



According To The Forecast Prepared Addiction Attachment Styles, Depression And Psychological Resilience

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ABSTRACT

Original Article:

The present study examined the relationship between attachment style, depression and psychological flexibility was ready to addiction in the first year of secondary school girls. Population is comprised of all high school students in the area of Jarghooyeh. Among high school students in the Jarghooyeh, 90 patients were randomly selected sampling method. In order to analyze the data were analyzed using Pearson correlation and regression. Subjects using the questionnaire attachment style, depression, psychological resilience were examined. The results of the data analysis by Pearson correlation suggests a direct correlation with avoidant attachment style ($r = 0.43$), ambivalent ($r = 0.31$), depression ($r = 0.81$) and a significant inverse correlation with the willingness to addiction and mental flexibility ($r = -0.75$) and secure attachment (-0.44) was prepared addiction. ($p < 0.05$). The results of the regression analysis showed that these three variables are able to account for 0.82 of the variation in fitness components to addiction. ($p < 0.05$)

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1. Introduction

Drug dependence or addiction to drugs in all professions, educational levels and socio-economic class and assigned to individuals and groups are not taken. Given the high prevalence of drug dependence and its treatment difficulties, efforts to identify risk factors in different populations are essential to develop this problem. Alcohol, cigarettes and drugs is one of the consequences of addictive and dangerous, with many youth-related behaviors and events, and is considered a serious threat to personal and community growth. (Anderson, 1998; Quoting from Ghazi Nejad and Savlanpour, 2009.)

Although addiction is a notion that, in all ages, it must be noted, however, the adolescent experience, and personal choice and individual identities are formed at this time, Youth against drug abuse and risky behaviors are particularly vulnerable. For this reason, factors in preventing and protecting youth from drug use and high-risk behavior are important (Khalaj Abadi Farahani and Ebadi, 2004). Having talent and background in the field of drug dependence drug dependence is an absolute necessity (Zeinali, Vahdat and Hamednia, 2007; Quoted by Haji Hasani et al, 2012). Trends in drug cases, psychological factors, social and biological family are involved.

One family factors that impact on a variety of disorders has been proved that attachment styles. Developmental psychology emotional bond between mother and infant attachment and attachment called the neonatal period has started and is stable (Balbi, 1967; Quoted from Khanjani, 2005). Many developmental psychologists agree on three models of attachment. The first pattern is a secure attachment. This type of attachment refers to children when they are faced with stressful situations, your care as a basic source of living for the regulation of anxiety and depression. The second pattern of insecure attachment, This type of attachment refers to children who cannot take care of

themselves as a source of comfort to regulate their negative emotions. These children tend to avoid or ignore their caregivers. The third pattern is ambivalent attachment that includes children who, when faced with situations of anxiety, uncertainty and ambivalence careful to use. (Khanjani et al, 2011)

Many studies have shown that attachment styles, change as a factor in shaping attitudes and personality are important determinants of personality formation. If the Carlston & Sroufe (1995) The importance of organizational practices in systems integration components of emotional attachment, motivation, cognition, and behavior are emphasized. From a psychological standpoint, anti-anxiety drugs are fast; But due to drug use, which leads to a quick and easy relaxation, gradually as a natural part of drug safety has deprived himself of the relations and to achieve the same level of safety that is expected of materials, forced dependency and lack of control over the substance. Depression can also be one of the biological and psychological factors affecting drug dependence, he said. For example Prusakowski, Shofer, Rhodes, & Mills (2010) showed that depressed mothers have a higher addiction levels. Significant and positive relationship between alcohol and marijuana use in adolescents with depression in the research Ostuki (2003) is shown. On the other hand, it seems that thoughts and emotions have a crucial role in the tendency of individuals to addiction. It looks like the ability to write their thoughts and feelings from moment to moment, without the ability to raise the safety of the drug. This well illustrates the concept of psychological flexibility as a component of therapy is based on Acceptance & Commitment therapy. Acceptance and Commitment (ACT) is a process oriented approach, which is known as the third wave of behavior therapy, Unlike traditional cognitive therapy approach to the content of the thoughts and beliefs of patients and the fact that the survey is not examined. Instead, the formation processes of mental pathology in the context of attention problems (Hayes et al, 2006.)

