Title:
effectiveness of Acceptance and Commitment Therapy on Positive and Negative Affect, Self-Criticism and Sense of Shame in industrial Drug Abusers

Abstract:
Current study aims to examine the effectiveness of Acceptance and Commitment Therapy on Positive and Negative Affect, Self-Criticism and Sense of Shame in industrial Drug Abusers in the city of Isfahan. The Method of Research is Quasi-Experimental with Pre-test, Post-test and Follow-up stages conducted on Control Group. Statistical Population comprised all Crystal Meth Abusers who visited Talash Drop-in Center in Ghaleh Shour among which 30 individuals were selected using Convenience Sampling Method who were then randomly classified into Test (15 individuals) and Control (15 individuals) Groups and then these two groups were appraised following the administration of Questionnaires in the Pre-test stage. Afterwards, Intervention began and Therapeutic Interventions using Acceptance and Commitment Approach were conducted on Test Group during 8 sessions each of which lasted 90 minutes with two sessions every week while no variable was applied in Control Group and Individuals in this Group did not receive any treatment and finally Post-test stage was conducted with readministration of Questionnaires following intervention and treatment. The Positive and Negative Affect Schedule(PANAS) of Watson and et al., The Internalized Shame Scale (ISS) of Cook and The Levels of Self-Criticism Scale of Thopmpson & Zuroff (LOSC) were the measuring instruments used in this study. Findings were analyzed with SPSS 22 Software using Statistical Covariance Method and results show that Acceptance and Commitment Intervention positively and significantly affected increase in Positive Affect and decrease in Negative Affect and Sense of Shame while no Significant Effect on Self-Criticism was seen. These results indicate that training Acceptance and Commitment Therapy can improve Positive and Negative Affect and Sense of Shame which are among the main reasons for the initiation and continuation of Drug Abuse in Abusers of Industrial Drugs but this method does not have any impact on the Self-Criticism of this Group.

Keywords:
Acceptance and Commitment Therapy, Positive Affect, Negative Affect, Sense of Shame, Self-Criticism, Addiction-Industrial Drugs.