

Positive Psychology Therapy and Craving Index, A Pilot Randomized

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ABSTRACT

Introduction: Positive-oriented psychotherapy relates to the clients' trauma relief with increased meaning and increasing happiness in life. **Purpose:** the present study was done with aim of evaluating the effectiveness of group positive psychology therapy on craving Index in Ecstasy users. **Method:** in an experimental study in form of a randomized clinical trial with pretest and posttest among Ecstasy users in Tehran, a sample of 50 persons (ages between 19 and 41 with average age of 29.4) have been selected by voluntary sampling were assigned to two groups of control and experimental. Positive psychology protocol was presented to experimental groups during 14 weekly sessions. A pretest and a posttest were administered to participants. **Results:** The results showed that positive psychology therapy played a significant efficacy in decrease the craving in Ecstasy users ($p < 0.01$). **Conclusion:** Implications of these protocols are discussed with regard to their unique potential to address the clinical needs of Ecstasy users.

Keywords: Positive Psychology Therapy (PPT), Ecstasy, Craving

Introduction

Ecstasy is a bunch of stimulants derived from Amphetamine and its consumption is associated with adverse physical and psychological effects. Positive-oriented psychotherapy relates to the clients' trauma relief with increased meaning and increasing happiness in life (Rashid, 2008). Less than two decades ago as a new trend in psychology was discussed called the positive-oriented psychology which deals with human happiness and well-being and quickly enter the field of clinical psychology and counseling. Later Martin Seligman and his apprentice Taieb Rashid raised positive oriented psychotherapy and used it to increase the joy in the life of the third millennium which established away from the ideology of the disease-oriented (DSM) (fadayi, 2009). It is used in various situations (Linley, Joseph, 2004; Snyder, Lopez, 2007) , and have stable positive results (Duckworth, Steen, Seligman, 2005) and the

strengths and weaknesses of individuals are considered and understood simultaneously in positive-oriented psychology (Lopez, Snyder, Rasmussen, 2003). The process of positive oriented psychotherapy according to Rashid (Rashid, 2008) includes fourteen steps (session) and in each of these sessions different thematic or one of positive psychology-oriented structures are reviewed and home assignment is considered for the clients. positively oriented psychotherapy was used for two groups of mild to moderate depressive students, the results showed a greater reduction in symptoms of depression and more increase in their life satisfaction which was persistent a year later. A summary of the positive-oriented group therapy was tried with children in school which led to increase in their well-being (Rashid, Anjum, 2008). Therefore, this study aimed to examine the Effectiveness of group positive psychology therapy on craving Index in Ecstasy users.

Ethical considerations

Obtaining the written informed consent is more important for this population. It means that, the possibility of "being informed" or "acting based on the will" is significantly less among the vulnerable members of the society. In this study, the informed consent was obtained without coercion, threat, enticement and seduction and their decision to refuse or accept to participate in the study were respected.

Method

The present study was conducted in one of a treatment centers in Tehran, Iran by a clinical psychologist. The data were gathered during August 20 to December 20 in 2016. Data collection and by using questionnaires and clinical interview. From the community of Ecstasy users who were resident in Tehran, 30 men were chosen as the subjects and after taking the criteria of Inclusion the research, and obtaining Informed Consent, entered the research process. Research ethical standards were established as written informed consent of the sessions and the condition to leave the study at any point, the participants' privacy, and

protection of their well-being and comfort for all participants. The control group participants were only medically examined while the participants in experiment group received the intervention. Positive psychology therapy was implemented in group for 14 sessions for 50 minutes. A pre-interval session was devoted to the clinical interview and the final session was for conclusion and ending the treatment. After the sessions, all participants in both groups were evaluated by the craving questionnaire. The criteria of Inclusion and exclusion were precisely controlled. The criteria of Inclusion the study were being at least 18 years old and psychological dependency to ecstasy. All of the interviews are recorded digitally and the words are copied and are coded (Atlas ti-5.2).

