Comparing Dysfunctional Attitudes, Procrastination and Decision-making Styles in Addicted, with and without Relapse

Fateme Hasanabadi⁰, Mojtaba Habibi Asgarabad², Abolghasem Khoshkonesh³

1. Master of Family counseling, Faculty of psychology & Educational Sciences, Shahid Beheshti University, Tehran, Iran
2. Assistant Professor of Health Psychology, Department of Health Psychology, Tehran Institute of Psychiatry-School of Behavioral Sciences and Mental Health, Iran University of Medical Sciences, Tehran, Iran
3. Assistant Professor, Faculty of psychology & Educational Sciences, Shahid Beheshti University, Tehran, Iran

*Corresponding Author: Mojtaba Habibi Asgarabad, Department of Health Psychology, Iran University of Medical Sciences, Tehran, Iran
Email: habibi.m@iums.ac.ir

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Abstract

Background and Objectives: Drug addiction is a chronic and relapse disorder that leads to many negative consequences, so this study was to compare dysfunctional attitudes, procrastination and decision making styles with and without a history of relapse in addicts was conducted.

Material and Methods: This study is a descriptive comparative research. The 180 addicts staffs include 90 participant with relapse (relapse in less than 6 month) and 90 participant without relapse (without relapse in 18 month) were selected by aimed and available sampling and participated in this study. All participants were asked to complete the Dysfunctional attitudes (DAS), Procrastination, Decision-making style (GDMS). Data was analyzed using independent t-test and analysis of variance (MANOVA). The results showed that the two groups with and without a history of relapse are significant differences in procrastination, dysfunctional attitudes and decision-making styles scale.

Results: Procrastination (P=0.037) and dysfunctional attitudes (P=0.001) in addicts with a history of relapse is significantly higher than addicts without a history of relapse. Also addicts with a history of relapse use rational decision-making style (P=0.001) less and Intuitive decision-making style (P=0.001) more than addicts without a history of relapse. There was no significant difference between two groups in spontaneous, dependent, avoidant decision-making styles.

Conclusion: In general, procrastination, dysfunctional attitudes and decision-making styles are related with relapse of addiction.

Keywords: Dysfunctional attitudes, Procrastination, Decision-making styles, Relapse.