Effectiveness of the cognitive behavior therapy and mindfulness in crack abuser's mental health

GHamarikivi Hossein¹, Nader Maghsoud², Savari Hassan³, Esmaeili Masomeh⁴

Abstract
The aim of the present study was investigation of the effectiveness of the cognitive behavior therapy and mindfulness in crack abuser mental health. the method of this study was experimental and the design of research was expanded pretest postest. 51 person with crack abuse randomly selected and randomly placed in three groups (two experimental and one control). for data gathering, SCL90-R was used. the SCL90-R as pretest were by all of subjects. prevention of relaps based on mindfulness in first experimental groups were used in eight sessious in 90 minutes for each sessious and cognitive behavior therapy were used hn second experimental group. control group had not any treatment. all of the subjects in three groups were asked to respose SCL90-R as postest and fallow up. the rour data were analyzed by repeated measurement and tuky as post hoc. data analysis showed that there is significant differences in there groups in mental health, anxiety and depression. That is in two experimental groups mental health problems and anxiety and depression significantly reduced in comparision with control group. there was no significant differences between two experimental groups in tuke's in post hoc. both cognitive behavior therapy and mindfulness are effective in treatment of mental health, anxiety and depression

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¹. Faculty university of mohaghegh ardabili. E-mail: H_ghamarigivi@yahoo.com
². M.A. in psychology, university of allameh tabatabae
³. M.A. in clinical psychology, university of mohaghegh ardebili
⁴. M.A. in clinical psychology, university of mohaghegh ardebili