

## Effectiveness of Schema Therapy on Coping Strategies and Social Adaptation of Substance Dependent People in Yasouj City

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### **ABSTRACT:**

The purpose of this research was to determine the effectiveness of schema therapy on coping strategies and social adaptation of substance dependent people who refer to methadone maintenance outpatient treatment centers in Yasouj city. For this purpose, using random sampling method, 40 people were selected among those referring to methadone treatment centers in Yasouj city. These people were randomly assigned to two experimental and control groups, and the scale of social adaptation and coping strategies was implemented on them as a pretest. Then the experimental group underwent 8 sessions of individual intervention with the schema therapy approach, during this period the control group did not receive any intervention. SPSS software was used to analyze the results of covariance test. The results indicated that there is a significant relationship between the degree of social adaptation and coping strategies, that is, between the control group and There is a significant difference in the test after the completion of the treatment.

**Keywords:** *Schema therapy, Social adaptation, Coping strategies of substance dependent people*

### **INTRODUCTION:**

Everyone faces stress during their life. Life without stress means death, they are under stress in all situations, but sometimes it is possible that a stress can become a disease and a problem, this issue depends on the individual's coping. The meaning of coping is the effort and efforts that one makes to eliminate stress. to slow down or minimize or tolerate. Socialization is a two-way communication process between the individual and society. For this reason, it is considered a complex process that has various dimensions and aspects, acquiring social skills, how to communicate with other people and Social compatibility is one of these dimensions. Alipour (2019) Schema therapy helps the therapist to define the chronic and deep problems of the patients more precisely and them Organize in an understandable way. In this model, traces of schemas with emphasis on interpersonal relationships of the patient From childhood to the present time, by using this model, patients can solve their personality problems seen inconsistently and as a result find more motivation to get rid of problems. therapist with Using cognitive, emotional, behavioral and interpersonal strategies in fighting schemas with patients and confront patients with the reasons and necessity of change in empathetic ways. Yang et al. (2003) The use of scientific methods of drug addiction treatment started in our country in 2001 and still is Most experts and experts in drug addiction treatment believe that drug addiction is a mental disorder is. All people face stress during their life, life without stress means their death All conditions are under stress, but sometimes it is possible that a stress becomes

pathogenic and problematic, which is the problem It depends on the person's confrontations. The meaning of coping is the effort and efforts that one makes to deal with stress Eliminate, slow down, minimize, or tolerate. Neshat Doost (2011) Addiction, in addition to serious and dangerous physical diseases such as contracting infectious diseases such as AIDS, hepatitis, etc., is also followed by many psychosocial complications and problems. In Iran, it is made from pure burnt heroin and it is different from the real crack available in the world, which is a derivative of cocaine. It is easy to use and the fast-acting smell is the reason for its prevalence. The side effects of crack use are in addition to itching, anger, extreme aggression and nausea and vomiting. The supplier cannot be controlled when the materials do not arrive, and he has very risky behaviors that cannot be predicted. These complications have caused many abnormalities in the adaptation of the individual, especially the social adaptation, according to the above cases, the researcher is looking for an answer to the question whether schema therapy on coping strategies and adaptation. Does it have a social impact or not?

Research purposes General purpose: Explaining the effectiveness of schema therapy on coping strategies in drug dependent people Explaining the effectiveness of schema therapy on social adjustment in drug dependent people

### **Sub-goals:**

Explaining the effectiveness of schema therapy on coping strategies in substance dependent people Explaining the effectiveness of schema therapy on

self-control strategies in drug dependent people  
 Explaining the effectiveness of schema therapy on avoidance strategies in substance dependent people  
 Clarifying the effectiveness of schema therapy on distancing strategy in substance dependent people  
 Clarifying the effectiveness of schema therapy on the strategy of social support in drug dependent people

**Research Assumptions:**

**The main hypotheses:**

Schema therapy has an effect on coping strategies.  
 Schema therapy has an effect on social adjustment.  
 Sub-hypotheses  
 Schema therapy has an effect on coping strategies.  
 Schema therapy has an effect on the coping strategies of distancing.  
 Schema therapy has an effect on self-control coping strategies..  
 Schema therapy has an effect on coping strategies seeking social support..  
 Schema therapy has an effect on the coping strategies of accepting responsibility.

