



## The Effectiveness of Positive Psychotherapy on Resilience and Anger Control of Addicts in Tehran City

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#### Abstract:

The aim of this study was to the relationship between positive psychotherapy on resiliency and anger among addicts in Tehran city in an integrated model and empirical study of its theoretical basis. This research is based on the goal of the research is applied. In this study, questionnaires were used to collect the information and the reliability of the questionnaire through Cronbach's alpha was calculated and used questionnaires are "Connor and Davidson questionnaire (2003) to measure the resiliency, Spielberger questionnaire (1999) to measure the state-trait anger" the population used in this study consisted of 30 addicts in Tehran city, which is placed in Two groups of 15 people each. According to the results of research positive psychotherapy is effective on physical resilience. Positive psychotherapy is effective in reducing the tendency of anger and increase the size of anger control.

**Key words:** Positive psychotherapy, resilience, anger control, substance abuse, addictions

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## 1. Introduction:

One of the most important social problems of today's world, the problem of drug addiction and its growing influence among the younger generation. Although Iran has a long history of drug use and drug plants (such as opium and hashish originate) have been derived from plants native to Iran, According to the reports from institutions and international organizations such as the World Health Organization (WHO), as well as the progress of societies, needs, attitudes and behavioral patterns of young people experiencing the transformation and pattern of drug abuse among all adolescents and young people all over the world, including Iran and its capital at Tehran quickly from the traditional to the industry is changing. (Khaledian and Mohammadifar, 2015).

Addiction is one of the major public health problems in the community accompanied with many issues of different areas of life. Addiction not only affects the person's life but also many defects and sadness for the family and the community, and many times imposes on society. (Kianipour, Pourzad, 2012).

Overall, this study seeks to answer the question:

Is there a relationship between positive psychotherapy among addicts in city of Tehran on resiliency and anger?

## Questions and research hypotheses:

### Research question:

1. Is it positive psychotherapy is effective on resiliency addicts?
2. Is it positive psychotherapy is effective on controlling anger addicts?

### Research hypotheses:

1. Positive psychotherapy is effective on resiliency addicts.
2. Positive psychotherapy is effective on controlling anger addicts.

## 2. Theoretical Foundations and literature:

### 2.1 literature:

Nowadays drug is a major social problem and health in many countries around the world, including in Iran has become. (Ghanbari Zarandy, Mohamadkhani and Hasheminasab, 2016) In Iran, drug consumption causes side effects including behavioral problems, restlessness, impatience, paranoid ideation, depression, increased aggression, changing social behavior and social isolation of the consumer. (Khoramabadi, Asadi Farhadi, 2016) In Iran, drug abuse is in the increasing trend. The number of people suffering is increasing every day In Iran and according to statistics, more than two million dependent on drugs in Iran. In addition, 11 million people in the Iran with a substance abuse problem themselves or those around them have been facing. (Galilian, Mirzaei Alavijeh, Amuei, Motabegh, Hatamzadeh and Verdipour, 2013).



**Positive psychotherapy:** Infrastructure optimism rooted in the work of Seligman (2002) there. Optimism to enjoy the happiness of life interested, committed and pointed sense as well as positive emotions experience that are often better able to use the capabilities and adaptations to deal with life's problems is to create positive thinking said. (Fredrickson, 2009)

A total of 14 psychotherapy sessions that the group tested positive on positive psychotherapy protocol adapted from Rashid (2008) learn.

**Resiliency:** Resiliency Back to the capacity of the challenges of social, financial or emotional balance and the ability to re-apply for a re-adjustment in the face of grief, shock, adverse conditions and stress factors of life. Resilience and ability to balance a person's life, psychological and spiritual consider the precarious condition. (Connor Davidson, 2003)

The purpose of the point resiliency is that score is based on the Connor-Davidson resilience scale (2003) questionnaire the gain people addicted.

