

The Effectiveness of a Cognitive Bias Modification –Interpretation (CBM-I) on Reducing Frustration related to Negative Interpretation Bias and its Outcomes for Indices of Substance Abuse Behaviors

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Abstract: Introduction: Scientific evidences postulate that Low Frustration Tolerance (LFT) is an underlying predictor of substance abuse. Frustration leads to cognitive biases sensibility to negative interpretation bias. These conditions contribute to the development and maintenance of substance misuse and abuse. We tested whether Cognitive Bias Modification–Interpretation (CBM-I) has the potential to create a real clinical impact for substance abusers. The research included two studies. a) Whether abusers show lower level of implicit and self-reported frustration tolerance; b) the effectiveness of (CBM-I) on reducing frustration related to negative interpretation bias and its outcomes for indices of substance abuse. Methods: Abuser (N=70) and non-abuser participants (N=70) completed Frustration-Discomfort Scale (FDS), substance temptation, positive-negative mood, perceived stress questionnaires and computerized interpretation bias assessment task. In the second study, participants with high score on the (FDS) and computerized interpretation bias assessment task were randomly assigned into experimental (N=12) and control (N=12) groups. At pretest, participants completed (FDS), substance temptation, positive-negative mood, perceived stress questionnaires and computerized interpretation bias assessment task. The experimental group completed 3 sessions of positive interpretation training via CBM-I. The control group completed 3 sessions of neutral interpretation training. At post-test and 1month follow up, all participants also completed the pre-test measures. Results: The results are consistent with our hypothesis suggesting that abusers indicated lower levels of selfreported and implicit frustration tolerance in comparison with non-abusers. Furthermore, facilitating positive interpretations significantly reduced the participants' frustration related to negative interpretation bias and indices of substance abuse behaviors in the experimental group. Conclusions: These findings highlight that using CBM-I for facilitating positive interpretations can have clinical implications in extending intervention efforts in substance abuse.

Keywords: Psychology , Cognitive Bias Modification , Interpretation (CBM-I) , Negative Interpretation Bias , Frustration , Substance Abuse Behaviors