**RESEARCH METHODOLOGY:**

The current research is of an experimental type and a pre-test design and an experimental and control group and random sampling, using a targeted sampling method, a number of 40 people addicted to substances were selected randomly and two Control and experimental groups were appointed. Diagram and hologram of the sampling method in this research, which has one independent variable and two dependent variables. The independent variable of therapeutic schema and variables It depends on coping strategies and social adaptation. Schema therapy questionnaire is the amount of score that each subject gets from Yang's (1993) questionnaire.

**Coping strategy questionnaire:** is the amount of scores that each subject obtained from the Lazarus and Folkman, (1987) questionnaire he does.

**Social Adaptation Questionnaire:** The amount of score that each subject gets from the Bell Adaptation Questionnaire (1990).

**Statistical Society:**

The statistical population includes all drug dependent people who referred to methadone outpatient treatment centers in the first 6 months of 2012 The city is Yasouj.

**Sampling:**

The sampling method in this research is random, and the sample includes 40 people from the society randomly It has been chosen that Yasouj Center will be selected first among outpatient treatment centers, and then 15 from each center The person is chosen randomly. From this number, some due to lack of conditions in research and some to The reason for

unwillingness to participate in the research will be discarded. Then the remaining people randomly in two The experimental and control groups are placed. The purpose of this research is the effectiveness of schema therapy on coping strategies and social adaptation of dependent people

The data was analyzed as follows.

**Table 1: Mean and standard deviation of pre-test**

NO.	After the test	pre-exam	group	Indicator
	Adjusted mean standard deviation)	Average standard deviation)		
20	9 1/6	22/45 2/52	the experiment	Compatibility social
20	10/18 2/84	18/55 3/01	Control	

**and post-test scores of social adjustment in two groups**

As shown in the table above, the mean and standard deviation of pre-test and post-test of social adjustment In the two experimental and control groups, respectively, it is 22/255/01, 18/6, 9/1, and 10/2/84 respectively.

**INFERENCE FINDINGS:**

The first main hypothesis of schema therapy has an effect on coping strategies.

**Table 2. Box test results regarding the assumption of equality of covariances**

Level	Indicator
99/122	box
2/125	F value
36	Degree of freedom 1
4858/84	Degree of freedom 2
12	The significance level

The results of Table 2 show the assumption of equality of covariances or relationships between two dependent variables in two groups The difference has not reached a significant level; Therefore, multivariate analysis can be used.

**Table 3 results of multivariate analysis (variables analyzed in two groups**

Statistical power	ego coefficient	level of meaning You have	Degrees of freedom	F value	Indicator
1	90/0	0/05		28/07	Wilks Lambda

The results of multivariate analysis in Table 3 show that the difference between the two groups in terms of the centroid of eight variables to the level It is significant ( $P < 0.05$ ), so the general hypothesis is confirmed. The amount of this effect size difference) 0.90 percent OR.

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In other words, 90% of the variances of grades are due to the membership of this group. Next to the breakdown of the level The significance of each variable is checked.

The second main hypothesis is that schema therapy is effective on social adjustment.

**The table of results of Levin's test on the assumption of equality of variance of social adjustment**

The significance level	Degree of freedom 2	Degree of freedom 1	the amount of	Indicator
145	38	1	2/16	After the social adjustment test

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The results of the table show that the assumption of equality of variances is not rejected; Therefore, we can use the analysis of covariance used.