**Control of anger:** Anger is an emotional and psychological response in which an individual is unconscious pressures and frustrations of your withdrawal reactions, assault, rape, and violent behavior shows a vindictive. (Khorshidi, Keykhani and Moradi, 2010)

The purpose of the point control of anger is that score is based on the Spielberger state-trait anger expression questionnaire (1999) the gain people addicted.

## 2.2 Research background:

Farnam and Hamidi (2016) in their study of the effectiveness of optimism in expectancy increase with an emphasis on the Quran and Islamic teachings results of analysis of covariance multivariate and univariate showed a significant difference between the two groups expectancy increase in step there is a after the test. And in the follow-up, is stable. The results show that optimism training with an emphasis on the Quran and Islamic teachings in the experimental group than the control group increased variable and its subscales is hope. This results in the stable follow-up period and was approved.

In the khodabakhsh, Khosravi, Shahangiyan study in (2015) as under the influence of positive psychology based on symptoms of depression and capabilities of character in cancer patients, the results showed that the use of positive in reducing depression, capacity, character, increase life meaningful, enjoyable life and the lives of committed people with cancer were effective.

Jalali, Khaloei, Mirmehdi (2015) in study aimed to determine the effectiveness of positive psychology based on psychological well-being and quality of life of Psychiatry, showed that psychotherapy training positive enhances psychological well-being and quality of life in experimental group compared with the control group in after the test.

Fredrickson and Losada (2005) based on the positive note that positive emotions protection against adverse consequences of stress by reducing the arousal autonomous arising from negative emotions and increase the flexibility of thinking and problem solving create.

Seligman, Ernest, Gylham, Poic and Lynkinz (2009) in a study found that positive psychology individual symptoms of depression reduced and in many cases, compared with the current treatments

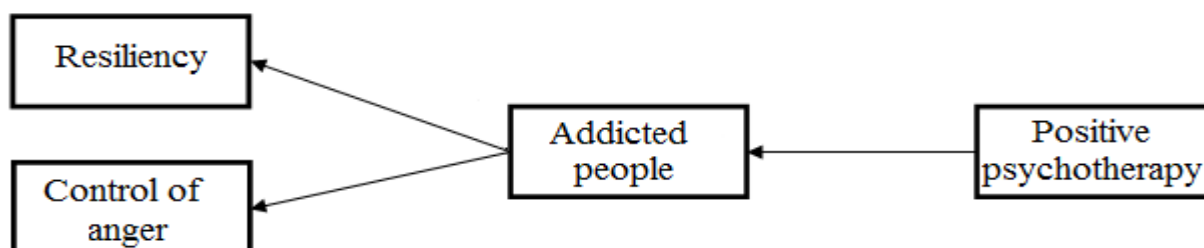
with drugs Antidepressants make a full recovery, and in addition to reducing symptoms of depression, psychotherapy positive signs of increased the happiness.

### 3. The development of hypotheses and conceptual model:

The above information is provided based on the concept that the design and sequencing of such a model should be considered causal order, and this inference and deduction based on research of the subject developed. (Mohammad Heydari & Et. Al, 2016)

The design of such a model is important for three reasons:

1. In the past, most studies indicate separate and uncoordinated efforts to research, and tests on some small-scale models are general while at the same time study the factors associated with analyze this information.
2. Past research efforts at distinctive times in different contexts and for different population. In this study, we have tried to research efforts at the same time and in relation to society and the sample the unit and determines study.
3. Research design for this study was in the past, sometimes conflicting terms and definitions. Sometime in the study and application variables are incompatible with each other.



**Figure 1: Conceptual Model of Research**

### 4. Methodology:

The research will be based on the purpose of the research is applied because with the use of behavioral science and management theories and some statistic on the population of the conclusions is that for those organizations and institutions that are usable in the field of population and are applicable. In terms of methodology in research and after-event correlation, and the library is a place in the class and field trials. To collect the data from the questionnaires' Connor and Davidson (2003) to measure the resiliency, Spielberger questionnaire (1999) to measure the State-Trait Anger Expression "is used. After determining the sample size for statistical analysis hypotheses using descriptive statistics, including "frequency, percentage, mean and standard deviation and distribution charts and indicators, statistics and correlations to the questionnaire" inferential analysis "Univariate and multivariate analysis of covariance" describes the assumptions described in the analysis of descriptive and inferential statistical software «SPSS» is used.

