

The effectiveness of mindfulness-based cognitive behavioral training on anger management and prevention of craving in addicts being treated in Rasht

roya safei*,

Abstract Current study to determine the effectiveness of mindfulness-based cognitive-behavioral effectiveness of training on anger management and prevention of craving in addicts are leaving the city of Rasht was done. The study is quasi-experimental. The population are all addicts are leaving in 95 years. Accordingly, the sample includes 30 people the community (15 control, 15 test) for its choice of convenience sampling was used to simultaneously scale of anger and avoid the temptation to test and control groups run was. On the basis of the training program, the training sessions are eight test group and the control group did not train. After these sessions, the questionnaire was administered to both groups in a similar position to influence the independent variable on the dependent variable to be determined. The results using statistical indicators covariance analysis showed that the main thesis of mindfulness training on anger management and prevention of craving in addicts are leaving have been effective

Keywords : . **Keywords:** mindfulness training, anger management, prevention of temptation

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)