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**THE EFFECTIVENESS OF GROUP TRAINING WITH MATRIX METHOD ON
LIFESTYLE IN ADDICTED MOTHER**

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ABSTRACT

This study aimed to clarify the effectiveness of group training with The Matrix method on lifestyle in addicted mother in the addiction treatment center of Shiraz. The study is Semi-experimental (pre-test - post-test) with the control group and the test with a follow-up period. The population of this research is all of the mothers and families of sick people who have a dependency on glasses and they have come to the addiction treatment center in Shiraz to quit that in the second half of 2013. Among this population (mothers), 26 patients were selected randomly, the subjects were randomly replaced into two groups (13 patients) and control group (n = 13). The experimental group participated in 10 sessions matrix control group received no intervention. In the present study lifestyle questionnaire (LSQ) was used. Data were analyzed descriptive statistics (central indices (mean) and dispersion (SD)) and inferential statistics (single-parameter and multi-parameter covariance and paired T-test) with the help of software 20 SPSS. The findings suggest that training matrix has a significant impact on the lifestyle and the prevention of accidents and health dimensions but environmental aspects. The results of the follow-up period was stable.

Keywords: Family, Lifestyle, Matrix, Dependence on Stimulants

INTRODUCTION

The family as a social unit is the focus of development, healing and healers and the change of damage and effects, the foundation of prosperity and the bed of the breakdown among its members. The importance of a healthy family is the

same for men and women would exchange ideas, and family members make decisions about the common issues according to their efficiency and ability (Shoae Kazemi and Saif, 2010). Also, it is the first place of personality development, the formation of beliefs and

behavior patterns of the individual. Interaction among its members is a safe haven that support the individual in the face of hardships and stresses of everyday life (Amman Allahi, SabkNejad, Aslani, Nekoei, 2012).The family plays two roles: the local role (internal): social psychological support of themembers.Second, the external role: accommodation of the culture and transfer it to the family and its continuation (Hojtzadeh, 2011).In the view of the person who has pathological behavior (e.g. substance abuse, eating disorders or panic) represents a system that has been wrong. Furthermore, the causes and nature of the problems that a person cannot only clear in the light of his past, but these problems can be better understood when they noted that in the context of family relationships pensioner lost his balance (Goldenberg, Translation: Hassan shah Barvati, Naqshbandi, Arjmand, 2012).As stated consumption can affect the family system and also used the stage collapse. One type of drug addiction is a brain disease glass with physical, psychological, social and economic. The disease of addiction is one of the most important causes of brain damage and mental abilities analysis, including memory, attention, and planning and emotion recognition. The

disease gradually reduces cognitive abilities and created serious problems for them, aspects of the addict's life is severely affected, negatively affected his work and social relations, and he may be collapsed emotionally and mentally (Ekhtiari, Rezapour, 2013).Glass consumption can be-and not necessarily - including uncontrollable behavior and drug use, so that the person's life is preferable to all activities. (Dnyk, Little, Glikman .translated by Mirakbari 2006). The two main aspects of the brain changes of addiction to the glass are: 1- dependency 2- destruction. Dependence is the factor for the continued use and expansion of the degradation and destruction of the brain centers, and it is the factor of the loss of personal control to control the attachment (Ekhtiari, Rezapour 2013).Changes in social conditions over the past two decades cause the fundamental changes in the family on the one hand, and large changes in education and its practices and lifestyles (Bahrami, 2002). Addiction also affects family life, parents who are addicted lifestyle have also affected the lives of their children (Evans and Jackson, 2008). The greatest effects can make use of glass as mentioned is person's lifestyle. Lifestyle can be used as a way of life that a person is associated

with a collector (Ayvns and Jackson, 2008). The concept of life as a series of personality traits that each person is mentally in early childhood in the form of a systematic scheme to individual families in the social fabric is designed for (M., Jacob, Joseph, Mohammad Zadeh, Najafi, 2013). According to what it is mentioned, one of the most important ways to treat of these people is the techniques of cognitive and behavioral therapy matrix, including research that has been done in this area and it is confirmed to be Ashori Mollahzadeh study (2009) showed that cognitive-behavioral therapy is effective in the prevention of relapse in addicts; Turkmen Seifi, Nikrah and Turkmen (2012) in the scholarly treatment efficacy matrix to improve the quality of life and deal with problems in patients who abuse drugs glass polishing; Pernagparn, Limanonda, Ramanata and Pei Lee (2011) in an article to evaluate the process of rehabilitation in Thailand by comparing inpatient outpatient drug treatment centers using matrix and quick way out and research Huber, Ling, Shaptaw, Glaty et al (2002) in the matrix of outpatient treatment model based on a structured approach between methamphetamine and cocaine users are the samples of these researches. Because

