

The effect of group schema therapy on modifying early maladaptive schemas and psychological adjustment of substance abuse women

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Abstract Drug abuse is a common problem that needs increasing attention around the world, and research on effective treatments is an indispensable necessity. The purpose of this study was to determine the effect of group schema therapy on modifying early maladaptive schemas and psychological adjustment of substance abuse women. The research method was experimental with pretest-posttest design with control group. The statistical population of this study included all women who were addicted to drug abusers in Rasht city in the two months of November and December, 2018. Using randomized cluster sampling method and according to the conditions of entry and exit, 24 Substance Abuse Women (12 in the experimental group and 12 in the control group) were ed And the Young's Schema questionnaire (2005) and Bell adjustment (1961) were completed. Then, the experimental group was subjected to schematic cognitive therapy during 8 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 therapy had an effect on reducing the early maladaptive schemas and improving the psychological adjustment of women who are addicted to drug abuse in Rasht city centers (P

Keywords : Schema therapy, early maladaptive schemas, psychological adjustment, substance abuse.

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