Psychopathology and mental health based on six aspects of the adoption of this approach, cognitive confusion, as background, commitment to act responsibly, exposure time, which the two aspects of behavior and mental processes and commitment to awareness and acceptance is summarized is explained. In this approach, individuals are taught behaviors, helpful and flexible in dealing with the controversial issue of psychological events, such as thoughts and feelings to learn. (Bond & Flaxman, 2006) Psychological flexibility and experiential avoidance are two basic concepts in the context of acceptance and commitment therapy (ACT) (Forman & Herbert, 2009) Psychological resilience is a process that, based on the interaction of explicit knowledge and environmental contingencies that allow individual behaviors persist or change in direction with long-term goals and values that are defined and the ability to contact the present moment and the content of the thoughts and feelings without having to defend is determined (McCracken & Velleman, 2010).

One of the goals obtained, depending on what the situation or behavior changes, or insists on (Forman & Herbert, 2009). In contrast, psychological inflexibility, rigid overcome all values and reduce the probability of the psychological reactions will take. (McCracken & Velleman, 2010) In other words, experiential avoidance is a phenomenon that occurs when a person does not unwilling to remain in contact with particular private experiences In order to modify the form or frequency of these experiences, the main attention to the role of psychological flexibility in accepting thoughts and feelings as well as thoughts and feelings in regard to the tendency to addiction, it seems, Evaluation of the component as a predictor of drug preparation is necessary. Considering the fact that a transitional period is the first year of high school, and also fewer female students in examining issues related to substance dependence was studied, this study sought to examine the role of the three components of psychological resilience, attachment style and depression in drug preparation area junior high school students in Jarghooyeh, is considered one of the deprived areas.

2. Research method

This descriptive - correlation and the population of all high school students comprised the area of Isfahan Jarghooyeh.

Subjects: The sample consisted of 90 first year high school students who were selected by random sampling of the schools area Jarghooyeh.

3. Research Tools

The research tools were questionnaires about each of the following descriptions are provided.

Attachment Style Questionnaire: Attachment and adult attachment questionnaire study by Hazen & Shaver (1987) is presented, is actually measured. The questionnaire contains 15 questions that secure attachment style avoidant and ambivalent attachment style measures and subjects with higher scores on the subscale scores of the investment business has been considered as an attachment. Avoidant attachment style questions 1 to 5; 6 to 10 secure attachment style and 11 to 15, shows the ambivalent attachment style. Hazen & Shaver (1987) the reliability of the questionnaire, 0.80, and Cornbrash's alpha reliability of the 0.78 achieved. Hazen & Shaver showed good criterion validity and content validity, and construct validity have reported it at an optimum level. The concurrent validity of the questionnaire by Rahimian (2004, quoted Agheli, 2013) has shown a significant positive relationship (0.80) .. Questionnaire prepared addiction

In order to assess addiction is an addiction questionnaire to prepare Dehkordian (2001) this questionnaire contains 60 questions that are 6 questions that lie detector. Cutting score on this scale is 26, the top score of 26 business people who are vulnerable to addiction. Questionnaire reliability was estimated using Cronbach alpha 0.89.

4. Inventory of Psychological Flexibility

This scale Frank Bound (2011) for empirical measurement and acceptance act is designed to avoid. This instrument has 49 items that were in the original form in subsequent editions dropped to 7 questions. Questionnaire response is a paper pencil based on five-point Likert scale. High scores indicate greater avoidance of Experimental and inflexibility. While low scores reflect the amount of practice and dedication to higher psychological test is based on the value and flexibility. This questionnaire is widely used in many countries, and its validity and reliability has been confirmed. (Hayes, Strosahl & Wilson et al, 2004) This questionnaire was then translated, re-translated into English and translation accuracy was attained and then to the pilot study was conducted on a sample of 60 employees, calculated Cornbrash alpha reliability was 0.79 in addition to divergent validity, correlations were measured by This Beck Depression Inventory questionnaire that was satisfactory results (Quoted from the Hosseinian and colleagues, 2014)

5. Depression Questionnaire

To measure depression, Beck Depression Inventory was used in this study; this questionnaire was introduced for the first time in 1961 by Beck et al. A self-test and 21 mark in it is incorporated. A high-level analysis of different attempts to determine the internal consistency is shown, the coefficients were obtained from 0.73 to 0.92 with a mean of 0.86. (Marnat, 2005)

Also, the psychometric properties this questionnaire in a sample of 94 people in Iran is as follows: Coefficient alpha 0.91, the correlation coefficient between the two halves of 0.89, one week test-retest coefficient of 0.94 and its correlation with the first edition of the Beck Inventory, 0.93 (Mootabi, 2005; Quoted to Alavi et al, 2011)

6. Research findings

Table (1) Descriptive statistics including means and standard deviations and correlations author of depression, psychological flexibility, and ready attachment style has been shown to be addictive.

