conferenceseries.com

5th International Conference and Exhibition on

Addiction Research & Therapy

October 03-05, 2016   Atlanta, USA

The effect of bandura's social-cognitive theory implementation on addiction quitting of clients referred to addiction quitting clinics

Ali Dashtgard
Birjand University of medical sciences, Iran

Introduction: Addiction, especially addiction quitting has been the main problem of health systems of many countries in recent years. High percentage of addiction recurrence (more than 80%) indicates that the nature of addiction and its therapeutic method have not been fully recognized and it more effort is demanded in this field.

Drug addiction is a medical disorder and couldn't effectively be treated medically, based on most studies. The effect of medical treatment would be completed, when primary supportive services such as psychological counseling, treating accompanying disease and accessibility to medical and rehabilitation services were provided. As to literature review on addiction, successful preventive education programs are conducted based on well-known Models.

As Bandura's cognitive-social theory is based on interactive dynamic relationship between environmental, personal and individual behavior, this theory could be applied as a basis for interventional strategies.

According to findings, implementing educational program based on Bandura's theory affected significantly on successful quitting; in test group it was 16.7% more than control group. The findings of this study revealed although pharmaceutical treatment is the first choice for addiction, a client needs non pharmaceutical interventions as well as detoxifying to experience stable and effective behavior.

Biography

Ali Dashtdard completed his Msc. in nursing from Mashhad University of Medical Sciences. He teaches as a faculty member of Birjand University of Medical Sciences, and conducted a lot of research on drug addiction in Iran.

dashtgard_1349@yahoo.com

Notes:

J Addict Res Ther
ISSN:2155-6105 JART, an open access journal

Addiction Therapy 2016
October 03-05, 2016

Volume 7, Issue 5(Suppl)

Page 50