






# Evaluating the Effectiveness of the Islamic-based Training of Alcohols Disadvantages on Reduce Alcohol Craving and Relapse in Individuals with a History of Alcohol Addiction in the Alcoholics Anonymous (AA) in Tehran, 1396

Vahideh Nasr<sup>1</sup> , Nafiseh Nasr<sup>2</sup> , Zeinab Malakzadeh<sup>3</sup> , Fatemeh Malekzadeh-Mobaraki<sup>4\*</sup> , Marzieh Karamkhani<sup>5</sup> 

1- Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

2- Institute for Plasma, Kharazmi University, Tehran, Iran.

3- Research Department, Art University of Isfahan, Isfahan, Iran.

4- Islamic Azad University, Central Tehran Branch, Tehran, Iran.

5- Religious and Health Studies Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

\*Correspondence should be addressed to Ms. Fatemeh Malekzadeh-Mobaraki; **Email:** [fatemeh.malek47@yahoo.com](mailto:fatemeh.malek47@yahoo.com)

## Article Info

Received: Jul 23, 2018

Received in revised form:

Oct 2, 2018

Accepted: Oct 28, 2018

Available Online: Mar 20, 2020

## Keywords:

Alcohol Disorders

Alcohol Abuse

Alcoholism

Craving

Education

Islamic teachings



 <https://doi.org/10.22037/jrrh.v6i1.18829>

## Abstract

**Background and Objective:** Alcohol is one of the most commonly abused drugs in the world. Today, despite extensive studies, preservative treatments to prevent recurrence of alcohol addiction have not been successful. Religion, as one of the main pillars of a nation's culture, has a powerful potential in preventing mental disorders and could be effective to prevent relapsing into alcohol consumption. The purpose of the present study was to evaluate the effectiveness of the Islamic-based training of the harms of taking alcohol on reducing alcohol craving and relapse into alcohol consumption in individuals with a history of alcohol addiction in the Alcoholics Anonymous Association (AA) in Tehran, 1396.

**Methods:** This study was quasi-experimental in nature and used a pre-test and post-test control group design. The statistical population was composed of all the members of Alcoholics Anonymous Association (AA) in Tehran. Thirty individuals were selected by available sampling method. They were randomly assigned to intervention and control groups. Data was collected using the craving questionnaire. The course was presented in six two-hour sessions of training in which the attitude of Islam to alcohol consumption and the relevant scientific findings were discussed. ANOVA was used to determine the effect of Islamic-based training of the harms of alcohols on reducing alcohol craving and relapse. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

**Results:** The findings showed the effectiveness of this kind of training on reducing alcohol craving and relapse at a significant level ( $P < 0.05$ ) in individuals with a history of alcohol addiction.

**Conclusion:** It seems that Islamic-based training of the harms of alcohol could be potentially considered as an appropriate option to decrease alcohol craving in individuals with a history of alcohol addiction. Therefore, considering the effectiveness and cost-effectiveness of this method and its importance, it is recommended that individuals, organizations and the media use this method.

**Please cite this article as:** Nasr V, Nasr N, Malakzadeh Z, Malekzadeh-Mobaraki F, Karamkhani M. Evaluating the Effectiveness of the Islamic-based Training of Alcohols Disadvantages on Reduce Alcohol Craving and Relapse in Individuals with a History of Alcohol Addiction in the Alcoholics Anonymous (AA) in Tehran, 1396. *Journal of Pizhūhish dar dīn va salāmat*. 2020;6(1):36-46. <https://doi.org/10.22037/jrrh.v6i1.18829>

## Summary

### Background and Objective

Alcohol is one of the most common addictive substances in the world, with 25% of its users suffering

from addiction. Studies show that alcohol consumption leads to more than 200 types of psychiatric disorders and alcohol dependence. Research shows that in many Western societies about 20 percent of men and 10 percent of women suffer from alcohol-related illnesses (1, 2). Today, despite extensive studies in this field, maintenance treatments to prevent relapse have not been successful. Religion, as one of the core pillars of a nation's culture, has a great capacity to prevent mental disorders and promote mental health as an effective deterrent that can prevent relapse into alcohol consumption.

The present study aims to introduce a new effective tool in the field of psycho-social factors by increasing the knowledge and awareness via teaching the destructive effects of alcohol based on Islamic teachings to create disgust and reduce alcohol craving. Individual Driver focuses on relapsing into alcohol consumption, with a strong emphasis on developing personal and social skills. The purpose of this study was to determine the effectiveness of alcohol abuse education based on Islamic teachings on reducing craving and relapse in individuals with a history of alcohol addiction in the Anonymous Association of Alcoholics in Tehran in 1396.

## Methods

**Compliance with ethical guidelines:** Written consent was obtained from the participants to adhere to the ethical considerations of the study and they were assured that they would be able to terminate cooperation at any stage and that their information would be kept confidential. Also, the data related to the experimental and control groups were recorded anonymously and were coded.

This study was quasi-experimental and used a pre-test and post-test and control group design. The statistical population included all Tehran Anonymous Alcohol Association members in Tehran. Thirty individuals were selected by available sampling method. They were randomly assigned to intervention and control groups based on the research purpose. The instrument for collecting data was the craving questionnaire. The intervention was held in the team's meeting room. The treatment was presented in six two-hour sessions training over a period of two months during which the attitude of Islam to alcohol consumption and its relevance to scientific findings were discussed. The questionnaire was completed before and after intervention. The results were compared with the control group. ANOVA was used to determine the effectiveness of the training.

## Results

Based on demographic characteristics, the mean age of the participants was 48.2 and 43% had a bachelor's and a higher degree, 38% had a diploma and 19% had quit schooling after finishing the middle school.

Multivariate covariance analysis was used to investigate the effectiveness of alcohol education based on Islamic teachings on reducing alcohol craving in people with a history of alcoholism in Tehran

Journal of Pizhūhish dar dīn va salāmat  
(i.e., Research on Religion & Health)

Anonymous Alcohol Association.

According to the results, a significant difference in craving and return was observed between the intervention and control groups (craving:  $P=0.001$  and  $F=41.003$  and craving:  $P<0.001$  and  $F=101.892$ ). The findings showed the effectiveness of alcohol abuse education based on Islamic teachings in reducing alcohol craving and its relapse in the people with a history of alcohol addiction ( $P<0.05$ ).

## Conclusion

It seems that the education on alcohol abuse based on Islamic teachings can be a good option for reducing alcohol craving in the people with a history of addiction. Improving religious beliefs and consolidating its grammatical relationship with scientific findings is an effective tool in reducing alcohol craving and preventing its relapse. Therefore, it is recommended that, considering the effectiveness and cost-effectiveness of this method and its importance, the people with alcohol withdrawal, the related organizations, and the media use this method.

## Acknowledgements

We would like to thank the Center for Religion and Health Studies affiliated with Shahid Beheshti University of Medical Sciences and all the dear ones who assisted the researchers.

## Ethical considerations

This article has been registered under the Code of Ethics 11492 in the Research Committee of Shahid Beheshti University of Medical Sciences.

## Funding

According to the authors, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

## Conflict of interest

The authors declared no conflict of interest.

## Authors' contributions

All authors participated in all stages of the study design until data collection was done. The psychologist author specifically taught the psychological effects of alcohol abuse based on the verses from the Quran and narratives, and the physician author specifically provided instructions on the physical effects of alcohol abuse based on the Quran verses and narratives.

## References

1. Segal DL. Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). The Corsini Encyclopedia of Psychology. 2010:1-3.
2. Schuckit MA. Alcohol-use disorders. The Lancet. 2009;373(9662):492-501.