**Table 5. Results of covariance analysis of social adjustment in both experimental and control groups**

Statistical power	ego coefficient	The amount of meaning You have	F value	Mean square	Degree the freedom	Total Squares	Sources Change
0/99	0/40	0/0001	25/52	84/83	1	84/83	pre-exam
1	0/87	0/0001	248/51	825/91	1	825/91	group
				32/3	37	122/9976	error
					40	8380	whole

Table 5 shows that there is a significant difference between the average social adjustment in two groups. ( $P < 0.01$ )

Therefore, the second main hypothesis has been confirmed, this shows the effectiveness of teaching schema therapy components on adaptation the social status of the studied people and the amount of this effect size difference is 0.87%, or in other words, 87% of the variances of the scores are caused by group differences, the statistical power is 1, it shows that the sample size for investigation

This hypothesis has been sufficient. The first sub-hypothesis of schema therapy has an effect on direct coping strategies. The table of results of Levin's test on the assumption of equality of variance of direct confrontation strategy

The significance level	Degree of freedom 2	Degree of freedom 1	Amount 4	Indicator
0/079	38	1	3/255	After the direct test

The results of the table show that the assumption of variances is not rejected; Therefore, it can be analyzed from covariance used.

**Table: Results of covariance analysis of direct confrontation strategy in both experimental and control groups**

Statistical power	Eta coefficient	The value of F is the mean You have	Average Freedom Squares	Degree	Total	Sources Change	
0/93	36	0/0001	20/74	37/013	1	37/013	pre-exam
1	60/0	0/0001	21/56	176/100	1	176/100	group

							error
					40	8380	whole

Table number 7 shows that there is a significant difference between the average direct confrontation strategy in two groups. (P<0.01) Therefore, the first sub-hypothesis has been confirmed. This shows the effectiveness of teaching schema therapy components on the direct coping strategy of the studied subjects. The amount of this difference (effect size) is 10.0%, or in other words, 90% of the variances of the scores are caused by group differences. The statistical power of 1 shows that the sample size It has been enough to check this hypothesis. The second sub-hypothesis of schema therapy has an effect on coping strategies of distancing. **The table of results of Levin's test on the assumption of equality of variance of the distancing strategy**

The significance level	Degree of freedom 2	Degree of freedom 1	F value	Indicator
0.152	38	1	2/13	After the distance strategy test

The results of the table show that the assumption of equality of variances is not rejected; Therefore, covariance analysis can be used.

**Table 9. Results of covariance analysis of distancing strategy in both experimental and control groups**

Statistic power	Eta coefficient	Significant amount	F value	Mean square	Degrees of freedom	sum of squares	Sources Change
0.79	0/18	1	8/10	6746	1	6746	pre-exam
1	0.78	/0001	136/29	108/79	1	108/79	group
				0.798	37	29/53	error
					41	4300	whole

Table number 9 shows that there is a difference between the mean distance in two different groups. (P<0.01) therefore, the second sub-hypothesis has been confirmed. This shows the effectiveness of teaching schema therapy components on the distancing strategy of the studied subjects. The amount of this difference (effect size) is 0.78%, or in other words, 78% of the variances of the grades are caused by group differences. The statistical power of 1 shows that the sample size for investigation This hypothesis has been sufficient. The third sub-hypothesis of schema therapy has an

effect on self-control coping strategies. Table 10 of the results of Levine's test regarding the assumption of equality of variance of the self-control strategy

The significance level	Degree of freedom 2	Degree of freedom 1	the amount of	Indicator
023	38	1	5/59	Self-control strategy post-test

The results of the table show that the assumption of equality of variances is not rejected; Therefore, covariance analysis can be used.

**Table 11 results of covariance analysis of distance strategy in both experimental and control groups**

Statistic power	ego coefficient	Significant amount	F value	mean square	Degrees of freedom	sum of squares	Sources Change
1	0.51	/0001	38/49	47/80	1	47/80	pre-exam
1	0/81	/0001	159/77	198/42	1	198/42	group
				24/1	37	45/94	error
					40	4945	whole

Table number 11 shows that there is a difference between the mean of self-control in two groups. (P<0.01) Therefore, the third sub-hypothesis has been confirmed. This shows the effectiveness of teaching schema therapy components on the self-control strategy of the studied subjects. The amount of this effect size difference is 0.81%, or in other words, 81% of the variances of the grades are caused by group differences. The statistical power of 1 shows that the sample size for investigation This hypothesis has been sufficient.

