

Compare Effectiveness of Teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High Risk and Substance Abuse Behaviours (Including Case-Study)

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Abstract:

Introduction: womens have damageable of mental and physicals struck more than men. Studies show that about 11% of street women has addiction, moreover they have aggressive behaviours. Aim: This study is a quasi experimental study to compare effectiveness of teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High risk and Substance Abuse Behaviours. Methods : The study sample consisted of 120 women with substance abuse and sexual high risk behaviours of Rasht city that refer to TC and health center. Subjects which were selected by simple random sampling, study design was dobelgroup quasi experimental of pretest - posttest with control group type. Data collection tool for this study consisted of a questionnaire for flexibility designed by Konor and Davison and questionnaire SCL-90-R. Flexability and SCL-90-Rquestionnaire as a pre-test and post-test questionnaires were administered. Teaching Rational Emotive Therapy subjects attended in 10 structured 2 hour duration training sessions per week respectively, but the control group did not receive any training. In order to analyze the data at descriptive statistics level the mean and standard deviation were used and at Inferential statistics level Covariancemulti analysis post hoc test was used. Result: the result showed that effectiveness of teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High risk and Substance Abuse Behaviours. Conclusion: Ellis approach was kind of multi approach that investigated of negative cognition and so many research approved it.

Keywords:

Teaching Rational Emotive Therapy, Flexability, Mental Health

1. Introduction

Dependency and drug abuse have more consequences and risks for women than men. One of the major damages which threatens female drug abusers is HIV transmission.

Women become dependent to narcotic drugs faster than men because of physical and psychological vulnerabilities. Studies have shown that about 11 percent of prostitutes are addicted to drugs, and they have chance of very high levels of exposure to violence. As a result of illegal drug use in women their roles in society as a mother and wife challenges. Stigmatization of women drug users, which leads to lack of society keeping consumption of other, making it difficult to access services. Also, most women are accustomed to their husbands for preparing and consuming drugs. Since many women stay away from society, hence their access to services is difficult. The family addicts heavy stigma of addiction in women and a couple of the major obstacles in the treatment of women and women addiction is is very troubleshoot for every family.

Overdose/intoxication or poisoning, suicide, and accidents caused by the consumption of drugs are the main causes of death in addicted women. Mortality in women in case of injectable drugs are more than. Women's addiction subjected them to sexually dangerous diseases (sexually transmitted diseases, STDs) in addition to high blood pressure, cancer and malnutrition Sexually transmitted disease (STD). On the other hand, women have psychiatric disorders with particularly mood disorders and anxiety more than men.

Most narcotics, psychotropic substances and alcohol, can easily be transmitted through the placenta to the developing fetus may actually have a negative impact on the problem of drug use during pregnancy, the fetus is a potential negative consequences of the results of addiction. Uterus being exposed to drugs and substances such as alcohol, cocaine, amphetamines, heroin, and nicotine is associated with higher rates of unintentional and self abortion and death before labor, premature birth, infants of low birth weight and behavioral and developmental problems in children. Cocaine abuse is the most common material, causing detachment of placenta, irregular, arrhythmias (heart, aortic rupture, stroke, seizures, anemia (ischemia) intestinal, sudden death. Also, the drug abuse damages the mother's ability to care her child and feeding. Since many addicted women are at reproductive ages, the effects of drugs on growing fetus are considered a serious matter. Research has shown that children of mothers addicted to the drug before birth, the mother is a drug addict, drug withdrawal syndrome symptoms to find and they are my world. Drug use during pregnancy can cause low birth weight, preterm delivery, and maternal and childhood malnutrition. Some of these may not be the result of their drug use, but the result is the lifestyle associated with it. On the other hand Resiliency is defined as the ability of a person in compliance with the horrific conditions that includes personal competence, confidence and inner forces, accept change as a positive factor is the spiritual influences. although resilience is partly the result of a personal attribute about other people's experiences with the environment, but humans are not the victim of your heredity or environment, people can be trained by learning some skills to increase their resilience capacity said. People can react in the face of stress and unpleasant events can be changed, so that they can overcome the negative environmental problems. In Terms of Resnick popularity in 2000 resiliency concepts and research related to that is why the view on the capabilities, capacities, hope and

