

Comparison of the three beliefs of metacognition, life regulation, and thought control and narcissism in successful and unsuccessful people in overcoming anxiety who use opioids

Sepehr Badrkhan¹Fereshteh Basseri² Zahra Niknam³ Sajad jokar⁴ Mohsen bayat^{5*} Zahra Mehtari⁶

1. MA, Faculty of Educational Sciences and Psychology, Zanjan Branch, Islamic Azad University, Zanjan, Iran

2. Master's degree in General Psychology, Faculty of Humanities, Yazd Azad University, Iran

3. Master student of cognitive psychology, Department of psychology and Education, Allame Tabatabaei University, Tehran, Iran

4. Psychology expert, Azad University of Qom, Qom, Iran, and Master of Rehabilitation Counseling, Khomein Azad University, Makarshi, Iran

5. PHD Student of Psychology, Department of Psychology and Educational Sciences, Mohaghegh Ardabili University, Ardabil, Iran

6. Bachelor's student in geology, Faculty of Sciences, Zanjan University, Iran

ARTICLE INFO

Keywords:

*metacognitive beliefs,
Emotion Regulation,
thought control To
leave Met Amftam*

ABSTRACT

Aim: Comparison of the three beliefs of metacognition , life regulation , and thought control and narcissism in successful and unsuccessful people in overcoming anxiety who use opioids . It was teenagers . Method: This Research One study Ali – Comparative is That On Roy two group 50 no one (Persons successful And failed to quit methamphetamine) , The method Sampling in available do became . Information With Questionnaires of metacognitive beliefs, tuning Thrill And Thought control gathering became . analysis And analysis Data with Indicators Descriptive And Test T Independent do became Findings : Results at a significant level 0.01 sign gave Persons Failed to quit methamphetamine From Ability tuning Thrill less Ratio To Persons successful have And At Comparison With successful people More From Positive cognitive beliefs about drugs Use and have lower thought control . Results: The difference between the two groups in these variables can indicate the importance of metacognitive beliefs, emotional regulation and thought control in the success of quitting methamphetamine .



1. Introduction

addiction And misuse Materials damage social destructive Is That With updated and the spread of it, Society At organization, keep Discipline And the health suffering It becomes difficult (Salimi et al., 2015). during Decades The latter because change pattern Consumption Materials From Materials an opioid As Opium And Its derivatives To Materials psychedelic Like cocaine, Glass And alcohol, Dilemma it particle for direct object In the world Today two so much done Is . nowadays Level Production Materials drug Traditional reduction has found At while That Materials psychedelic industrial Inexpensive Price day by day More Production And running Market sale (Westerg et al . , 2013). In fact, psychedelic substances industrial To Category greatness From Materials consumption Applicability it becomes whose character is a normal do not have And during Process complicated Chemical made (Aghabakhshe et al . , 2009). consequences harmful misuse Materials And Along Become Psychological disorders plus On waste wasteful costs Socio - economic society, costs exorbitant On System sanitary societies come in made And death statistics And Mir particle for direct object Increase gives (Jiloha , 2017). misuse And dependency To Materials industrial especially Methamphetamine has become a serious and controversial problem in recent years (Macri , 2011). Consumption Amphetamine And Methamphetamine Can Cause Increase wakefulness, decrease appetite, Irregular Become beat Heart, high blood pressure And hyperthermia (Top to go temperature of Body) to be Ada Mac and Trig (2011) On this they believe That People That long term this Materials particle for direct object Consumption they do With Decrease extreme weight, Difficulties Major Dental , insomnia , Confusion and Even Behavior Aggressive Face be . Psychiatric complications Amphetamines are From Delusion And delusions, aggression, seclusion , depression And Incuriosity , tiredness And decrease Energy, Behavior Repetitious And Mandatory From Sentence Tick and sexual problems (Macri , 2011). experts about reasons And Orientation To Addiction theories Presentation They have given : the group First At available to be Materials particle for direct object the reason Tendency to it they know . group Second Crises And Disorders social particle for direct object They say And group Third Preparations psychological And Features personality particle for direct object They know the reason (Soleimani et al., 2016). At this Background, Results Researches done indicating From the role different Agents intrapersonal, interpersonal And social At Orientation to consume Materials (Soleimani et al., 2016; Selimi, 2017) .