of the brain damage due to using the glass, substance abuse treatment is the most difficult drugs to treat that it is done by an experienced team. For the treatment, based on the term, amount, type and methods of use and other substance abuse (drugs), person may need for medical treatment, a hospital or on an outpatient basis. After that psychiatric patients should be evaluated by a psychiatrist familiar with the treatment of drug abuse and treatment, followed by or concurrent with the support of family education to facilitate and expedite the process of rehabilitation of the brain is necessary (Ekhtiari and Rezapour, 2013), and early recovery and prevention skills training and behavioral therapy are returning (Kafrashi, 2008). In fact, the family as the basic nucleus of society is the origin of the formation of social institutions as one of the most important socio-cultural and environmental factors that contribute to substance abuse behavior (Iyrcal, 2013). Unfortunately, many families believe that addiction is a habit (Houghton and Salkvos Dickey, translated by Qasemzadeh, 2009). In most cases pity and misplaced expectations or mistreatment of family and friends with this disease have caused financial and moral capital lost or a family foundation

burst and the addict to continue further damage to behavior (Kafrashi, 2008).

So family members helped to conduct training in dealing with drug index (such as the type of support to drug addicts) to change; and if parents know what is happening at each stage of the recovery of their loved ones better able to adapt to these changes. The group provides family-friendly environment and favorable to them and their families be given information and opportunities for Clients. Clients can take advantage of its features accord recovery (BaratiSadeh, HashemiMeinabad, 2013). The subjects expressed in this research seeks to answer the question that does parental education-dependent by matrix method affect the patients who irritant glass to change their life style?

RESEARCH METHOD

The present study is semi-test (pretest-post-test) with control and test. The statistical population of the research includes 33 people of the mothers who have the addicted child and have referred to Hedayat addiction center in Shiraz in the second half of 2013. Sampling is accomplished randomly that the lifestyle questionnaire LSQ was distributed among the mothers who have the child who are addicted to glass, and among those who obtained lower scores, 26 people were randomly set in two groups:

13 in the experimental group and 13 in witness group. The experimental group participated in the 2 hours classes once a week and received matrix training, and the control group received nothing. After the last session, the post test conducted for two groups and the data were analyzed. One month after the last session, the following session to determine the stability of the test for the test. Also, the central indicators (average) and distribution (standard deviation), and descriptive statistic were used, mono-variable and multi-variable covariance analysis by software SPSS 20 were sued.

Research Tool

The Scale of Lifestyle

Life Style Questionnaire (LSQ) is made and validated by Lali, Abedi and Kajbaf in Isfahan University, The Likert scale has 70 items, and as always (3), often (2) sometimes (1) never (0) to grading.

This tool is multi-dimensional and that its agents were operating 10% of the variance in explaining the value of life, including: physical health, sports and fitness, Weight control and nutrition, disease prevention; mental health, spiritual health, social health, avoid drugs, alcohol, prevention of accident and environmental health.

High score in each component and total of questionnaire indicate that lifestyle is

appropriate. Totally, these ten factors clarifies 46.22 percent variance of lifestyle. It is used to evaluate the reliability of internal consistency and test methods. In the inner harmony between lifestyle factors and the questionnaire, Cronbach's alpha coefficients were calculated Cronbach's alpha coefficients ranged 0/76 to 0/89. Reliability coefficients range from 0/84 to 0/89 in retrieval method (Kajbaf et al., 2012).

RESEARCH FINDING

First hypothesis: Matrix training affects the lifestyle of the mothers who have addicted children to glass.

Mono-variable covariance is used for testing the first hypothesis. First, for analyzing important defaults of covariance analysis, in order to assess the assumptions of covariance analysis, homogeneity test is used for regression slope, and Levin was performed to assess the homogeneity of variance test. The results are shown in Table 1 and 2.

Table (1): The results of Homogeneity of regression slopes between adjuvant (pre-test) and dependent (post-test) at the operating level (experimental and witness groups)

	Total squares	Degree of freedom	Mean square	Value F	Significance level
Pre-test and post-test interaction in the operating levels	1987.276	1	1987.276	10.226	.064

Table 1 shows that engagement levels dependent covariate factor is not significant and therefore the assumption

of homogeneity of regression slopes is available.

