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## The efficacy of group logo therapy on reducing depression among people addicted to drugs

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### ABSTRACT

The aim of the present research was to determine the efficacy of group logo therapy on reducing depression among people addicted to drugs. This research is experimental based on pretest and posttest with a control group. The population under study includes addicts referring to methadone treatment centers for drug addiction in the city of Ghorveh (Niko Salamat) in 2013. The sample size of 60 addicts referring to drug addiction clinic was selected based on the simple random sampling. Then based on the questionnaire scores, as many as 20 people who scored the highest scores in the depression questionnaire were chosen and placed randomly under the control and experimental groups. The experimental group was placed under 10 sessions (1.5 hours) of group logo therapy while the control group was placed under no treatment (covariance analysis) and descriptive statistics were used. Findings revealed that the average depression scores in the experimental group posttest are significantly lower than that of the control Group. On the ground of the research findings, one can say that group logo therapy is effective in reducing depression of then addicts.

**Keywords:** Logo therapy; Depression; Addicts; Addiction; Narcotics

### 1. INTRODUCTION

Addiction is thought to be one of the social problems of the modern world, in particular, in countries like Iran with its special young, social and geographic conditions. The addict due

to the fact that he has trespassed social norms and values is considered perverse. He is a patient that is subject to economic, social and cultural conditions and in fact he is a pervert whose pervert way of life leads him to other pervert conducts. Addiction is a social crisis for Iran that if not attended to, it will result in all kinds of deviations, diseases and social problems in a near future (Mozafar et al, 2009). Addiction threatens human societies. Despite dangers and side effects of addiction, more and more people fall victims to it on daily basis. Observing its horrible scenes has not yet been regarded as a serious warning for the peoples' avoidance especially the younger generation (Yousefi and Khaledian, 2012). Given the fact that the addiction age is falling down as well as human and material costs of fighting narcotics distribution and also, mental- physical side effects and in addiction huge costs and low success percentage and lack of motivation by addicts to get improved have overall had no favorable results.

Also, based on performed research, it looks 20-90 % of addicts placed under drug therapy will return (Kamarzarrin et al, 2013). It sounds as if in rehabilitation centers with respect to harm reduction and psychological therapies to change the drug abuse attitude are needed more than ever before. So, psychological therapies and non drug therapies are regarded as important (Kamarzarrin et al, 2012). One of the most important social world criteria is the issue of addiction and its increasing infiltration among the younger generation. Although, drug abuse, has had a long history, and the herbs from which traditional narcotics are obtained are actually Iranian indigenous herbs.

Based on the statistics and reports of the global organizations such as WHO, in parallel with the advancement of the societies, needs and inclinations of the young peoples' behavioral patterns will be transformed and the drug abuse pattern among the young people in the world including Iran, and its capital Tehran, is changing from a traditional style to an industrial approach. In such a way the representative of the bureau of fighting narcotics and crime of the United Nations in Iran, warned about the expansion of industrial narcotics (Islamdoost, 2010). The word opium was taken from the Greek word of Taryaka which is a mixture of 60-70 different substances solvable in honey.

This mixture has an antibody effect against some of the poisons of animals and is used in return for the antibody. The word Taryaka was Teryon in Greek which was an animal with lethal poison. Taryaka, was for the first time referred to a milky resin secreted from a capsular fruit of poppy by Paraslus, the great Swiss chemist and physician and Thomas sernlam, the renowned English physician (Islamdoost, 2010).

According to the 1998 statistics, 237000 acres of the world agricultural land were under the poppy cultivation and in the past year, 4000 tons of opium were produced .27% of the lands under the poppy cultivation was in Afghanistan while 58% of the world narcotics was produced in this country. (Momtazi, 2007). Addiction is a social, psychological and biological disease. Various factors cause addiction that in interaction with each other, leads to starting consumption and then addiction. Effective factors on the person, environmental and social factors as basic factors will result in a situation where the trend of prevention, identification and treatment are planned purposefully. Hence, familiarity with factors causing addiction as well as preserving factors against it is necessary for two reasons. (a) The etiology of people exposed to addiction and conducting necessary preventive measures (b), choosing the type of therapy and service, support and counseling measure needed for addicts. Dangerous factors of drug abuse include personal, interpersonal and socio-environmental factors (Yousefi, and Khaledian , 2012).