Data analysis

As the dependent variable of the research was the Craving score based on an interval scale, therefore, considering the use of pre-test, covariance of analysis test was used. Basic hypotheses of this approach include linear relationship between the dependent and mediator variables, normal regression line inclination, variance equity and non-significant Levene’s test ($p > 0.01$) which were obtained testing the research hypotheses. The results of the MBOX test (M Box=, $f=0.293$ and $P > 0.01$) indicated covariance matrix equity and insignificant interaction between the independent and dependent variables which shows the regression line inclination. Data were analyzed using SPSS software version 18.

Instruments

Clinical structured interview for disorders (SCID): It is a clinical interview which is used for distinguishing axis-one disorders based on DSM-IV. The final coefficient for measures of SCID was reported 0.60 (First et al, 1997). The identification agreement of this instrument in Persian language was useful for the most of special and general determinations with reliability of higher than 0.60. Copa coefficient for all of current determinations and determination of lifetime were 0.52 and 0.55 respectively (Sharifi et al, 2009).

Demographic questionnaire: It is made by the researcher with the aim of applying and collecting individual information like age, education, marriage status, employment and the period of using drugs.

Craving Questionnaire: This instrument was designed by Tiffany et al. (1993). It is abridged version includes ten statements of which its psychometric features were investigated by Sussner et al (2006) on a sample including 247 cocaine users. The correlation of this index with Beck’s depression index 0.39, anxiety index 0.35 and with recent drug use 0.26 was reported. Also the correlation of an abridged form with the original form of the questionnaire was estimated 0.85 and the internal reliability of this measurement, according to Cronbach’s Alpha, was an estimated 0.90.

Results

Means and standard deviation of scores

In table 1 the mean and standard deviation of scores of craving has shown.

Table 1: The mean and standard deviation of scores of craving				
Variable	State	Groups	Mean	Standard deviation
	Pretest	experimental	15.21	2.22
craving		Control	15.49	1.41
	Posttest	experimental	12.72	1.32
		Control	15.21	2.75

Covariance analysis test

Table 2 shows the results of covariance analysis test. Based on this, between the average of posttests of two groups, a significant difference was observed ($p < 0.01$). With respect to above results, we can say that PPT had been effective in craving.

Table 2: The results of covariance analysis test to compare posttest scores of two groups of the study

	SS	df	MS	F	Sig	Eta
Pretest	3729	1	3729	4.52	0.01	0.72
Group	825.31	1	825.31	-	-	-
Error	3152.14	49	64.32	-	-	-

Discussion

The results of present study showed that respective therapy had been significantly effective on craving. The investigation of research literature reveals the efficacy of PPT. Today, the positive - oriented treatment tries to create reconciliation between logic and emotion and acts as a complement to traditional treatments in clinical psychology, which is mainly damage-oriented approach. The future task of positive-oriented psychology is to understand the factors that make capabilities. The positive-oriented psychology requires the development of effective interventions for enhancing these potentials. This study was also conducted regarding the change from the problem focused approach to capability development approach. Positive-oriented psychology and well-being treatment are emerging approach extracted from within the CBT, developed and validated by several clinical trials. They are considered as the most widely used cognitive-behavioral therapy approaches to treat addiction (Curry et al, 2001) and help these patients to deal effectively with problematic behavior by training techniques (Mollazadeh, Ashuri, 2009). The effectiveness positive-oriented psychotherapy was approved in the treatment of depression and creating happiness symptoms either in a group or individually (Seligman, Rashid, Parks, 2006), and the summarized and group from of the study in school children lead to increase in their well-being (Rashid, Anjum, 2008). This study had done with purpose of investigating the Effectiveness of group positive psychology therapy (PPT) on craving. The results of present study showed that respective therapy had been significantly effective on craving. Using a self-report assessment in sensitive subjects often creates a favorable social image and thus, self-reporting is associated with possible bias.

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Conflict of Interests

The author declared no conflict of interests.

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