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Comparison of childhood traumas and strategies of coping with stress among addicts and normal people

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Introduction: This research has been abided to deliberation and comparison of childhood traumas and strategies of coping with stress among addicted to drugs and normal people.

Methodology: In a causal-comparative design, 100 male addicts and 100 normal people (200 all of them) were chosen by Convenience Sampling. For accumulating information was used from strategies of coping Lazarus scale and childhood traumas questionnaires and were asked from stows of sample that complete these questionnaires. After consisting of data, with using statistical model of logistic regression was abided to analysis of conclusion.

Result: Finding showed addicts were using emotion- focused coping style more than normal people and this kind of styles could anticipate addiction. Also, in all of dimensions of childhood traumas, the mean of numbers of group of addicts was more from normal people and emotional default and sexual abuse could anticipate addiction.

Conclusion: It was concluded that decreasing of numbers in emotion- focused coping style, emotional default and sexual abuse will amplify the contingency of addiction to the drug.

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