Depression could be defined as a kind of disease related disorder that includes changes in five areas of emotion, motivation, behavior, cognition and physique. Depression is a quality that involves sadness, fatigue, frustration while it involves a wide range of habitual disorders with various branches with respect to diagnosing the disease. The main and central characteristics of depression is the deep tendency towards enjoyable daily activities like socialization, recreation, sports, food and sexual rejoice.

The inability to 9 attain rejoice has a sustainable and influencing status and its intensity depends on the number of signs and the degree of its influence. Facing an obstacle in some of the people creates a kind of depression in which the feeling of abandonment, vacuum and the memories of violent separations are revived (Khaledian et al, 2013). Depression is the telling sample of over decision making and definition concerning about thoughts i.e. periods of fear that are based on no truth (Ghrachedaghi, 2001).

Based on the research conducted at the university of Harvard, depression has been the fourth cause of diseases in the world in 1996 and it is predicted that by 2020, this diseases becomes the first cause of diseases in the world (Ghaderi et. al., 2009). For Beck et al, depression is essentially a thinking disorder than a temperament disorder. In the cognitive perspective, depression could best be described as the cognitive triangle of negative thoughts about oneself and the future situation: A depressed person misinterprets realities quite negatively and concentrates on negative aspects of any situation or has disappointing and pessimistic views about the future.

Depression is the salient example of undue decision and definition about thoughts. Periods of fear which is not at all based truth, including person's fear of being left away by his/hers family. Beck defines clinical depression (unipolar) as a phobic disorder that includes changes in five emotional, motivational, behavioral, cognitive and physical areas.

#### *Emotional symptoms*

The majority of people who are depressed are severely heartbroken and sad and they describe themselves as misfortunate people (humiliated). The depressed state that they enjoy little from everything and tend to lose their feelings in recreation and also, they always experience anxiety, anger and restlessness.

#### *Motivational symptoms*

The depressed people often lose their interest in participating ordinary activities. Almost all of them have reported a lack of motivation, spontaneity and internal obsession and may compel themselves for going to work, speaking with friends and having sex relations. One of these people states (that I don't want to do anything; I just want to be with them).

#### *Behavioral symptoms*

Peoples' activities reduce growingly, they lose their own effectuality more than ever before, they spend much of their time in loneliness and may spend longer times in the bed. The depressed people also, may speak slowly and walk slowly and seem to be lackadaisical or lack energy.

### *Cognitive symptoms*

The depressed people have a negative attitude toward themselves and they appraise themselves as good for nothing, humble and sinister. They rebuke themselves for any negative event, while they maybe have nothing to do with them. Another sign of depression is the negative attitude toward the future. They usually become convinced nothing will be made better and feel they are unable to control and change their life styles. The depressed often complains of his own reduced subjective abilities. They have a feeling of dizziness and are unable to recall things. They simply become agitated as a result of external noises and are unable to solve simple problems, time lapses slowly for them. They continually feel they can't do anything properly.

### *Physical symptoms*

The depressed people have often physical problems like headaches, indigestion, constipation and instant dizziness and complain about general illnesses and unpleasant feelings. In fact, some of these people who should be treated via drugs for their physical problems will get improper diagnosis. These people have problem with sleeping and appetite, they also complain about continued fatigue, while this will persist even after sleeping and resting. Generally the depressed people sleep less than others and during sleeping times wake more and those who stand at the other point of the spectrum and include %90 have oversleep. Totally, we can say that depression is a mental state which is specified with a feeling of sadness, loneliness, hopelessness, weakness, self-esteem and self-denunciation. The symptoms of depression also include kinetically and mental retardation or even excitation, withdrawing from interpersonal contacts and vegetative signs like insomnia and anorexia. Generally speaking, depression depends on the number of symptoms and their severity level. In the mildest form, maybe a handful of the symptoms ever exist.