The fourth sub-hypothesis of schema therapy has an effect on coping strategies seeking social support.

**Table 12 of the results of Levin's test regarding the assumption of equal variance of the strategy of seeking social support**

The significance level	Degree of freedom 2	Degree of freedom 1	Amount 4	Indicator
0/329	38	1	0.977	After the social support seeking strategy test

The results of the table show that the assumption of equality of variances is not rejected; Therefore, covariance analysis can be used.

**Table 13: Results of covariance analysis of distance strategy in both experimental and control groups**

Statistic power	ego coefficient	Significant amount	F value	mean square	Degrees of	sum of squar	Sources Chang
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					freedom	es	e
93	0/06	/0001	2/73	3/91	1	3/91	pre-exam
0.75	60	/0001	122/49	10/175	1	10/175	group
				1/42	37	52/88	error
					40	4830	whole

Table No. 13 shows that there is a difference between the mean of seeking social support in two groups. (P<0.01)

Therefore, the third sub-hypothesis has been confirmed. This shows the effectiveness of teaching schema therapy components on the social support seeking strategy of the studied people. The amount of this difference (effect size) is 0.90%, or in other words, 60% of the variances of grades are caused by group differences, it shows a statistical power of 1. that the sample size was sufficient to investigate this hypothesis.

The fifth sub-hypothesis of schema therapy has an effect on the coping strategies of acceptance of responsibility.

**Table 14: The results of Levine's test regarding the assumption of equal variance of the acceptance of responsibility strategy**

The significance level	Degree of freedom 2	Degree of freedom 1	Amount 4	Indicator
11	38	1	7/05	Post-test of the responsibility acceptance strategy

The results of the table show that the assumption of equality of variances is not rejected; Therefore, covariance analysis can be used.

**Table 15 results of covariance analysis of distance strategy in both experimental and control groups**

Statistical power	ego coefficient	Significant amount	F value	mean square	Degrees of freedom	sum of squares	Sources Change
0.993	0.35	/0001	20/66	56/448	1	44/56	pre-exam
1	0.54	/0001	44/99	122/88	1	122/88	group
				2/73	37	05/101	error
					40	4196	whole

Table number 13 shows that there is a difference between the mean acceptance of responsibility in two groups. (P<0.01)

Therefore, the third sub-hypothesis has been confirmed. This shows the effectiveness of teaching the components of schema therapy on the strategy of acceptance of responsibility of the studied people. The amount of this effect size difference is 0.54%, or in other words, 54% of the variances of the grades are caused by group differences. The statistical power of 1 shows that the volume The sample was enough to check this hypothesis.

### **DISCUSSION:**

The first sub-hypothesis of schema therapy has an effect on direct coping strategies. As seen in chapter four, the F value obtained for the difference in coping strategies between the two groups Testing and control has been significant, that is, schema therapy sessions have an effect on coping strategies. Therefore It can be said that schema therapy has a significant impact on the use of effective effective coping strategies. Due to the So far, no research has directly examined the effectiveness of schema therapy on coping strategies It was not found and therefore it can be said that the result of this hypothesis can be evaluated with similar research. In logical