Table (1): Mean, standard deviations and correlations mutual research variables

	M	SD	1	2	3	4	5
1 - Psychological Flexibility	33.23	10.77	-				
2 - Depression	45.84	5.85	-0.62*	-			
3 - secure attachment style	7.18	3.16	0.42*	-0.29*	-		

4 - avoidant attachment style	11.15	2.29	-0.42*	0.18*	-0.04	-
5 - ambivalent attachment style	12.66	2.58	-0.33*	0.23*	-0.33*	-0.12
6 - Preparation n addiction	45.27	7.15	-0.75*	0.81*	-0.44*	0.43*
						0.31*

As can be seen in Table (1) Correlation ready to addiction and depression ($r = 0.819$), mental flexibility ($r = -0.75$), secure attachment style ($r = -0.44$), avoidant attachment style ($r = 0.43$) and light ambivalent attachment ($r = 0.31$) is significant at the 0.01 level. Between depression and avoidant and ambivalent attachment styles, the direct and positive fitness addiction and psychological resilience and secure attachment is inversely related.

Table (2): Summary of regression models

R	R2	ADJ R2	R2 Change	F Change	sig
0.9	0.822	0.81	0.82	77.502	0.000*

Table (3): Analysis of variance for significance of regression

	SS	df	MS	F	Sig
Regression	3749.319	5	749.864	77.502	0.000*
Residual	84	9.675			
Total	4562.056	89			

Table (4): Regression coefficients based on the simultaneous

	B	β	t	sig
Flexibility	-0.12	-0.18	-2.56	
Depression	0.71	0.58	9.86	0.000
Secure attachment style	-0.34	-0.15	-2.85	0.005
Avoidant attachment style	0.79	0.25	4.72	0.000
Ambivalent attachment style	0.26	0.09	1.82	0.07

As can be seen in Table (1), R2 is equal to 0.82, 0.82 means that variable changes, drug prepared by attachment styles, depression and psychological resilience is explained. The results of the data analysis, regression methods in Table (4) show that all three variables have a role in explaining the willingness to addiction. Beta values for the variables of depression $\beta=0.58$, psychological resilience $\beta = -0.18$, Secure attachment style $\beta = -0.15$ and avoidant attachment style, 0.25, is significant at the 0.01 level.

7. Discussion and conclusion:

This study examined the relationship between depression, psychological resilience and an attachment style was ready to addiction. If the results in Table (2) showed the correlation matrix between depression, avoidant and ambivalent attachment style was significantly correlated with drug preparation.

According to Table (1), the negative relationship between resilience and psychological predisposition to addiction, although there is no research directly involved in the preparation of the drug review is psychological flexibility but in explaining these results, we can say, since compliance is thinking and feeling in a variety of disorders such as depression Who has the flexibility to act in accordance with the values and not the mind and emotions, hence where their minds are brought into addiction, the more the act values, and thoughts and feelings.

The results showed a significant positive correlation between depression and drug preparation. This result is consistent with the results of Stocki (2003), Prusakowski, Shofer, Rhodes, & Mills.

In explaining these results, we can say that depressed people relief drugs to alleviate their distress would assume On the other hand, since depressed patients have limited social networks, and are more pronounced than in the other corner, to relieve his loneliness to looking the matter. The results also indicated that attachment styles influence the tendency to addiction, this result is consistent with the results of Williams and Kelly (2005) study revealed that: Teens who engage less with their fathers with insecure attachment, they show more behavioral problems. Dehghan also showed that, between attachment and drug abuse and addiction and mental profile Is there a relationship between attachment.(Dehghan,2003) In explaining these results, we can say, those who have insecure attachment styles, they have to get rid of unwanted immune from contact with the family to take refuge in drugs.

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