The Frankl's therapy methods and principles are constituted by logo therapy. Logo therapy is a method by which the person is guided in a direction where he can find the life meaning. Thus, then principles of logo therapy is struggle to find the meaning of life which is regarded as the most fundamental driving force for each person in his life span (Shoa kazemi and Sadati, 2010). The necessity of searching for meaning is the personal responsibility. No one, neither, father, mother, nor people nor wife can ever give us the meaning of life. This is our own responsibility to find our way and to continue in case we found it (Kang et al, 2009). Logo therapy, considering the transience of life and human existence calls for man to struggle instead of separation and pessimism. It states what exhausts humans is not their unfavorable suffering and nature rather it is life being meaningless which is devastating.

Should we accept suffering bravely, until the last moment, life will be meaningful and the meaning of life could embrace the potential meaning of pains and woes? Frankl states there is nothing in the world that helps man than finding "sense" of one's existence in life (Frankl, 1963 trans, by Milani, 2012). In Frankl's opinion, there are two layers of meaning: The present meaning and meta meaning. Frankl believes, the latter is a product of a special and situation, not that of the whole life, becomes meta meaning is latent in our meta human aspects. Everybody should discover the present specific meaning and only people themselves understand the present specific meaning. The therapist will facilitate the desire of the patient to reach areas where the meaning is found and guides him (Wong, 2000). We don't discover

meaning in life, rather we create it on our own life. What to respond to life is not important. Life is a process that should be experienced not an issue to be solved (Prochaska & Norcross, 1999). Important subjects that appear in all of his life are issues that under each condition, life is meaningful and the main motivation for living is tendency to meaning.

The human's salient characteristic of man is to struggle for comprehending sense and purpose in life. The duty of the therapist is to give meaning to the ability of the therapy seekers to discover the value system that makes life meaningful. Patients for some time face problems and as a result of lack of definite values will be exposed to anxiety. The therapist's confidence will be of importance if he teaches patient to become confident of their own ability to discover the new source of values. When the world in which patients live becomes non meaningful, there is a possibility that patients ask themselves if continuing to struggle makes sense (Curry, 2008).

Frankl maintains the feeling of meaninglessness is the major existential neurosis in modern life. Meaninglessness leads to vanity, non sensuality or a situation that Frankl calls the vacuum of the existence, since there is no predetermined plan for life. People have the duty of creating their own meaning. Sometimes when people feel they've fallen victim to the life vanity, they give up creating a meaningful life. Experiencing meaninglessness and establishing values that are part of the meaningful life are issues that should be raised in the counseling sessions. Creating a new sense of logotherapy is established to help patients to find meaning in life. It is not the duty of the therapist to tell the patients what their special meaning in life should be, rather he points out they can find meaning when suffering (Frankl, 1969). Choosing a purpose and finding meaning in life could help the failed people to accept, frustration, anxiety and depression (Kmarzarrin, 2013). Results by Grefmi et al (2009), with the subject of the efficacy of group logotherapy on reducing mental symptoms in women affected by the breast cancer indicated that group logotherapy will reduce mental disorders including depression among these women. Results by Moshtagh et al (2012), with the subject of the efficacy of group logotherapy on promoting the mental health among the blind of Isfahan indicated that group logotherapy will increase mental health and reduce depression among the blind.

Results by Gholami et al (2009), with the subject of the efficacy of group logotherapy on life expectancy and general health level among girls with thalassemia indicated that group logotherapy is effective on life expectancy and general health level among such girls. Results by Ghanbari zarandi and Goodarzi (2008), with the subject of the efficacy of group logotherapy on promoting mental health of the women affected by the quakes (Zarand city) indicated that the group logotherapy is effective on the general health level of the women.

Because, logotherapy and group participation is effective for creating a sense of sympathy and preventing isolation among the people, researchers are trying to apply the techniques of this method to reduce depression among the addicts. Because it is possible that addiction leads to depression, so, to plan suitable measures, to promote general mental health and to create policies related to it in the society, there is a need to be acquainted with appropriate treatments including group logotherapy. The results of this research could be applicable for the health systems authorities in order that they can consider non drug treatments so that per capita drug consumption is reduced and patients suffer less from side effects. The present research attempts to answer two questions: 1. Is group logotherapy effective on reducing depression among the addicts? 2. Is group logotherapy effective on increasing life expectancy among the addicts?