Table 2: Results of the homogeneity test of Levin variances

Value F	Degree of freedom 1)df1(Degree of freedom 2)df2(Significance level
4.610	1	24	.062

Dependent variables: post-test lifestyle

As can be seen in Table 2, F was not significant, therefore it can be concluded that there is homogeneity of variances. The results of Tables 1 and 2 show the regression slope homogeneity and

homogeneity of variances exist and therefore there is an opportunity to execute univariate analysis of covariance. The results of univariate analysis of covariance are shown in Table 3.

Table 3: results of the univariate analysis of covariance scores (pretest and posttest) experimental and control groups

The source of changes	Total squares	Degree of freedom	Mean square	Value F	Significance level	Impact
Corrected model	16998.343	2	8499.172	31.213	.000	.731
Intercept	2466.067	1	2466.067	9.057	.006	.283
Pretest lifestyle	7267.228	1	7267.228	26.689	.001	.537
Group	11056.475	1	11056.475	40.605	.001	.638
Error	6262.772	23	272.294			
The total	530903.000	26				
Total corrected	23261.115	25				

Dependent variables: post-test lifestyle

Results Table 3 shows the experimental and control groups are significantly different lifestyle in the average post-test (df = 1, F = 40.605, P <001). In other words, compared to the control group had a greater increase in lifestyle in the test .

In addition, the effect of the intervention of the independent variables 63/0. Table 4 shows that the average life of up to post test is not significant and is therefore sustainable.

Table (4): paired T test

	Pairs difference					T	dg	sig
	Average	SD	Standard error of the mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Post-test lifestyle - followed lifestyle	.15385	1.21423	.33677	-.57991	.88760	.457	12	.656

Second hypothesis: Matrix training affect the dimensions of the lifestyle of mothers with children addicted to glass. In order to test the above hypothesis multivariate covariance analysis was used. Multivariate covariance analysis

was used to assess the presuppositions, box test was used to the homogeneity of variance-covariance matrix. Levin test was used to assess the homogeneity of variances that the results are shown in tables 5 and 6.

Table (5): The results of box test

Box's M	161.865
Value F	1.580
Degree of freedom 1	55
Degree of freedom 2	1860.083
Level of significance	.065

As it can be seen in Table 5, according to insignificant amounts of the test box, the

assumption of homogeneity of variance-covariance matrix is not questioned.

Table (6): The results of the homogeneity test of Levin variances

	Value F	Degree of freedom 1	Degree of freedom 2	Significance level
Physical health	2.154	1	24	.155
Sport and health	1.144	1	24	.296
Weight control and nutrition	1.084	1	24	.308
Prevention of disease	.609	1	24	.443
Psychological health	3.456	1	24	.075
Spiritual	2.069	1	24	.163
Social health	1.915	1	24	.179
Drug avoidance	6.939	1	24	.065
Prevention of incidence	6.485	1	24	.068
Environmental health	3.962	1	24	.068

Due to the insignificant amount of F can be concluded that there is homogeneity of variances.

According to homogeneity of variance-covariance matrix with respect to the

homogeneity of variances, there is the possibility of performing multiple covariance analysis. Univariate and multivariate analysis of covariance can be found in Tables 7 and 8.

Table (7): The results of multivariate covariance analysis

	Values	F	hypothesisdf	Error df	Significance level	Impact
Pillay effect test	.929	6.564 ^b	10.000	5.000	.025	.929
Wilks Lambda test	.071	6.564 ^b	10.000	5.000	.025	.929
Hotelling effect	13.128	6.564 ^b	10.000	5.000	.025	.929
the square root	13.128	6.564 ^b	10.000	5.000	.025	.929

As it can be seen in table 7, there is a significant difference between the control group and the experimental group in

combined dependent variable (ten variables of lifestyle).

Table (8): The results of mono-variable covariance analysis

Dependent variable	Total squares	Degree of freedom	Mean square	Value F	Significance level	Impact
Psychological health	107.597	1	107.597	13.697	.002	.495
Sport and health	62.483	1	62.483	8.570	.011	.380
Weight control and nutrition	60.753	1	60.753	7.739	.015	.356
Prevention of disease	33.696	1	33.696	21.585	.000	.607
Psychological health	149.730	1	149.730	21.314	.000	.604
Spiritual	34.709	1	34.709	7.546	.016	.350

Social health	48.751	1	48.751	6.570	.023	.319
Drug avoidance	122.429	1	122.429	4.803	.046	.255
Prevention of incidence	3.028	1	3.028	1.970	.182	.123
Environmental health	10.794	1	10.794	4.034	.064	.224

As it can be seen in table 8, there is a significant difference between control and experimental group in post-test in all variables of lifestyle (except prevention of incidents and environmental health). In other word, in lifestyle variables in post-test, there is more increase in the experimental group comparing to witness group.