The population consisted of all substance abusers that are men's in Tehran city in 2016 in the age range 20 to 40 years formed. This means that due to the lack of size of population to visit one of the centers of Tehran Municipality's emergency social services (integrated addiction treatment and rehabilitation at Baharan of Tehran Municipality District 9) and the sample is non-random sampling targeted the addicts who were willing to participate in research questionnaires were administered on them and of those who score lower than others in their achieved resiliency and anger control, 30



addicts in Tehran city, which is placed in Two groups of 15 people each. Non-random sampling method in the control group together to form been targeted.

### Inclusion criteria addicted people to Research

- The masculine gender
- The age range of 20 to 40 years
- Education Diploma to Bachelor
- Non-drug treatments for addiction (such as methadone)

### Exclusion criteria addicted people from Research

- Not present at training sessions optimism
- There are some severe psychiatric disorders
- The use of treatments (counseling and medication)

### 5. Data analysis:

In this research field method used to collect the data. A questionnaire used " Connor-Davidson resilience scale (2003) questionnaire" contains 25 questions in relation to the (individual merits (Questions 25, 24, 23, 17, 16, 12, 11, 10), bearing negative affect (Questions 20, 19, 15, 14, 8, 7, 6), positive acceptance of change (question 9, 5, 4, 2, 1), control (questions 22, 21, 13) and spiritual influence (question 9, 3)) with a Cronbach's alpha of this scale in the range between 0/76 to 0/90." " Spielberger state-trait anger expression questionnaire (1999)" consists of 57 questions in relation to (the Questionnaire has three parts: the first part of this section as "rage mode" includes 15 questions that three subscales "feeling angry", "desire the verbal anger "and" desire for physical expression of anger "is the four-point Likert method to don't (1 point), low (score 2), moderately (3 points) and high (4) is scored. The second part of this section as "trait anger" contains 10 questions that the two subscales "mood angry" and "angry reaction" is the way four-point Likert is never (1 point), low (2 points); most (3 points) and almost always (4) is scored. Third section: this section as an "expression of Control of anger" Questionnaire contains 32 questions that the four subscales "of anger", "anger within", "anger control" and "anger control" is." and this section also describes how to collect data survey is.

### 6. Conclusion:

#### The descriptive findings

**Table (1) Mean and standard deviation of resilience and its components in separate groups before and after the test**

Control group				Examination group				Variable
After the test	Pre-exam	After the test	Pre-exam	After the test	Pre-exam	After the test	Pre-exam	
Standar	Standar	Standar	Standar	Standar	Standar	Standar	Standar	
d	d	d	d	d	d	d	d	
deviatio	deviatio	deviatio	deviatio	deviatio	deviatio	deviatio	deviatio	
n	n	n	n	n	n	n	n	
Average	Average	Average	Average	Average	Average	Average	Average	



۲/۰۰۹	۲۰/۶۷	۲/۸۲۳	۱۹/۴۰	۲/۱۶۵	۲۲/۴۰	۲/۸۲۵	۱۹/۵۳	The notion of individual merit
۱/۸۴۶	۱۸/۴۷	۱/۱۱۳	۱۷/۶۷	۱/۳۵۲	۲۰/۶۰	۰/۷۷۵	۱۸/۲۰	Tolerate negative emotions
۲/۱۰۰	۱۵/۱۳	۱/۶۷۶	۱۳/۳۳	۱/۹۹۵	۱۷/۴۷	۱/۳۶۳	۱۳/۰۰	Positive acceptance of change
۱/۱۸۳	۸/۴۰	۱/۲۹۱	۷/۳۳	۱/۴۹۶	۹/۶۷	۱/۲۴۶	۷/۱۳	Control
۱/۴۵۴	۴/۴۰	۱/۱۰۰	۳/۷۳	۱/۳۵۶	۵/۴۷	۱/۰۱۴	۳/۸۰	Spiritual influence
۴/۱۶۶	۶۷/۰۷	۴/۶۷۳	۶۱/۴۷	۲/۷۷۲	۷۵/۶۰	۴/۰۸۲	۶۱/۶۷	Total score of resilience