## **2. METHODOLOGY**

This research is experimental based on pretest and posttest with a control group. The population under study includes addicts referring to methadone treatment centers for drug addiction in the city of Ghorveh (Niko Salamat) in 2013. The sample size of 60 addicts referring to drug addiction clinic was selected based on the simple random sampling. Then based on the questionnaire scores, as many as 20 people who scored the highest scores in the depression questionnaire were chosen and placed randomly under the control and experimental groups. The experimental group was placed under 10 sessions (1.5 hours) of group logo therapy while the control group was placed under no treatment (covariance analysis) and descriptive statistics were used.

### **Research tools**

Depression questionnaire is a revised Beck's BDI-II depression form with 21 self report items designed for evaluating depression. Each question group includes 4 choices and sentences scores that vary between zeros to 3. The trainee should mark a choice adaptable with its present status. The overall score is from zero to 63. Beck has performed an investigation with relation to the revised form and states this tool shows the presence and intensity of depression signs among the patients and the normal people well as adults and adolescents. The internal consistency of this tool is 0/73 - 0/92 with an 0/86 average and a 0/86 alpha coefficient for patients and 0/8 for non patients (Khaledian et. al., 2013).

### **Group logo therapy**

Manner of implementation: Group sessions are set as 90 minutes, 10 sessions, held once a week

Summary of the sessions are as follow:

*First session:* Determining the goal of the group and the rules of the group, familiarity with the members of the group, counseling and discussion concerning addiction and presenting the group chart and therapy contract

*Second session:* Expressing the problem, discussing the issue of addiction and discussing the impacts of addiction on establishing mental disorders

*Third session:* A compressed expression of concepts and semantic sources as well as responsibility acceptance

*Fourth session:* Attitude changes and getting meaning through ways of discovering meaning

*Fifth session:* Getting meaning from the creation of values and responsibility

*Sixth session:* Getting meaning through experiencing values and from desires

*Seventh session:* Meaning of death, life, freedom and responsibility

*Eighth session:* Responsibility, self support, social interest and overcoming frustration reduced depression

*Ninth session:* Emotional support of the members from each other, completing the incomplete sentences for the members' interaction, members' encouraging each other for demanding an emotional support from each other

*Tenth session:* Summary and summing up of the sessions and speaking of what has been learned in the group, and implementing the depression questionnaires

### 3. FINDINGS

The aim of the present research was to determine the efficacy if group logo therapy on reducing depression among the addicts where the descriptive information of the depression scores are provided in the pretest and posttest in the experimental and control groups , and also, the results of the homogeneity assumption test of the slopes and the results of the covariance analysis on the average scores of the pretest and posttest of the two groups are shown in the Table 1.

**Table 1.** Descriptive information of the depression scores in the pretest and posttest.

Group	N	Control		Experimental	
		Average	SD	Average	SD
Pretest	10	37.6	5.06	40.4	4.57
Posttest	10	37.7	6.9	32.7	3.74

The scores of the scale used are obtained from the sum of the scores of each scale. Hence, the applied scale is the minimum distance. Based on the data of the Table 1, average and standard deviation in the depression variable in the experimental group are 40/4 and 4/57 in the pretest respectively while they are 32/7 and 3/74 in the posttest respectively. The same numbers for the control group are 37/6 and 5/06 in the pretest and 37/77 and 6/9 in the posttest respectively.

**Table 2.** Results of the report of the slopes' homogeneity assumption test.

Variables	Sum of Squares	d.f	Mean Square	F	Sig
Group	7.962	1	7.962	.719	.409
Pretest	332.533	1	332.533	30.041	0/001
Pretest* group	23.160	1	23.160	2.092	0/167
Error	177.112	16	11.069		

Based on the findings of the Table 2, The slopes' homogeneity are not significant for depression with the values of  $F(1,16) = 2/.92$ , thus, the homogeneity assumption of the regression slopes is supported for the variable of depression. Given the above findings, to investigate the hypothesis in question, the covariance analysis was used whose results are provided in Table 3.

