The Effectiveness of Hope Group Therapy on Body Image and Sexual Satisfaction in Addicted Men: A Randomized Controlled Randomized Clinical Trial Study

Anahita Khodabakhshi Koolaee1*, Mahmood Eslamei2, Farima Mohamadi3

1. Assistant Professor of Counseling, Department of psychology and Education, Faculty of Humanities, Khatam University, Tehran, Iran
2. Master of Counseling, Counseling Department, The Central Branch of Science, Islamic Azad University, Tehran, Iran.
3. Master of Exercise Physiology, Social Determinants of Health Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Corresponding Author: Anahita khodabakhshi koolaee; Psychology and Education Department, Faculty of Humanities, Khatam University, Tehran, Iran
Email: a.khodabakhshid@khatam.ac.ir

Published: 26 December 2016
Accepted: 20 October 2016
Received: 30 September 2016

Abstract:
Background: Addiction has negative consequences on addicted person and his/her family members. The goal of present research was specific effectiveness of Hope group Therapy on Body image and Sexual Satisfaction in Addicted men. Materials and Methods: The research method was semi-experimental with pre and post test by experimental and control groups. Sixty addicted men were selected from Razzi addiction rehabilitation center in Tehran. The participants were elected randomized from who gained the lower scores in sexual satisfaction and body image questionnaires. They were replaced randomized in two groups of research experimental and control. For gathering data used two questionnaires including, Index of Sexual Satisfaction (ISS) and Fisher Body Image. The collected data were entered into SPSS-20 statistical software and analyzed using Covariance method. Results: The findings of research indicated that the mean scores of body image and sexual satisfaction were raised dramatically and significantly after the intervention in experimental group (P<0.0001). While, this changed did not observed in Control group. Conclusion: The results of this study revealed that hope group therapy as a significant psychotherapy intervention can be apply in psychological and rehabilitation centers. This therapy can be improve and help the body image and sexual satisfaction in addicted men. Key words: Hope therapy, Body image, Sexual satisfaction, Men, Addiction