, the mean scores in mental health, in both the experimental and control groups using t-test were compared (Table 2).

**Table 2 - Comparison of average mental health scores of the two groups before intervention**

Levine's test for equality of variances between the two groups	T-test for equality of medians	Difference of Means	mean error			
F	Sig.	t	df	Sig.	-14.571	4.328
0.34	0.73	-6.39	12	0.001		

As the table shows difference between the two groups were not statistically significant. These findings show that both experimental and control groups before the intervention groups had no significant difference in the extent of mental health.

The effects of positive thinking on the mental health of their clients represent a drug rehabilitation center, mental health, post-test mean scores of the experimental and control groups were compared using t-tests (Table 3).

**Table 3. Comparison of mental health scores after the intervention and control groups**

Levine's test for equality of variances between the two groups	test for	T-test for equality of medians	Difference of Means	mean error	
F	Sig.	t	Df	Sig.	4.714
0.079	0.79	1.2	12	0.001	4.254

As the table shows the difference between the two groups was not statistically significant. These findings indicate that both experimental and control groups after the intervention of mental health are significant differences. The effects of positive thinking skills of mental health clients, difference between pretest and posttest scores on mental health in both experimental and control groups were compared using t-test (Table 4).

**Table 4. Compare differences in participants' mental health scores before and after intervention**

Levine's test for equality of variances between the two groups	test for	T-test for equality of medians	Difference of Means	mean error	
F	Sig.	t	Df	Sig.	17.285
9.78	0.009	8.9	12	0.001	3.714

As the table shows the difference between the two groups was not statistically significant. Therefore, the null hypothesis is rejected and we conclude that positive thinking skills to represent their clients on the mental health effects of the drug rehabilitation center. This means that the experimental group improved more on mental health than shown.

## Discussion and Conclusions

The purpose of this study was to evaluate the effectiveness of addicts' positive thinking and general health. Due to this purpose, two groups of smokers were studied. Subjects in both pre-test and post-test were analyzed using the General Health

Questionnaire, the results demonstrate that positive thinking improves public health has been addicted. From a more general perspective, the findings of this study it can be concluded that psychotherapeutic interventions are effective in improving the general health of addicts. Results with previous studies that examined the effect of positive thinking on psychological problems have been linked. Enjoy family declined inconsistencies clients and depression was improved (Khodayarifard, 2004).

Kennedy et al. (2012) showed that cognitive therapy can improve mental health, especially the health of the addict. In another research, Hendriks et al (2011) showed that cognitive behavior therapy is not only to addicts quit drugs can help reduce crime, but also increases their mental health as well. The results of Tajabadi (2005) showed that positive thinking skills to increase job satisfaction and happiness of employees is effective (Javan Bakhsg, 2006).

In explaining the findings regarding the effectiveness of training on mental health, positive thinking can be divided into two points. So with the task, makes mental health promotion.

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