**Table 3.** The results of the covariance analysis.

Variables	changes sources	Sum of Squares	df	Mean Square	F	Sig	Eta square
	Pretest	353.928	1	353.928	30.043	0/001	0/639
Depression	Group	262.279	1	262.279	22.263	0/001	0/567
	Error	200.272	17	11.781			

The findings of Table 3, shows that the F value ( $F = 22/26$ ) and the significance level of (0/001) in the group variable is indicative of the difference between the two groups in the posttest. Thus, group logo therapy is effective on the reduction of depression.

#### 4. DISCUSSION AND CONCLUSION

The aim of the present research was to determine the efficacy of group logo therapy on reducing depression among people addicted to drugs. We found out that group logo therapy is effective on reducing depression among the addicts. The findings of this research are in line with those of Ghanbarizarandi & Goodarzi (2008), Gholami et. al. (2009), Grefmi et al (2009), Moshtaghi et. al. (2010). The main point here is that group logo therapy has advantages that helps facilitate the process of treatment. Group logo therapy assists people to effectively learn social skills and then test their knowledge on the others (Richard, 2007). They feel comfortable when they observe other people's problems which are more intense than theirs (Atkinson, 2005).

To explain these data, we can say that the logo therapy emphasizes on the point that depression arises when life becomes meaningless. In other words, when man finds life, meaning less due to problems, he becomes depressed. He sees life filled with fear thoroughly that cannot be overcome. He sees himself powerless creature against life events. An addict is a person that sees life meaningless and feels he's on the brink of life without having got to know the purpose of life. Meaning in life could help patients to get the better of depression and shoulder their own responsibility while relying on freedom to choose life. In Frankl's logo therapy, it is supposed that should man have purpose in life, will be able to dominate his depression and shoulder their own responsibility while relying on freedom to choose life. Logo therapy aims to get man be aware of his own responsibility duty appropriately, leaving his duty up to the patient himself to choose himself and to assume responsibility against others. The patient applying logo therapy learns to give up trepidation and take care of others.

In practice, Frankl, was quite successful in diverting the patients' attention from neurotic and groundless trepidation to more fundamental issues of life. Thus, logo therapy, removes disease symptoms, enabling the man to face life difficulties. It helps man to be mentally healthy and could be depression reduces among the addicts (Kamarzarrin, et. al, 2013). Based on Beck's depression, man produces an excessive generalization based on several negative events and distorts their thoughts (Hawton et. al, 1989; trans by, Ghasemzade, 2007). Participating in such educational sessions with emphasis on meaning will increase life purposes and values as well as interaction with responsibility assuming among people.

Accepting the responsibility and his current conditions, man is induced to struggle for his life improvement. They will reduce depression based on cognitive theories, we can say that participation in such sessions could replace most of the perverse including norms and requirement with terms meaning some time. Given the increase of narcotics, it is recommended that comprehensive papers be conducted at the national level and people become familiar with the side effects of addiction in workshops. More, officials and experts should formulate encompassing plans to reduce narcotic consumption in the society. It is also suggested that other plans of preventing to avoid the process of return among government, important role by mass media to increase addicts be established, such programs as; Campaigning narcotics by the people's understanding of addiction; important role of parents in their interaction with others and children; training people to say no to addiction; educating resistance against the pressure of the peers and ..... . Of limitations of the research, we can say that the follow up stage could not be completed because of lack faces to trainees.

The summary of the research is that being aware based on counseling methods; one can reduce the level of problems on the eve of addiction and reduce the danger of addiction that is on the rise unfortunately. This means we educate people in workshops not to fall victim of negative propaganda and addiction and the aim of is that addiction that is considered a hindrance to a favorable purpose in the society be avoided. The results of this research are of benefit for the prevention of addiction and family counselors and therapists and psychiatrists and academic officials. It is concluded the logo therapy is effective in reducing depression. Since, depression is one of the effective personal factors in addiction and considered as an obstacle against addiction abandonment, thus ways to reduce depression and increase life expectancy are of high importance. Group logo therapy will render in attaining meaning and responsibility assumption as well as attaining goals, leading all the way down to reduced depression.

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