The symptoms of anxiety disorder are a group of symptoms that exist as a common feature among people suffering from various anxiety disorders. These symptoms include:

current concern.

- Sleep disorder : excessive sleep or lack of sleep
- Avoiding stressful situations
- Feeling angry, restless or tense
- imminent danger
- feeling panic
- Fast breathing
- profuse sweating
- shaking
- Feeling weak or tired
- Difficulty concentrating : sufferers cannot think about anything other than the

thing to note is that the presence of one or more of these symptoms does not prove that you have an anxiety disorder, and having a set of these symptoms over a period of time is a criterion

In past theories, such as cognitive-behavioral theory, the main belief was that a disorder or bias in thinking causes substance abuse disorder. But this view has limitations and ignores metacognitive beliefs (Saeed et al., 2010). From Sentence Variable psychological That With Orientation To Consumption Materials it's related to Beliefs metacognition (Kasli et al., 2016; Kashfi, 2013). to believe Flavell (1976) Metacognition particle for direct object Can as every type Knowledge Or Process cognitive defined That At it Assessment, Supervision Or Control cognitive Existence (Akbarzadeh et al., 2014). metacognition One Concept How many facet Contains Knowledge, beliefs, Process and strategies Is That cognition particle for direct object Control And Or Assessment They do from the point of view metacognitive abuse From Materials, Changes quick meaningful in aspects basic As emotions, thoughts Or the memories To Existence brings (Spada and Wells, 2005). Results Research Ahmadi Tahor Soltani and Najafi (1390) also sign gave That Beliefs metacognitive disturbed, as an agent psychological Important At Forecast Orientation Persons To Consumption Materials it works. also At study Kashfi et al. (2011) that To Check Relation Beliefs metacognitive And Your behaviors Destruction conservative At Persons Addicted To Materials drug they paid; Results shows That Among scores Persons At Scale Beliefs metacognitive Positive And The amount of behaviors self Destruction conservative Correlation negative you mean Existence has it.

Another variable discussed in this study is emotion regulation. tuning emotional To behavioral Applicability it becomes that in order change Or adjustment One state of emotional To Work goes (Amstadter et al., 2016). tuning emotional At spectrum breadth From Disorders clinical, From Abusive sentence Materials Role has (Gratz and Roimer, 2013). reports indicating From it Is That Strategies Inappropriate At tuning Thrill, Or Difficulty in tuning Thrill, With Domain breadth From disorders, From Sentence With Orientation And Forecast adaptability addiction In connection Is) Esmail Nesb et al. 2013) usually Thrill From Five feelings Main Happiness, sorrow, anger, the fear And shame derivative it becomes At tuning emotions, what More From All Importance has it, this is That we can Excitement potential dangerous And destructive control (Brad Barry and Graves, 2007). Findings Bairami, Mohadi And Milky sign gave that students a smoker More From Strategies tuning Negative cognition use. Zahid et al. (2009) sign They gave that strategies Positive And negative tuning 16 % excitement From Variance of behavior Among Individual particle for direct object explanation they do. strongest Predictive variable behavior maker Among individual " in Instead genuine It was self-imposed Basis Results this study experts They can be clinical From Strategies tuning Thrill To confrontation I'm sorry spent Materials Use do Down to be Emotion Regulation From Difficulties basic Persons misuse doer Materials is and this the issues To Orientation To Consumption Materials, disability At stop using Materials leading (Fattahi and Mirhashmi, 2017). Sizes tuning Thrill With the danger Beginning soon when Consumption Materials and problems related to it Youth (Wills et al., 2011). The risk of drug use in people with symptoms of post-traumatic stress disorder. Toole et al., 2015), risk dependency To materials (Wills et al., 2015) and retention Treatment effects misuse Materials (Hopwood et al., 2015) in It is communication. Studies Image vector Nervous also sign the giver Abnormalities Cerebral functional And It is structural That From Disadvantages At tuning Thrill People With Consumption disorders Materials story (Arash et al., 2013).

