The effectiveness of mindfulness on the basis of cognitive therapy on increasing happiness in drug addicts

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ABSTRACT: The purpose of this research is to determine the influence of mental awareness treatment on increasing happiness increase in drug addicts on the basis of cognition therapy. Statistical population of this research includes 150 of the addicts who approached to an addiction desertion clinic in Tonekabon. Among these 150 addicts, 102 were above the cut-off point in happiness questionnaire that 30 of them were selected by random sampling method and were put in two groups named experimental and control groups. The research design was empirical and a type of pre-test and post-test with control group. After random selecting of experimental and control group, first the Pre-test was done on the two groups then experimental intervention was offered to the experimental group and after the completion of the treatment plan, post-test was done. Data analysis results have shown in multi-variable covariance (Monkao) and the research hypotheses have been confirmed.

Key words: mindfulness, basis of cognitive therapy, drug addicts, happiness

INTRODUCTION

Happiness refers to the general state of routine good feeling. Positive sentiment is the freshness and vitality which is often in company with routine pleasurable experiences such as walking in a park on a sunny day, giving a surprising gift or a good news, listening to music, making progress in an activity.

Individuals rarely can explain why they feel well if they are more insisted explaining, they usually say everything goes well. Researchers know that what conditions cause individuals feel well and these conditions make positive sentiment in a way that people are not aware of the reason of their happiness. (quoted from Seyed Mohamadi, 2005)

The researches done concerning with happiness show that happy persons, thoughts and behaviours are compatible and helpful. These persons see things with a clear sight, they have prayer and benediction, they try directly to solve their problems and they appeal for others on time help. On the other hand, sad persons think and do things cynically and fantasize, they censure themselves and others, they refuse to make an effort to solve their problems. So mental health includes some main rules which are recognizable by the effect of feeling on human behaviours all dimensions and his progress (involving physical and psychic health skill and training progress in accordance with having social competency and developing positive social relations. (Moradi et al., 2005).

The main Hypotheses

Mental awareness treatment on the basis of cognition therapy is effective on happiness increase.

The Research Method

The Research Design

The present research is an experimental study. The research design consists pre-test and post-test plans of a control group which includes two subject groups and both of them are evaluated two times. The first measurement is done by performing a pre-test and the second measurement is done after applying independent variable for the experimental group by performing a post-test for the two experimental and control groups. To form experimental and control groups, half of the subjects were replaced in the first group and half...
of them were replaced in the second group by means of random sampling method. Considering random sampling, the two groups were the same and dependent variable measuring for both of them was done at the same time and in the same condition.

<table>
<thead>
<tr>
<th>Figure 1</th>
<th>Pre test and post test of control group</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Post-test</td>
</tr>
<tr>
<td>Experimental group</td>
<td>$T_2$</td>
</tr>
<tr>
<td>control group</td>
<td>$T_2$</td>
</tr>
</tbody>
</table>

**Statistical population**
The experimental universe includes 150 people of drug addicts who approached to addiction desertion. Clinic in Tonekabon.

**Sample and Sampling method**
The present research is an experimental study. Research design includes pre-test and post-test of control group that is made up of two subject groups and both of them are evaluated two times. Among 150 addicts, 102 people were selected in accordance with volume sample formula and Morgan table and were given happiness questionnaire after first cribbing 30 people whose scores in the tests were over the cut-off point and higher than normal extend were selected and were replaced randomly in the two fifteen-people groups of experimental and control groups.

The experimental group were given mental awareness treatment. On the basis of the cognition therapy in eight-two-hour-sessions. The control group were in treatment. After 8-week treatment the whole members of experimental and control groups filled in happiness questionnaire again and the needed data were extracted and were processed by SPSS statistical software.

**Means of Data Gathering**
**Oxford Happiness questionnaire**
Oxford Happiness test has 29 items and evaluates the extend of happiness in individual. Theoretical basis of this questionnaire is Argile’s and krosland’s definition of happiness. (They consider it as a constituent which has three main parts: frequency, degree of positive sentiment and average level of satisfaction during a period and not having negative feeling.) This test has been made by Michel Argile and on the basis of Beck depression questionnaire (BDI1979) in 1989. 21 phrases of this questionnaire were taken from BDI and were reversed and eleven questions were added to it in order to cover the other aspects of psychic health. Every question of the happiness questionnaire like Beck depression test contains four options that the subject should select one of them in accordance with his/her own present condition. Today this test is used widely in studies regarding to happiness.

