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

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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 relapse based on mindfulness in first experimental groups were used in eight sessions in 90 minutes for each session and cognitive behavior therapy were used in second experimental group. Control group had not any treatment. All of the subjects in three groups were asked to respond SCL90-R as postest and follow up. The four data were analyzed by repeated measurement and tuky as post hoc. Data analysis showed that there is significant difference in three groups in mental health, anxiety and depression. That is in two experimental groups mental health problems and anxiety and depression significantly reduced in comparison with control group. There was no significant difference between two experimental groups in tuky's in post hoc. Both cognitive behavior therapy and mindfulness are effective in the treatment of mental health, anxiety and depression.

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