Another variable that can be studied in the discussion of addiction is thought control. At Among Features Mental one From The most important Factors That based on On Approach relatively New self regulatory Is, Thought control is. On Basis models Self-regulatory, Difficulties Man At do it Thought And Use From strategies False Thinking, Cause caught Become At livestock addiction it becomes (Saed et al., 1390). level Down Control Thought That At More theories addiction Role cause Its recognition item Acknowledgment appointment taken Component Collection Failures related With malfunction Prefrontal cortex To Control smart is That At Persons At Exposed the danger above the Consumption material, to Eye She eats (Tarter and colleagues, 2003). Self-control Among the skills related To Function executive And a method To Management Feeling And Behavior Persons in the direction Optimal Is. Control Thought At fact Effort To don't think At item One Thought It is special (Vahs And Boamister 2004). the human Pour et al. (2012) At study self, Relation negative Among

Drug abuse With self-control particle for direct object Report And They announced straw differences of Individual in self-control It can be recognized On effects treatment Disorders bad Expenses Materials the effect put Control cognitive It can also before the nose craving Consumption Materials At Among addicts be Considering the discussion of prevention and rehabilitation in health policies, it is necessary to identify the psychological characteristics in the discussion of addiction and take measures in this direction, so the aim of the present study is to compare Beliefs metacognition tuning emotional And Control Thought At Persons successful And Unsuccessful At Turkish Meth was amphetamine.

Method

Society, sample and sampling method

was a descriptive and comparative causal type . Volume A sample of 100 people Wow by the way Sample get available Done . Society statistics At this Research Contains Male people referrer To Clinics Turkish addiction Ardabil That diagnosis disorder misuse Matt A Mofamin had taken And history Leave less From One year particle for direct object have have been, also Sample At available) From Persons Company doer At meetings associationNA that successful To Turkish With Period (Time over From One year have . became Was

Tool

) **Questionnaire Beliefs Metacognition** : Questionnaire Metacognition -IMCQ Form Short : (30- Questionnaire metacognition in order to Metacognitive beliefs made has been this Questionnaire of items has it And every subject To Materials 30 are - four choice agree I'm not until the 4 = a lot = 1 . Much I agree Response Gives this questionnaire, five The component the trust cognitive Positive beliefs At item Worry, self-awareness cognitive Beliefs negative At item Control inescapable thoughts And the danger And Beliefs in Required To Control thoughts particle for direct object will measure

Questionnaire tuning Emotional : this questionnaire By grass And John (2003) preparation _2 has been Items 2 and 7 for small Scale Extinction And Other objects , 6 , 4 , small Scale Assessment again measures the answers On Basis Scale Likert 7 degree From absolutely Against (1) to absolutely Agree with (7) . Coefficient Alpha Cronbach To Assessment Again 4/97 and To Suppression 4/93 ; And open credit test next From Three Month To Total The scale is reported as 4.67 . At Iran also Psychometric skills this Scale On Roy Students University research fellow Ardabili The subject of study appointment has taken That Coefficient Alpha Cronbach To Assessment again, Extinction And also Total Scale, 4/97 , 4/32 , 4/91 were reported respectively. (Qasim Pour et al. 1371)

Scale Strategies Control Thought : Wales And Davis (1994) for Assessment differences . 3 of Individual At Utilization From Various strategies Control Thought And The relationship it With damage adaptability Emotional, a 30- item scale preparation they did That On Basis One 4 - point scale To The way Likert grading becomes (from 1 = never until the 4 = approx Always) . Score higher Means More to be its surface Variable Is . Guderzi And Esmaeili Turkanburi (1384) coefficient . Alpha Cronbach report 0.81 have done (Goderzi And Esmaeili Turkanburi, 1384)

Procedure

After preparing the data collection tools, obtaining permission from the university and obtaining oral consent from the sample (successful and unsuccessful people in quitting methamphetamine), the objectives of the research were briefly explained to them. Then 100 questionnaires were distributed . among them

t test . were used for analysis

findings

Descriptive and demographic information is shown in Table 1 .