**Table (2) Mean and standard deviation of rage modes, and its components in separate groups before and after the test**

Control group				Examination group				Variable
After the test		Pre-exam		After the test		Pre-exam		
Standard deviation	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation	Average	
۱/۴۹۶	۸/۶۷	۱/۱۶۳	۹/۰۷	۱/۶۴۲	۶/۸۷	۰/۹۹۰	۸/۸۷	Angry feeling
۱/۱۰۰	۷/۷۳	۰/۲۶	۸/۰۰	۰/۹۶۱	۶/۹۳	۰/۷۴۳	۷/۸۷	Tend to be verbal anger
۱/۱۲۵	۶/۵۳	۰/۹۴۱	۶/۸۰	۱/۴۰۴	۵/۶۰	۱/۱۲۵	۶/۴۷	Physical tendency to anger
۰/۸۸۴	۹/۰۷	۰/۸۶۲	۹/۲۰	۱/۵۰۶	۷/۸۷	۱/۵۰۶	۸/۸۷	Angry mood
۱/۲۴۶	۹/۱۳	۰/۹۰۰	۹/۶۷	۱/۲۴۲	۷/۶۰	۱/۱۷۵	۹/۶۷	Angry reaction
۱/۷۱۸	۱۹/۳۳	۰/۹۷۶	۱۶/۶۷	۱/۱۰۰	۱۳/۹۳	۰/۹۴۱	۱۵/۸۰	External anger Show
۱/۴۰۴	۱۸/۴۰	۱/۱۱۳	۱۸/۶۷	۱/۶۵۶	۱۸/۲۰	۱/۳۴۵	۱۹/۶۷	Internal anger Show
۱/۵۴۹	۱۶/۴۰	۱/۳۳۵	۱۶/۰۷	۱/۵۵۸	۱۹/۰۰	۱/۸۴۶	۱۶/۸۷	Control of external anger
۲/۳۷۴	۱۶/۰۷	۱/۹۰۷	۱۶/۰۵	۱/۷۹۹	۱۷/۶۷	۱/۵۳۴	۱۵/۷۳	Control of internal anger
۳/۹۷۶	۱۰۸/۳۳	۲/۹۵۷	۱۱۰/۲۰	۳/۶۳۸	۱۰۳/۶۷	۳/۴۴۸	۱۰۹/۸۰	State-Trait Anger scores

**First hypothesis: Positive psychotherapy is effective on resiliency addicts.**

**Table (3) Results of a multivariate analysis of covariance test scores Pre-exam and After the test scores of resiliencies**

squares	Significant	F test	Average of squares	Degrees of freedom	Sum of squares	Source changes
۰/۰۵۱	۰/۲۳۷	۱/۴۶۲**	۱۸/۰۱۰	۱	۱۸/۰۱۰	Pre-exam
۰/۶۱۹	۰/۰۰۱	۴۳/۹۴۱**	۵۴۱/۱۶۳	۱	۵۴۱/۱۶۳	Group effects
-	-	-	۱۲/۳۱۶	۲۷	۳۳۲/۵۲۳	Error
-	-	-	-	۳۰	۱۵۳۵۵۰/۰۰۰	Total

\*\*P<۰/۰۰۱

Table (3) Results of a multivariate analysis of covariance test scores of experimental and control groups shows resiliency with regard to pre-test scores as a covariate (adjuvant) psychotherapy positive on the total score resiliency makes a significant difference between the control and experimental groups ( $0/001 > P$ ). The impact was  $9/61$ . So positive psychotherapy on the total score of resilience people addicted have had significant effect.

