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Effectiveness of rational emotive behavior therapy in disputing irrational beliefs of persons with substance use disorders

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The present study explored the effectiveness of rational emotive behavior therapy in disputing irrational beliefs of persons with substance used disorders. It was hypothesized that there is likely to be a decrease in irrational beliefs of persons with substance used disorders after the treatment (REBT). Repeated measure design was used. Sample consisted of (N=12) persons with substance use disorder. It was carried out on in door patients of Drug Addiction at Punjab Institute of Mental Health (PIMH), Fountain House Lahore. Demographic information sheet and MSE was used to rule out others psychiatric illness. The Shortened General Attitude and Belief Scale was used to assess pre and post assessment of irrational beliefs. Wilcoxon signed rank test indicated that there were significantly lower scores in irrationality post test compare to pre test. The present study contributes to resolve patient's emotional turmoil that may put an individual at risk of psychological illness caused by irrational beliefs.

Biography

Adeela Saba has completed advance Diploma in Clinical Psychology from University of Sargodha, Pakistan. She is working as Psychologist at Global Welfare Organization, Pakistan.

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