



**UNIVERSITI PUTRA MALAYSIA**

**IMPACT OF PSYCHO-EDUCATIONAL GROUP INTERVENTION USING  
COGNITIVE BEHAVIORAL THERAPY ON IRANIAN MALE DRUG  
ADDICTS IN A REHABILITATION CENTER**

**ALIAKBAR PARVIZIFARD**

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Abstract of thesis presented to the Senate of University Putra Malaysia in fulfillment  
of the requirement for the degree of Doctor of Philosophy

**IMPACT OF PSYCHO-EDUCATIONAL GROUP INTERVENTION USING  
COGNITIVE BEHAVIORAL THERAPY ON IRANIAN MALE DRUG  
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By

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This study examined the impact of psycho-educational group intervention using cognitive-behavioral therapy on the level of self-efficacy and motivational readiness for change among the Iranian male drug addicts. The study had an experimental design including an experimental group and a control group. The participants of the study consisted of 75 male drug addicts who were consecutively admitted outpatients in a rehabilitation center. The participants were selected based on inclusion and exclusion criteria of the study and they were randomly assigned into the experimental (n=37) and the control groups (n=38). The groups were compared at pre-test and post-test and the impact of psycho-educational group intervention was also compared after one month follow-up. The participants completed the Iranian version of drug taken confidence questionnaire (DTCQ-IV), the Iranian version of

the stages of change readiness and treatment eagerness scale (SOCRATES-IV) as well as urine tests at pre-test, post-test, and follow-up. In the pilot study, the original drug taken confidence questionnaire (DTCQ) and the original stages of change readiness and treatment eagerness scale (SOCRATES) were translated and cross-culturally modified into the Persian language and back-translated to English. Results from the pilot study showed that the translated instruments have very high content validity and reliability and that they can be used to measure what they are supposed to measure.

For this study, the impact of psycho-educational group intervention was defined by increasing scores in self-efficacy and motivational readiness for change in the experimental group as measured by the pre-test, post-test, and follow-up assessments. The psycho-educational group intervention was presented in 12 sessions; one session per week. The main hypotheses in this study were that there are significant differences in self-efficacy and motivational readiness for change between the experimental and the control groups at the post-test scores. The data were coded and entered into the Statistical Package for Social Science (SPSS Ver. 18). The data were analyzed using the repeated measures analysis of variance, as well as the paired and independent samples t-tests.

The research findings showed that there were significant differences between the experimental and the control groups with regard to the studied variables, including self-efficacy and motivational readiness for change. The results confirmed all the hypotheses of the study. The results of the study showed that the psycho-educational group intervention applied to the participants in the experimental group was effective

and led to significant positive changes in the group. Therefore, based on the results of the study, it can be inferred that the cognitive-behavioral therapy group intervention as a psycho-educational intervention increased self-efficacy and motivational readiness for change in the experimental group. In other words, the research findings showed that after the experimental group received the psycho-educational group intervention, their scores in self-efficacy and motivational readiness for change significantly increased at post-test and follow-up. This implies that the CBT group intervention can be considered an effective approach in the treatment of Iranian male drug addicts. Overall, the results of the present study supported the assumption that the cognitive-behavioral therapy group intervention can have positive benefits in reducing relapse among the Iranian male drug addicts.

Abstrak tesis ini ditulis bagi Senat Universiti Putra Malaysia untuk memenuhi keperluan Ijazah Falsafah Kedoktoran

**KEBERKESANAN INTERVENSI KELOMPOK PSIKO-PENDIDIKAN  
DENGAN MENGGUNAKAN TERAPI TINGKAH LAKU KOGNITIF  
TERHADAP PENAGIH DADAH LELAKI DI PUSAT PEMULIHAN DADAH  
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Kajian ini bertujuan menguji keberkesanan Program Intervensi Terapi Tingkah Laku-Kognitif terhadap tahap efikasi sendiri, kesediaan motivasi diri untuk berubah dan tahap relapse dalam kangan sampel penagih dadah lelaki Iran. Kajian ini adalah kajian berbentuk eksperimen yang mengandungi kumpulan eksperimen dan kumpulan kawalan. Partisipasi kajian merupakan 75 orang penagih dadah lelaki Iran yang sedang mengikuti rawatan di pusat pemulihan dadah. Subjek kajian dipilih berdasarkan kriteria dalaman dan luaran kajian. Dipilih secara rawak dan telah diletakkan ke dalam kumpulan eksperimen (n=37) dan kumpulan kawalan (n=38). Kedua-dua kumpulan kajian telah dibandingkan pada peringkat pra-ujian dan pasca-ujian dan diikuti membandingkan keberkesanan program intervensi terapi tingkah

