

# **Effectiveness Of Cognitive Therapy Based On Schemas, In early maladaptive schema and quality Of life Of patients with substance abuse**

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**Abstract** Drug abuse is a common problem that needs to be given increasing attention every in the world, and research on effective solutions is an indispensable necessity. The purpose of this study was to determine the effect of schema-based cognitive therapy on early maladaptive schemas and quality of life in patients with substance abuse in Rasht. The research method was experimental with pretest-posttest design with control group. The statistical population of the present study included all patients with substance abuse referred to the addiction treatment centers affiliated to the welfare office of Rasht in the two months of May and June 2018. Using randomized cluster sampling method and according to the conditions of entry and exit, 30 patients with substance abuse (15 in the experimental group and 15 in the control group) were ed And completed the WHOQOL-BREF short-form questionnaire for Young's Schema (2005) and the quality of life of the World Health Organization (WHOQOL-BREF). Then, the experimental group was subjected to schematic cognitive therapy during 10 sessions of 90 minutes, while the control group did not perform the intervention, then the post test was performed for both the experimental and control groups. Data were analyzed using one-variable and multivariate covariance analysis. The findings of this study showed that Schema-based cognitive therapy had an effect on reducing early maladaptive schemas and increasing the quality of life of patients with substance abuse in Rasht (P

**Keywords :** Key Words: Schema based cognitive therapy, early maladaptive schemas, quality of life, substance abuse.

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