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## The effect of self-control training on alexithymia and tempting ideas in drug-dependent patients

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**Aim:** The aim of the present paper is to study the effectiveness of self-control training on alexithymia and tempting ideas in drug-dependent patients.

**Method:** This research is performed using pre-testing and post-testing plan with control group. The statistical society in this research constitutes all addicted male individuals who voluntarily visited a detoxification centers in Tehran in 2013. The research sample includes 50 addicted men who were chosen by clinical randomly assigned into the two test and control groups. The test group received self-control training for 10 sessions of 45 minutes. To collect the data, we used the Emotion Regulation Questionnaire (short version), Toronto Alexithymia Scale, scale tempting ideas and morphine test.

**Results:** The results of the monotype variance analysis (MANOVA) showed that self-control training has been effective on emotional well-being of individuals who are dependent on drugs.

**Conclusion & Discussion:** Emotional problems are among the most significant factors involved in drug-addiction; drug abusers have considerable problems in regulating and managing their emotions. Self-control skills and the ability to manage one's emotions can help people, in situations with high risk of substance abuse, to acquire coping strategies, to better withstand the unwanted pressure from their friends and to control their own emotions more effectively, all resulting in demonstrating a higher resistance to drug consumption.

### Biography

Hadis Yousefi has completed her Master's degree in Psychology from the University of Mohaghegh Ardabili and Bachelor's degree in Clinical Psychology from Allameh Tabatabaai University in Iran. She has submitted 7 papers in the field of addiction and has 8 years of work experience and research in the field of psychoanalysis and also new treatments for addiction.

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