### **CONCLUSION:**

It seems that schema therapy with different approaches to object relations attachment... and the format of a therapeutic model It is important to improve the coping strategies of people dependent on substances. The second main hypothesis is that schema therapy is effective on social adjustment. As observed in chapter four, the F value obtained for the difference in social adaptation strategies between the two experimental and control groups was significant, that is, schema therapy sessions have an effect on social adaptation strategies. Therefore, it can be said that schema therapy has a significant effect in improving the social adaptation of people dependent on substances. Considering that so far no research has been found that has directly examined the effectiveness of schema therapy on social adaptation, and therefore it can be said that the result of this hypothesis can be evaluated with similar research. As a result, it seems reasonable that schema therapy on depression symptoms Montazeri et al. (2012) and Category B personality disorders of substance-dependent men were confirmed. The first sub-hypothesis of schema therapy has an effect on coping strategies. As observed in the fourth chapter, there is a gap between the average coping strategy in the two experimental and control groups There is a significant difference, that is, schema therapy sessions have an effect on the distance coping strategy of substance dependent people has it. Table number 7 shows that there is a significant difference between the average direct confrontation strategy in two groups has it. (P<0.01) Therefore, the first sub-hypothesis has been confirmed. This shows

the effectiveness of teaching schema therapy components. It has been studied on the direct confrontation strategy of people. The amount of this effect size difference is 0.90 percent or in other words 10% of the variances of the scores are caused by group differences. The statistical power of 1 shows that the sample size It has been enough to check this hypothesis.

The second sub-hypothesis of schema therapy has an effect on coping strategies of distancing. As observed in the fourth chapter, there is a significant difference between the average coping strategy of distancing in the two experimental and control groups, that is, schema therapy sessions have an effect on the coping strategy of distancing people who are dependent on substances. Table number 9 shows that there is a difference between the mean distance in two different groups. ( $P < 0.01$ )

therefore, the second sub-hypothesis has been confirmed. This shows the effectiveness of teaching schema therapy components on the distancing strategy of the studied subjects. The amount of this difference (effect size) is 0.78%, or in other words, 78% of the variances of the grades are caused by group differences. The statistical power of 1 shows that the sample size It has been enough to check this hypothesis. The third sub-hypothesis of schema therapy has an effect on self-control coping strategies. As observed in the fourth chapter, there is a significant difference between the average self-control coping strategy in the experimental and control groups, that is, schema therapy sessions have an effect on the self-control coping strategy of substance dependent people. Table number 11 shows that there is a difference between the mean of self-control in two groups. ( $P < 0.01$ ) Therefore, the third sub-hypothesis has been confirmed. This shows the effectiveness of teaching schema therapy components on the self-control strategy of the studied subjects. The amount of this difference in effect size is 0.81%, or in other words, 81% of the variances of grades are caused by group differences. The statistical power of 1 shows that the sample size It has been enough to check this hypothesis.

The fourth sub-hypothesis of schema therapy has an effect on coping strategies seeking social support. As observed in the fourth chapter, there is a significant difference between the average coping strategy seeking social support in the experimental and control groups. That is, schema therapy sessions have an effect on the social support seeking strategy of substance dependent people. Table No. 13 shows that there is a difference between the mean of seeking social support in two groups. ( $P < 0.01$ ) Therefore, the third sub-hypothesis has been confirmed. This shows the effectiveness of teaching schema therapy components on the social support seeking strategy of the studied people. The amount of

this effect size difference is 0.60%, or in other words, 60% of the variances of the scores caused by group differences. power Statistics 1 shows that the sample size was sufficient to check this hypothesis. Sub-hypothesis: The fifth schema therapy has an effect on the coping strategies of acceptance of responsibility.

As observed in the fourth chapter, between the mean coping strategy of acceptance of responsibility in the two experimental groups and There is a significant control difference. That is, schema therapy sessions on the strategy of accepting the responsibility of dependent people Materials have an effect.

#### **Offers:**

Methadone maintenance outpatient centers with positive coping strategies classes and workshops For people dependent on substances, they can be vaccinated to deal with difficult and stressful situations. According to the confirmation of the effectiveness of schema therapy on coping strategies in this study, psychologists, considering the importance of working with substance dependent people, use this therapeutic method to modify and improve coping strategies. ! people use Considering that schema therapy is a combination of different treatment methods such as cognitive behavioral therapy, Gestalt, etc., it is necessary for psychologists and counselors to use this treatment method more in their treatment approaches.

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