.Table 1 Statistics Descriptive variables Research And Specifications population cognitive At group addicts successful And Unsuccessful

standard deviation	Average	group	characteristic
8/29	33/56	successful	Age
8/45	34/34	Unsuccessful	
0.99	22/2	successful	education
0.89	1/68	Unsuccessful	
18/77	27/66	successful	clean time
0	0	Unsuccessful	
7/84	38/58	successful	metacognition
8/68	41/06	Unsuccessful	
8/16	67/76	successful	Excitement regulation
10/57	63/72	Unsuccessful	
8/05	78/54	successful	Thought control
11/31	73/44	Unsuccessful	

Table 2. Independentt results of metacognition scores

confidence %95 interval of the difference		Standard deviation difference	difference in averages	significance level	Degrees of freedom	t	Variable
Maximum	Lowest						
8/99	1/20	1/96	5/1	0.011	98	2/59	metacognition
00/9	19/1	1/96	5/1	0.035	88/51	2/13	

the same As the independentt- test results ,in Table 2 showthere is a significant difference in the metacognition of successful and unsuccessful drug addicts. The independent- test showed that the ,difference between the conditions is significant: (one range testp , 0.011 <df , 98=t .(2.59=

Table 3. Independentt results of emotion regulation scores

confidence %95 interval of the difference		Standard deviation difference	difference in averages	significance level	Degrees of freedom	t	Variable
Maximum	Lowest						
0.26	-6/3	1/65	-1/02	0.051	98	-1/825	Excitement regulation
0.26	-6/3	1/65	-1/02	0.051	96/98	-1/825	

t test in Table 3 showthat there is a significant difference in the emotion regulation of the unsuccessful group compared to the group of successful addicts. The average difference between conditions was - and at the 95 1.02% confidence level to estimate the average difference for the population was between -6.3 and 0.26. The independent- test showed that the difference between the conditions is ,significant: (one range testp , 0.051 >df , 98 =t .(1.825- =

Table 4. Independentt results of thought control scores

confidence %95 interval of the difference		Standard deviation difference	difference in averages	significance level	Degrees of freedom	t	Variable
Maximum	Lowest						
78/7	0.29	1/89	04/4	0.035	98	2/139	Thought control
79/7	0.28	1/89	04/4	0.035	92/12	2/139	

independentt- test tableshow that compared to the group of successful drug addicts, there is a

significant difference in the thought control of the unsuccessful group. The average difference between the conditions was 4.04 and at the 95% confidence level to estimate the average difference for the population was between 0.29 and 7.78. Independentt- test showed that the difference between ,the conditions is significant: (one-range testp , 0.035 >df , 98=t .(2.139=

Discussion

The aim of the present study was to compare metacognitive beliefs, emotional regulation and thought control in successful and unsuccessful people in quitting methamphetamine . The results of the research showed that there is a significant difference in metacognitive beliefs in two groups. The findings of the present study are consistent with the findings of studies that have investigated the role of metacognitive variables and psychoactive drugs (Spada and Wells, 2006; Tonato, 1999, Spada et al., 2007). Also, the results of this research are in agreement with the researches of Bairami and Mohadi (1392), Kafhi Chi and Mohammad Khani (1391) and Ahmadi Tahor Soltani and Najafi In the aforementioned studies , the findings indicate the relationship between metacognitive ;(1390) beliefs and smoking or people who have addiction and substance abuse problems . Persons less addicted capable To tuning events cognitive And psychological are And followup Goals exclusive . And intervention suffering weakness be strong desire they To Absence Control self Maybe reflection Beliefs Metacognitive disorder be With Attention To Relationship Beliefs metacognitive With psychological consequences , events cognitive Unpleasant Repeated With Recurrence Called . addiction be Existence Such Beliefs metacognitive Possible is expressive Differences At Inhibition t'sConfrontation be At Total, beliefs metacognitive disturbed, skills Confrontation particle for direct object Weakening done, interactions Cognitive (beliefs illogical combative) and) behavioral behaviors non effective) special particle for direct object Shape theygive And The land is used From drugs particle for direct object provide Theybring So, Interventions cognitive special (eg , to . Challenge throw Beliefs illogical And Weakening Consumption self-efficacy And Reinforcement Efficacy refusal From Consumption Materials and Behavioral interventions (eg change behaviors non-medicinal To Encounter Withcognitive states) can To confrontation With Beliefs disturbed Persons Addicted beneficial and effective be (Haji Alizadeh et al., 2018). The study of Tonato (1999 as well Existence Beliefs metacognitive Positive And negative particle for direct object At Abusers (,medicine confirmation did And make a note That Beliefs metacognitive Positive To medicines Appropriate And Be useful Medicines psychedelic particle for direct object At tuning moods emotional And Negative cognition reflect made And Beliefs metacognitive negative With Effect destructive anduncontrollable. medicines related is