**Table (4) summarizes the multiple aspects tests of resilience**

squares	Significant	Degrees of freedom error	Given the degree of freedom	F	Amounts	Tests	Effect
۰/۶۸۳	۰/۰۰۱	۱۹	۵	۱/۸۹ ۸	۰/۶۸۳	Pillay effect	Group
۰/۶۸۳	۰/۰۰۱	۱۹	۵	۱/۸۹ ۸	۰/۳۱۷	Wilks lambda	
۰/۶۸۳	۰/۰۰۱	۱۹	۵	۱/۸۹ ۸	۲/۱۵۵	Hotelling effect	
۰/۶۸۳	۰/۰۰۱	۱۹	۵	۱/۸۹ ۸	۲/۱۵۵	The largest root	

Due to the multiple tests in Table (4) in particular Wilkes lambda ( $0/317$ ) and F calculated ( $8/189$ ) at 5 and 19 degrees of freedom, we can reject the null hypothesis ( $0/05 > p$ ). In other words, different means of resiliency in both experimental and control groups is significant and based on the dimensions of resilience can be separated into experimental and control groups. Thus, the evidence is sufficient to accept the hypothesis. Given the amount of effect size difference square ( $0/683$ ) is desirable.

**Table (5) summarizes the effects of test participants' dimensions of resilience**

Square	Significant	F	Mean Square	Degree of freedom	Sum of squares	Dependent variables	Sources
۰/۲۵۷	۰/۰۱۰	*۷/۹۵۶	۱۷/۲۷۳	۱	۲۷۳ ۱۷	The notion of individual merit	Group
۰/۳۳۹	۰/۰۰۲	*۱۱/۷۹۲	۲۵/۴۰۴	۱	۴۰۴ ۲۵	Tolerate negative emotions	
۰/۲۲۴	۰/۰۱۷	*۶/۶۳۲	۲۴/۶۹۱	۱	۶۹۱ ۲۴	Positive acceptance of change	
۰/۲۵۷	۰/۰۱۰	*۷/۹۳۶	۱۳/۴۹۲	۱	۴۹۲ ۱۳	Control	
۰/۱۸۰	۰/۰۳۴	*۵/۰۶۳	۸/۵۰۳	۱	۵۰۳ ۸	Spiritual influence	

\* Significantly in the  $0/05$

Results Table (5) Multivariate analysis of covariance with respect to pre-test scores as a covariate (adjuvant), psychotherapy positive result in significant differences between the experimental and

control groups ( $0/001 > p$ ). The positive aspects of resilience psychotherapy is effective. So, reject the null hypothesis and the hypothesis is confirmed by  $0/99$  to ensure we conclude that psychotherapy is effective resiliency positive aspects.

**Second hypothesis: Positive psychotherapy is effective on controlling anger addicts.**

**Table (6) Results of a multivariate analysis of covariance test scores Pre-exam and After the test scores of control of anger**

squares	Significan t	F test	Average of squares	Degrees of freedom	Sum of squares	Source changes
۰/۴۱۶	۰/۰۰۱	۱۹/۲۲۲**	۱۶۹/۱۱۷	۱	۱۶۹/۱۱۷	Pre-exam
۰/۳۷۴	۰/۰۰۱	۱۶/۱۴۲**	۱۴۲/۰۱۹	۱	۱۴۲/۰۱۹	Group effects
-	-	-	۸/۷۹۸	۲۷	۲۳۷/۵۵۰	Error
-	-	-	-	۳۰	۳۳۷۶۵۰/۰۰۰	Total

\*\* $P < ۰/۰۰۱$

Table (6) Results of a multivariate analysis of covariance test scores of experimental and control groups shows control of anger with regard to pre-test scores as a covariate (adjuvant) psychotherapy positive on the total score resiliency makes a significant difference between the control and experimental groups ( $0/01 > P$ ). The impact was  $0/47$ . So positive psychotherapy on the total score of control of anger people addicted have had significant effect.

