

## **Effectiveness of cognitive behavioral therapy in reinforcing positive adaption among patients with substance use disorders in the Gaza strip**

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**Background:** Substance use disorders (SUDs) are a serious threat to health and society, focusing on the positive personality traits of the addict and reinforcing them through the CBT program is an important factor in addiction treatment.

**Objectives:** The study aims to evaluate the effectiveness of Cognitive Behavioral Therapy (CBT) in reinforcing positive adaption among patients with SUBs in Gaza Strip.

**Methods:** The experimental design was used; 30 male Participants were distributed randomly into two groups: experimental and control (n = 15) per group. Both groups received the standard treatment, while only the experimental group undergoes the CBT program consisting of (16) sessions over 2 months. All of the subjects completed a positive adaption questionnaire before and after the intervention, and 2 months later (follow-up). The required data were collected and analyzed.

**Results:** a statistically significant difference between the two groups in favor of the experimental group in the level of positive adaption. There are statistically significant differences between the grades ranking averages of the experimental group regarding the post and follow-up measurements on the positive adaption scale after 2 months, the p-value < 0.05 in positive-Adaption in posttest and follow-up measurement. Results indicated that CBT was effective in reinforcing positive adaption among patients with SUDs.

**Conclusions:** The study concludes that CBT sessions have been effective and positive adaption among patients with SUD.

**Keywords:** Cognitive Behavior Therapy, Positive Adaption, Substance Use Disorders

### **Biography**

Osama Jabr Emad completed Phd in clinical psychology. Current Job is Head training and psychosocial programmes department Head of psychiatry research and his research and interests are cognitive behavior therapy, positive adaption; substance use disorders.

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