Also, the research results showed that there is a significant difference in emotion regulation in two groups. The resultsobtained ,are consistent with the researches of Trindand and Johnson (2002) Trindand, Onger, Chu and Johnson (2004) and Madani Fard et al . Results this Studies expressive this Is That Strategies negative tuning emotional At Persons addicted to Effect skills Down emotional And disability At solve issues And To Opinion comes That Persons Addicted Ability a weakness in control emotions And Collision With the issues AndAppropriate decision making have . At fact Can this Kind explanation did that this Persons has Growth Insufficient At emotions And Proper management At emotions And Behavior are And when That at the beginning of Consumption Materials under Pressure Friends, peers Etc appointment they take , Ability Necessary To Inhibition of consumption Again particle for direct object do not have And Control weak On their emotions, Risk Beginning Consumption Materials And the beginning cycle Addictive behavior particle for direct object Increase . Gives Persons has Strategies Poor adjustment Thrill, Probably more susceptible Use From Risky behaviors as a tool To relief emotions be negative People with substance abuse have difficulty in using their emotions correctly (Islam Dost, 2009). Poor emotion regulation is an important background for substance use disorders (Mazich et al . , 2007). At Total difficulty At tuning Excitement And At when faced With the issues one From Difficulties Persons abuser Materials Is And this Question leading To Break in decisions And Management moods Emotional And emotional these peopleit becomes And Methods solve Issue And Discipline cognitive search Thrill At Persons consumerMaterials And also Coping method they With Temptations And Control emotions have

Very important Is . Studies At Background Check Role Regulation of emotions And Methods Decisionmaking. At Persons Dependent to the materials limited Is

findings indicate a significant relationship between thought control in two successful and unsuccessful ,groups to quit methamphetamine. The results of the present study with the studies of Wells (1995) ,Bishr Pour, Atta Dekht, Khosrovian and Narimani (2013), Human Pour et al. (2014) and Kuknin Kivnin and Polkinen (2002) are aligned . the human Pour et al. (2013) reported a negative relationship between substance abuse and self-control in their study. Cognitive control can also be a predictor of drug addiction among addicts (Basherpour et al., 2014). Building According to the theory of self-regulation, the lack or weakness in thought control and the use of wrong strategies in the thinking process can lead to addiction. Self-control is a way of managing people's behavior, actually trying not to think about a certain thought (Vehs. Bo Amister, 2004). People who have poor thought control are not able to control their emotions and are likely to become regular drug users . The use of self- report scales is a limitation of the present study. In general, according to the significance of the difference between successful and unsuccessful people to quit methamphetamine in the variables of metacognitive beliefs, emotion regulation and thought control, it seems that these variables are important in quitting addicts and the need for cognitive training , emotion regulation And self-control is emphasized in the success of addicts to quit drugs (methamphetamine).

.One of the most important limitations of this research was the lack of female samples

thanking

We hereby acknowledge and thank the medical centers of Ardabil city, the therapists, the staff of the .centers, the participants and all the people who helped us in the implementation of this research

References

- 1- Islam Friend, Soraya (1389). Addiction etiology and cure . Tehran : Payam Noor .
- 2- Esmaeili ,Ancestry ;Maryam an organ ,dry ;Alireza ,Azermi ;aura fruit ,Rahi .Amir (2013) The role of prediction making difficulty At tuning And Tolerance Distress At addiction adaptability Students. Quarterly addiction research misuse .Materials, 8(29), 50-63
- 3- Haji Alizadeh cobra, Bahraini it Abdul Majeed similar Qasim, teacher Arrogant Morteza Role . variables cognitive Dimensions metacognitive And emotions At Behavior misuse Materials The newonesScience cognitive 2008; 11 (3):1-12
- 4- the doctor Mohammad Ali Guderzi, Jacob IsmailiTurkanburi Relation Among Strategies . Control thoughts breach doer And intensity signs obsession Journal researches the system Health Hakim 2004; 8 (4):44- 51
- 5- Saed, Hope; Jacobi, Hamid; Bright, prophet, And Soltani, Marzieh (1390) . Comparison Beliefs Dysfunctional metacognition At Among Persons Dependent And Persons non Dependent To Materials . Quarterly addiction research , 5(17), 75-90
- 6- Fatahi Shengal Abad , Mohammad Reza, Mirhashmi, Malik. (2017) Effectiveness treatment matrix On tuning emotional patients Dependent To Methamphetamine . Journal Science medical University free .Islamic. 28(1).50-57
- 7- .Qasimpour , Abdullah; Ilbeigi , Reza; Hassanzadeh , Shahnaz; Naseri, Abuzar. (2010) Comparison of settings emotional At Smoking students And non a smoker Quarterly Health .And psychology 1 (3). 116-104
- 8- Adamec CA, Triggle DJ (2011). Amphetamines and Methamphetamine (Understanding Drugs). New York; Chelsea House.5-7

