

The Effect of Group Quality of Life Therapy on Mental Well-Being, Substance Withdrawal Self-Efficacy, and Drug Craving in Addicts Using Methadone Maintenance Treatment

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Abstract

The aim of this study was to examine the effect of group quality of life therapy (QLT) on mental well-being, substance withdrawal self-efficacy, and drug craving among addicts using methadone maintenance treatment in Shiraz city. The research method was quasi-experimental with pre-test, post-test, and follow-up with a control group. The sample included addicts who referred to the substance abuse treatment clinics in Shiraz. Among these centers, two clinics were selected using available sampling, and 45 cases were selected based on their mental well-being, withdrawal self-efficacy scores that were one standard deviation below the mean. They were randomly assigned into two experimental and control groups. The experimental group received eight sessions of quality of life therapy, but the control group received no intervention. Instruments used in this study included subjective well-being questionnaire, Bramson's Quit Addiction Self-Efficacy Questionnaire and craving questionnaire. A multivariate Analysis of Covariance (MANCOVA) was used for analysis. The analysis showed that quality of life therapy improved subjective well-being and self-withdrawal and craving was decreased in the experimental group compared with the control group. According to this study, group quality of life therapy that is a combination of positive psychology and cognitive-behavioral approach, can be effective in promoting mental well-being, substance withdrawal self-efficacy, and can decrease drug craving in addicts.

Keywords: addiction, substance abuse, quality of life, therapy

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