CONCLUSION

The present study is accomplished with the aim of analyzing the effect of teaching mothers who have addicted children to stimulants glass by matrix method on changing their life style. The results showed that there is a significant difference between the control group and experimental group in the average of lifestyle post-test and all of the variables of lifestyle (except the prevention of incidence and the environmental health). It means that the average of lifestyle in the post-test and the average of lifestyle dimensions of the experimental group is more than the average of the control group, it means that the independent variable (matrix training) significantly affect the increase of the average of lifestyle and its dimensions. It is

necessary to mention that the high score in lifestyle indicates the better condition of lifestyle. The similar research has not been found, generally, it is compatible with the researches of Shaprow, Raoson, J Mccan, and Ebert (2008), Mollazadeh and Ashouri (2009), Torkaman, Seifi, Nikrah, and Torkaman (2013), Karkhaneh and Ebrahimi (2012), Mahdi Pourraber, NematAllahi and Nouhi (202). In these researches, the effect and relation of addiction and lifestyle has been analyzed. In clarifying this result, it can be commenced with the Adler's theory that the personality of the person is a form of lifestyle (Sholtz, translated by Karimi, 2007). In this training, the mothers taught to recognize the negative and positive feelings and change this cycle by thought control skills like Stop technique or press button, pinch, changing the negative thought to positive thought, emotion management like writing, speaking with a friend or psychologist, etc. It seems that in matrix training, the persons get familiar with the thought-emotion-behavior cycle (stimulation, thought, temptation and substance abuse) and stop the deficit

cycle by stop thinking technique and emotion management like Stop technique, subjective imagination, etc., (mental health community, 2006, translated by Kafrashi, 2013). Negative thought can cause negative feeling and emotion in the person. Internal or external behaviors (consciously or unconsciously, sensual states) are the effective factors in lifestyle (MahdaviKani, 2007 according to Mahdavian, 2013). We remove the negative feeling by stop thinking techniques. It seems that in matrix training as it is mentioned above, the person recognizes his feeling and control them. The addict's family suffer different feeling such as anxiety, fear, anger, shame or guilty (BaratiSadeh, HashemiMeinabad, 2013). In this training, we guide the person to the identifying her feelings and reforming the thought, emotion, behavior cycle. It seems that matrix has focused this issue by reforming the spiritual, mental problems and the stress related to addiction and by training the skills such as planning, responsibility, etc. (Ekhtiari, et al., 2012).

According to Musak (1971, according to Esno, Rater, and Caren, 2002) the popular man is a person who needs that everyone likes her and satisfy everyone.

In training, it is taught to the members that it is not necessary to satisfy everyone. For example, they should not have relationship with those who are addicted and stimulate addiction. It seems that matrix points to this fact by training to avoid those who stimulate for addiction (mental health community, 2006, translated by Kafrashi, 2013).

According to Musak (1971, according to Esno, Rater, and Caren, 2002), the person who knows himself rightful, he thinks that he has the right and he thinks that the others are wrong more than him. In this training the members have taught not to look for the faulty, because the main faulty is her lifestyle, she should try to compensate past and be responsible for their act. It seems that it is possible in matrix by training to avoid unconscious intervention in treatment (Ekhtiari and et al., 2012).

The atmosphere of family is a method that the family trains the child like pattern. A profile of family atmosphere that is shown by Tomson (2004 according to Shiri, 2007) is degrading, authoritarian, rejecter, perfectionist, inconsistent that these could cause the wrong lifestyle. Considering this issue, it can be conceived that the trained persons could help this issue by sympathy training, trying for reducing stress and

avoid to unconscious intervention that the mental association has issued that (translated by Kafrashi, 2013).

By correct training of the relationship with others and healthful enjoyment (Ekhtiari and et al. 2012), physical and social health, wellbeing, and sport of the members are in suitable condition. In clarifying the conclusion, the questions about two variables prevention of the incidence and environmental health indicate that these two variables are not meaningful, for example, the questions like question NO. 20: I wash the vegetable before eating, questions like No 5, 10, 41, the questions of some variables like NO. 53 for the middle-aged women: I don't use my cellphone when I'm riding bicycle and questions No 15 and 46). Totally, according to the studies it can be concluded that matrix training can be a suitable treatment method for changing the lifestyle.

Finally, it is recommended that the doctors, psychologists, counselors, and especially those who are in addiction treatment center use the results of matrix method for improving the lifestyle of the addicts' family. As the dimensions of the prevention from the incidents and the environmental health are not meaningful, it is recommended that further studies

should be accomplished on these two variables and other factors.

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