**Table (7) summarizes the multiple aspects tests of control of anger**

squares	Significan t	Degrees of freedom error	Given the degree of freedom	F	Amount s	Tests	Effect
۰/۸۳۵	۰/۰۰۳	۱۱	۹	۶/۱۶۶	۰/۸۳۵	Pillay effect	Group
۰/۸۳۵	۰/۰۰۳	۱۱	۹	۶/۱۶۶	۰/۱۶۵	Wilks lambda	
۰/۸۳۵	۰/۰۰۳	۱۱	۹	۶/۱۶۶	۵/۰۴۵	Hotelling effect	
۰/۸۳۵	۰/۰۰۳	۱۱	۹	۶/۱۶۶	۵/۰۴۵	The largest root	

Due to the multiple tests in Table (7) in particular Wilkes lambda ( $0/165$ ) and F calculated ( $6/166$ ) at 9 and 11 degrees of freedom, we can reject the null hypothesis ( $0/05 > p$ ). In other words, different means of control of anger in both experimental and control groups is significant and based on the dimensions of control of anger can be separated into experimental and control groups. Thus, the evidence is sufficient to accept the hypothesis. Given the amount of effect size difference square ( $0/607$ ) is desirable.

**Table (8) summarizes the effects of test participants' dimensions of control of anger**

Square	Signific	F	Mean	Degree	Sum of	Dependent variables	Sources
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ant	Square	s of freedo m	squares		
۰/۲۸۱	۰/۰۱۳	*۷/۴۲۸	۹/۵۷۲	۱	۹/۵۷۲
۰/۴۰۵	۰/۰۰۲	*۱۲/۹۴۴	۵/۹۹۶	۱	۵/۹۹۶
۰/۲۳۶	۰/۰۲۶	*۵/۸۷۵	۱/۴۸۲	۱	۱/۴۸۲
۰/۳۷۸	۰/۰۰۳	*۱۱/۵۳۲	۳/۵۱۳	۱	۳/۵۱۳
۰/۳۲۰	۰/۰۰۸	*۸/۹۲۹	۷/۱۱۰	۱	۷/۱۱۰
۰/۲۹۷	۰/۰۱۱	*۸/۰۱۲	۵/۵۸۸	۱	۵/۵۸۸
۰/۴۷۵	۰/۰۰۱	*۱۷/۱۷۳	۹/۶۴۵	۱	۹/۶۴۵
۰/۵۰۰	۰/۰۰۱	*۱۸/۹۸۵	۱۶/۹۳۵	۱	۱۶/۹۳۵
۰/۳۱۹	۰/۰۰۸	*۸/۸۸۱	۱۴/۴۸۱	۱	۱۴/۴۸۱

Group

\* Significantly in the 0/05

Results Table (8) Multivariate analysis of covariance with respect to pre-test scores as a covariate (adjuvant), psychotherapy positive result in significant differences between the experimental and control groups ( $0/001 > p$ ). The positive aspects of control of anger psychotherapy is effective. So, reject the null hypothesis and the hypothesis is confirmed by 0/99 to ensure we conclude that psychotherapy is effective on increase the dimensions of control of anger and rage and reducing the tendency to positive aspects.

#### Offers:

- Due to the impact of positive psychology perspective on resiliency and Control of anger people addicted and Although people addicted in terms of physical, psychological, social and intellectual crisis and need help is offered addiction treatment centers and counseling centers, addiction of this as a nonpharmacological method for the rehabilitation of people addicted use.
- Regarding the effectiveness of psychotherapy positive on resiliency and Control of anger people addicted recommended by psychotherapy positive in outpatient clinics and in addition to drug therapy can also be used and the results of this treatment to help solve problems psychological and behavioral people addicted used.



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