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Rational Emotive Behavior Therapy Effectiveness among Persons with Irrational Beliefs experiencing Substance Use Disorder

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The present study explored the effectiveness the Rational Emotive Behavior Therapy in disputing the irrational beliefs persons with substance use disorder. It was hypothesized that there is likely a negative relationship between rational emotive behavior therapy exposures and the irrational beliefs in person with substance use disorder. Repeated measure research design was employed. Purposive sampling was used to draw a sample of 12 patients who had undergone treatment for substance use disorder from addiction ward. PIMH and Fountain House, Lahore (Demographic information sheet, history take examination), and MSE were used to rule out others psychiatric illness. After the careful examination, diagnosis of the substance disorder's irrational beliefs was measured by shortened general attitude and belief scale. The new and personal invention of the study is that pictorial presentation of REBT techniques gives a better understanding and significant result. All the pictures were hand made and mind invention. The present study was able to find out the effectiveness of REBT in disputing irrational beliefs in substance use disorder. The finding of the study indicated a significant difference in irrational beliefs of persons with the substance use disorder before and after the treatment. Based on the finding, it can be concluded that present research provides justification for irrational beliefs in persons with the substance use disorder

Keywords: behavior, therapy irrational, substance use, disorder

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