- 9- Aghabakhsh H, Siddiqui B, Eskandarei M (2009). Factors affecting drug abuse among youth in industry. *J Soc Stud Q.* ;2 (4):72-87.
- 10- Ahmadi Tahour Soltani M, Najafi M (2011). Compare Metacognitive beliefs and tolerance of ambiguity in addicts, smokers and normals. *J Clin Psychol.* (4):59-67.
- 11- Ahmadi, M, & Najafi, M. (2014). Comparison of metacognitive beliefs and tolerance of ambiguity on smokers, smokers and normal. *Journal of Clinical Psychology.* Number 8,44-67
- 12- Akbarzada D, Akbarzada H, Javan Mard G(2014). Compared the capital psychology and metacognitive beliefs among drug-dependent students and normal students. *J Addict Stud.* ; 8 (31): 10-24.
- 13- Basharpour, S., Atadokht, A., Khosravinia, D., & Narimani, M. (2013). The Role of Cognitive Self-Control and Self-Compassion on Prediction of Treatment Motivation in People with Substance Dependence. *Journal of Health and Care*, 15(4), 60-70.
- 14- Basharpour, S., Khosravinia, D., Atadokht, A., Daneshvar, S., Narimani, M., & Massah, O. (2014). The Role of Self-Compassion, Cognitive Self-Control, and Illness Perception in Predicting Craving in People With Substance Dependence. *Practice in Clinical Psychology*, 2(3), 183-192.
- 15- Beyrami, M, & Movahedi, Y. (2013). Comparing students' cognitive emotion regulation in smokers and nonsmokers. *Journal of Mazandaran University of Medical Sciences*, Issue 109,142-150
- 16- Bradberry T, Greaves J. Emotional intelligence (Skills and tests). Tehran: Savalan; 2007.
- 17- Caselli G, Gemelli A, Spada MM, Wells A (2016). Experimental modification of perspective on thoughts and metacognitive beliefs in alcohol use disorder. *Psychiatry Res.* 244:57-61.
- 18- Cetargh S, Kazemi H, Raeseh Z (2013). Effectiveness of metacognitive beliefs related to substance abusers tempting to industrial materials. *Addict Res.* 7 (28):148-62.
- 19- Ersche, KD, Williams, GB, Robbins, TW, & Bullmore, ET (2013). Meta-analysis of structural brain abnormalities associated with stimulant drug dependence and neuroimaging of addiction vulnerability and resilience. *Current Opinion in Neurobiology*, 23 (4), 615-624.
- 20- Ghahvechi, F, & Mohammadkhani, Sh . (2012). Relationship between metacognitive beliefs, self-regulation and negative emotions in students' smoking, *Zanjan University of Medical Sciences Journal*, 81, 93-102.
- 21- Gratz KL, Roemer L (2013). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the difficulties in Emotion Regulation Scale. *J Psychopathol Behav Assess.*26:41-54.
- 22- Gross JJ, & John, OP (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology* , 85, 348-362.
- 23- Hopwood, CJ, Schade, N., Matusiewicz, A., Daughters, SB, & Lejuez, CW (2015). Emotion regulation promotes persistence in a residential substance abuse treatment. *Substance Use and Misuse*, 50 (2), 251-256.
- 24- Jiloha RC (2017). Prevention, early intervention, and harm reduction of substance use in adolescents. *Indian J Psychiatry* .. 59(1):111-8.
- 25- Kashefi T, Aghamohammadian Sherbaf H, Samareh A (2012). The relationship between metacognitive beliefs and self-destructive behaviors both in addicts and drug addiction and social harm. 2nd National Congress of Psychology; Tehran: Khwarizmi University Student Association; 9-15
- 26- Kashefi T (2013). The relationship between metacognitive beliefs with realistic self-destructive behavior in drug addicts. *QJ Med Sci.*1(2):39-45.

