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THE EFFECT OF COGNITIVE BEHAVIOR THERAPY AMONG A SAMPLE OF IRANIAN WOMEN WHO SMOKED AND WERE DEPRESSED IN 2009- 2010: AN EXPERIMENTAL STUDY

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Aim: The aim of the present study is to evaluate the effectiveness of Cognitive Behavior Therapy (CBT) on the decrease of depression and the number of cigarettes smoked per day.

Method: This interventional study was carried out on 112 women (staff of a medical centre), 84 of whom were depressed and as current smokers, used on an average of 25 cigarettes per day. Some 78.6% of them were under psychiatric supervision for nine years. Finally, 28 smokers between the ages 25-55 were randomly selected and divided into two groups:

- 1) experimental, and
- 2) a control group.

The survey instruments were:

- 1) a questionnaire that contained personal, family, and smoking information, and
- 2) The Beck Depression Inventory (BDI).

Participants received six (6) week session of CBT.

Results: Measured the effect of CBT through a pre-test and two post-tests. These results showed that there were significant decreases in depression with a reduction in the number of cigarettes smoked per day.

Conclusion: The results suggested that CBT provided some special benefits for women who smoke and suffer from depression.