

P-68 - THE EFFECT OF TEACHING COPING SKILLS ON ANXIETY AND PERSONALITY CHARACTERISTICS IN PERSONS WITH DRUG DEPENDENCY

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Aims and background: Coping skills teach individuals how to face (confront) stress provoking situations. Studies show that drug abusing is correlated to coping skills. Personality Characteristics also have correlation with drug abusing, and in this study, the effect of coping skills on anxiety and personality characteristics in persons with drug dependent have being examined.

Method: This research was a study with available sampling, from 40 addicted who were self referred to TC center. They were in two groups, sample and control .The instrumentations were the Kettles Anxiety Questionnaire, and Eysenck Personality Questionnaire; for analysis of data SPSS was used.

Findings: There was a significant correlation between sample and control groups in anxiety ($p < 0/002$), and personality characteristics. ($p < 0/013$). Coping skills causes the decrease of anxiety in sample group, regarding the average of anxiety in sample (11/14) in comparison to control (1/57) group. Besides, coping skills modify personality characteristics in sample group, comparing the average of tested (examined) characteristics in both groups, sample got (-4/38), and control (0/24).

Results: According to our findings, training coping skills has influenced the decline of anxiety and modification (change) of personality characteristics.