- 27- Kokkonen, M., Kinnunen, T., & Pulkkinen, L. (2002). Direct and indirect effects of adolescent self-control of emotions and behavioral expression on adult health outcomes. *Psychology and Health*, 17(5), 657-670.
- 28- Mezzich, AC, Tarter, RE, Feske, U., Kirisci, L., McNamee, RL, & Day, BS(2007). Assessment of risk for substance use disorder consequent to consumption of illegal drugs: Psychometric validation of the neurobehavioral disinhibition trait. *Psychology of Addictive Behaviors*, 21(4), 508–515.
- 29- Mokri A (2011). Substance abuse treatment manual driving (based on modified pattern editor matrix-fourth). Tehran: Ministry of Health and Medical Education Office of Mental Health, Social and Addiction. 56-58
- 30- Saed, O., Yaghubi, H., Roshan, R. (2010). The role of meta-cognitive belief on substance dependence. *Procedia Social and Behavioral Sciences* , 5, 1676-1680
- 31- Salimi H, Alipour G, Miri V, Kermanshahi F (2017). [Investigation of the Correlation between Sensory Processing Sensitivity and Alexithymia with Tendency to Addiction in Dormitory Resident Female Students of Qazvin University of Medical Sciences, Iran]. *Qom Univ Med Sci J*.11(1):68-78
- 32- Salimi H, Gohari S, Kermanshahi F, Javdan M (2015). [On the Prediction of Addiction Potential Based on Family Process and Content Model in High School Students]. *QJ Res Addict*. 2015;9(34):53-66.
- 33- Soleimani MA, Sharif SP, Yaghoobzadeh A, Ong FS (2016). Relationship Between Hardiness and Addiction Potential in Medical Students. *Iran J Psychiatry Behav Sci*.10(4).
- 34- Spada MM, Wells A (2005). Metacognitions, emotions and alcohol use. *Clin Psychol Psychother*.12(2):150-5.
- 35- Spada, MM, & Wells, A. (2006). Metacognitions about alcohol use in problem drinkers. *Clinical Psychology and Psychotherapy*, 13, 138-143
- 36- Tarter, RE, Kirisci, L., Mezzich, A., Cornelius, JR, Pajer, K., Vanyukov, ..., Clark, D. (2003). Neurobehavioral disinhibition in childhood predicts early age at onset of substance use disorder. *American Journal of Psychiatry*, 160(6), 1078–1085.
- 37- Toneatto, T. (1999). Metacognition and substance use. *Addictive behaviors*, 24, 167-174.
- 38- Trinidad DR, Johnson CA. (2002) The Association between Emotion Intelligence and Early Adolescent Tobacco and Alcohol Use. *Personality and Individual Differences*, 3 (21): 95-105.
- 39- Tull, MT, Bardeen, JR, DiLillo, D., Messman-Moore, T., & Gratz, KL (2015). A prospective investigation of emotion dysregulation as a moderator of the relationship between posttraumatic stress symptoms and substance use severity. *Journal of Anxiety Disorders*, 29 , 52-60.
- 40- Vohs, KD, & Baumeister, RF (2004). Understanding self-regulation: An introduction. In: RF Baumeister, & KD Vohs, Editors, *Handbook of self-regulation, research, theory and its applications*, Guilford, New York.
- 41- Wells, A. (1995). Meta-cognition and worry: A cognitive model of generalized anxiety disorder. *Behavioral and cognitive psychotherapy*, 23(3), 301-320. DOI: 10.1017/S1352465800015897.
- 42- Wills, TA, Pokhrel, P., Morehouse, E., & Fenster, B. (2011). Behavioral and emotional regulation and adolescent substance use problems: a test of moderation effects in a dual-process model. *Psychology of addictive behaviors: journal of the Society of Psychologists in Addictive Behaviors*, 25 (2), 279-292.
- 43- Wills, TA, Simons, JS, & Gibbons, FX (2015). *Self-control and substance use prevention* . Washington, DC: American Psychological Association. 61-68