**Oxford Happiness questionnaire Reliability and Validity**

**Reliability**
Argile and his colleagues have reported the Stability of Oxford questionnaire 0.90 by means of kornbach Alfa coefficient and have reported it’s retesting Reliability 0.78 during seven weeks.

**Validity**
In the study of Argile and his colleagues the simultaneous Validity of the questionnaire was calculated 0.43 by using the assessment of their friends about them. Besides, since happiness contains the parts: positive sentiment, satisfaction and nonexistence of negative sentiment, the questionnaire correlation was calculated with 0.32 Brad burn positive sentiment scale, 0.57 life satisfaction index and 0.52 back depression questionnaire.

**Data Analysis Method**
For data analysis, descriptive methods have been used. In descriptive statistics part, diagram, average and standard deviation were used and deductive statistics multiple-covariance analysis were used in order to study the research hypothesis. All the statistical analysis were done by means of SPSS 18 soft were.

**The Research Findings**
**The main hypothesis was analysis by Benfroni adjusted regulated Alfa.**
**The main hypothesis**
Mental awareness treatment on the basis of cognition therapy is effective on happiness increase in drug addicts.
Table 2 . statistical analysis by Benfroni adjusted regulated Alpha , the extend of happiness increase in the two groups of mental awareness treatment on the basis of cognition therapy and control

<table>
<thead>
<tr>
<th>Diffraction Resource</th>
<th>Sum of squares (ss)</th>
<th>degree of freedom df</th>
<th>Squares average</th>
<th>f</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>happiness</td>
<td>1714.826</td>
<td>1</td>
<td>1714.826</td>
<td>118.239</td>
<td>0.001</td>
</tr>
</tbody>
</table>

Table 3 . the comparison between the averages of happiness increase extend in the two groups of mental awareness treatment on the basis of therapy cognition and control.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Averages</th>
<th>Differences</th>
<th>Standard Deviation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>The groups of mental awareness treatment on the basis of therapy cognition and control group</td>
<td>15.997</td>
<td>1.471</td>
<td>0.001</td>
<td></td>
</tr>
</tbody>
</table>

In accordance with the findings of the table number 4-9 for happiness variable considering the calculated F(118.239), p= 0.001 and df = 1, 24 meaningfulness level p= 0.001 is lower than p= 0.005 , so the calculated F is meaningful statistically .

By the way it can be said that there is a meaningful difference in the post- test scores between the group of mental awareness treatment and control group . it can be concluded that by comparison between the two group averages it is denoted that there is a meaningful difference of ( 15.997) extend between the group of mental awareness treatment on the basis of therapy cognition and control group and this disagreement in the level of 0.001 is meaningful statistically . With regard to the meaningfulness of the averages differences , it is mentioned with 99% certainty that the research hypothesis, mental awareness treatment on the basis of treatment cognition is effective on happiness increase in drug addicts , is confirmed.

**DISCUSSION AND CONCLUSION**

**Main hypothesis**

mental awareness treatment on the basis of treatment cognition is effective on happiness increase in drug addicts .

On the basis of the table 4-9 finding for happiness variable considering the calculated f (118.239), p= 0.001 and df = 1, 24 meaningfulness level p= 0.001 is lower than the meaningfulness p= 0.005 , so the calculated F is meaningful statistically . By the way it can be said that there is a meaningful difference in the post- test scores between the group of mental awareness treatment and control group . it can be concluded that by comparison between the two groups averages it is denoted that there is a meaningful difference of ( 15.997) extend between the group of mental awareness treatment on the basis of therapy cognition and control group and this disagreement in the level of 0.001 is meaningful statistically . As regards the meaningfulness of the averages differences , it is mentioned with 0.99 certainty that the research hypothesis, mental awareness treatment on the basis of treatment cognition is affective on happiness increase in drug addicts , is confirmed.


In explaining these finding mentioning that how mental awareness treatment on the basis of cognition therapy is effective on happiness increase in drug addicts change their behaviour and thought and have a strong physical feeling.

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