laku-kognitif terhadap kedua-dua kumpulan selepas sebulan tempoh susulan. Semua partisipasi telah melengkapkan soal selidik versi bahasa Parsi iaitu Skala Keyakinan Pengambilan Dadah (Drug Taken Confidence Questionnaire – DTCQ-IV) dan Skala Tahap Kesediaan dan Berusaha Untuk Mendapatkan Rawatan (The Stage of Readiness and Treatment Eagerness Scale – SOCRATES-IV), pra-ujian dan pasca-ujian serta tempoh susulan. Dalam ujian rintis, borang soal selidik asal berbahasa Inggeris bagi Skala Keyakinan Pengambilan Dadah (Drug Taken Confidence Questionnaire – DTCQ) dan Skala Tahap Kesediaan Untuk Mendapatkan Rawatan (The Stage of Readiness and Treatment Eagerness Scale - SOCRATES) telah diterjemahkan ke dalam bahasa Parsi melalui proses modifikasi mengikut silang budaya dan kemudiannya diterjemahkan kembali ke dalam Bahasa Inggeris. Hasil dapatan daripada kajian rintis menunjukkan bahawa borang soal selidik DTCQ dan SOCRATES versi bahasa Parsi (Iran) mempunyai konsistensi dalaman, kesahan kandungan dan kebolehpercayaan yang tinggi. Secara jelas, ia menunjukkan bahawa borang soal selidik ini boleh digunakan di dalam kajian ini kerana ia dapat mengukur apa yang hendak diukur. Bagi kajian ini, keberkesanan program intervensi terapi tingkah laku-kognitif didefinisikan melalui peningkatan skor dalam efikasi sendiri, persediaan motivasi diri untuk berubah dan juga pengurangan tahap relapse dalam kumpulan eksperimen yang diukur melalui pra-ujian, pasca-ujian dan susulan. Program intervensi terapi tingkah laku-kognitif ini telah dijalankan sebanyak 12 sesi; satu sesi dijalankan pada setiap minggu. Hipotesis-hipotesis utama kajian ini adalah untuk mengesan sama ada terdapat perbezaan yang signifikan dalam konteks efikasi sendiri, kesediaan motivasi diri untuk berubah dan tahap relapse di antara

kumpulan eksperimen dengan kumpulan kawalan pada skor-skor pasca-ujian. Data-data yang diperolehi telah dikod dan dimasukkan ke dalam program Pakej Statistik untuk Sosial Sains (SPSS Versi 18). Data-data telah dianalisa dengan menggunakan ujian ANOVA secara berulang, ujian-t berpasangan dan independent. Keputusan-keputusan yang diperolehi ini mengesahkan kesemua hipotesis dalam kajian ini. Dapatan kajian menunjukkan bahawa program Intervensi Terapi Tingkah Laku-Kognitif yang diaplikasikan ke dalam kalangan kumpulan eksperimen didapati berkesan dan mampu menjana perubahan tingkah laku yang positif terhadap kumpulan. Lantaran itu, berdasarkan keputusan kajian yang diperolehi, boleh dikatakan di sini bahawa program intervensi terapi tingkah laku-kognitif mampu meningkatkan efikasi sendiri dan kesediaan motivasi diri untuk berubah di dalam kalangan kumpulan eksperimen. Dengan lain perkataan, selepas kumpulan eksperimen menjalani program Intervensi Terapi Tingkah Laku-Kognitif, dapatan kajian menunjukkan bahawa, skor-skor partisipan dalam efikasi sendiri dan kesediaan motivasi diri untuk berubah adalah signifikan meningkat pada sesi pasca-ujian dan susulan. Dapatan ini menunjukkan bahawa program Intervensi Terapi Tingkah Laku-Kognitif (CBT) boleh dianggap sebagai pendekatan yang berkesan dalam usaha merawat para penagih dadah lelaki Iran. Secara keseluruhannya, keputusan-keputusan bagi kajian ini menyokong andaian pengkaji bahawa program Intervensi Terapi Tingkah Laku-Kognitif dapat memberikan faedah-faedah yang positif untuk mengurangkan tahap relapse dalam kalangan penagih dadah lelaki Iran.

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I certify that a Thesis Examination Committee has met on 18 July 2012 to conduct the final examination of **Aliakbar Parvizifard** on his thesis entitled “Impact of Psycho-Educational Group Intervention Using Cognitive Behavioral Therapy on Iranian Male Drug Addicts in a Rehabilitation Center” in accordance with Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U. (A) 106] 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy.

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I declare that the thesis is my original work except for quotation and citation which have been dully acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

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**Aliakbar Parvizifard**

**Date: 18 July 2012**



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