the power of focus. It served as a protective factor against risk behaviors and consequences associated with them are discussed. This may explain why so many in the community, national and local levels to identify factors affecting resiliency, followed by, the program design - Patientcare, and Promotion of the has been abilities required adolescents opinion of the action 2003 th the resiliency as Connor is considered a measure of the ability to cope with stress, oven, quotes Iranpour 1390 is considered a measure of the ability to cope with stress can be an important goal of psychotherapy. So mental health is one of the important issues that affect the growth and development of family and community. World Health Organization (2004) Mental Health as a state of well-being in which individuals recognize their abilities and use them efficiently and productively is useful for the community defines itself. In general, mental health, mental health caused by the prevention of mental illness, factors controlling the incidence, diagnosis, prevention of mental disorders and factors related to back to create a healthy environment in the proper human relations. The patients treated with the Matrix Model made significant progress in their vocational goals and experienced less paranoia, but not less depression, than the control grou. Estoter and Frey studied the causal relationship between the drug and resilience in a longitudinal study looked at 17 years old. They concluded that addiction to various substances at the same time has a negative effect on life satisfaction and resiliency has been the experienced.

In the study by Wells conducted showed that sexual risk Drrftarhay young couple addicted to unhealthy interpersonal relationships, psychological health and is associated with increased suicide. Rason et al studied the impact of motivational interviewing principals in the state of heterosexual and homosexual addicted to methamphetamine users 2-5 years after treatment was performed using matrix models. They reported a significant reduction in the use of Toxicology and urine. In addition, a significant reduction in the use of other substances, such as cocaine and benzodiazepines were noted. Patients treated with the Matrix model made considerable progress in their career goals had little paranoia experienced a significant reduction in depression compared to controls. Rason et al investigated in their study "Comparison of dependency management and rational approach - emotional during methadone maintenance treatment for cocaine dependence," concluded the therapeutic effect was most pronounced dependency management, but was more successful in the long term treatment of the matrix .In the longitudinal study of Sandkist and Frank on all Swedish population 49 to 84 years old, over 4.9 million people at risk of deferoxamine interval 2010 to 2012 known the men hospitalized for alcohol neighborhood of 1.1 to 4.4 than others. Urbanization is one of the most influential factors. Takano et al turned Teenage Slovakia deferoxamine increases the degree of urbanization of residence adolescent girls consumption rate is increased, but remained constant among boys. Also similar study on Japan about 891 qui data has shown that alcohol chemists Badrjh urbanization of residence, participation work is related to age. Christine, Falk, Research as lifestyle and social networking among people with high levels of symptoms of social phobia (social anxiety) did. Groups for social anxiety, social phobia were determined by tests involving 446 patients age 30, 40, 45 years results in patients with social phobia, the high prevalence of unhealthy lifestyle that includes alcohol problems and higher risk coronary heart disease was found. Salia, Frvhlyng and colleagues Multivariate genetic analysis research as specific phobia, separation anxiety and social phobia in childhood did. Genetic analysis of multi variable, environmentally significant overlap between specific phobia and separation anxiety reveals overlapping non-identical family environment, specific phobia and

social phobia showed significantly among the general effects of environmental factors in the family environment and especially three types of phobia plays a significant role. Rational Behavior Therapy-emotional roots in philosophy. Philosophical Foundations of Rational Behavior Therapy-emotional pleasure seeking responsible, fundamental beliefs are humanist and wise man. This means that humans are responsible for seeking the pleasure of a short-term Lzayz painful as drug and alcohol abuse in favor of long-term and longer Lzayz to waive. According to rational behavior therapy - emotional beings and holistic judgment organisms that are offered solely for the purpose of being alive is important. Treat the rational-emotional Various methods of cognitive, emotional and behavioral in itself. Like other cognitive therapists, therapy, mental-emotional techniques to change thinking patterns, feelings and behavior, combines references. This treatment combination and selective method has different behavior in school, humanists and other treatment modality used. Although combination therapy, the focus is on behavioral and cognitive aspects. Rational therapy-emotional self on certain techniques to change thoughts in social situations is emphasized. In addition to understanding the beliefs, mental health - emotional, to help members understand how their beliefs, feelings and behaviors makes them dysfunctional thinking. Rational therapy-emotional symptoms by changing its underlying philosophy helps. Identification of patients at risk training, evaluation, treatment, counseling, sexual to preventable diseases through vaccination Since these are the main actions of women and especially the increasing prevalence of sexually transmitted country, including his world-Balm sexually transmitted to human health (especially women) research on the issue of health.

2. Review of Literature

Taghipour et al.[1], studied Risk analysis in the management of urban construction projects from the perspective of the employer and the contractor. Imbalance between anticipated and actual progress in the development of urban construction projects suggests that there are many obstacles and risks which not only causes the urban management be unsustainable, but the reconstruction and development of urban space is also seriously threatened. the results indicated that the experts listed the most significant risks as the delays in the payment of contractors' claims and statements due to the lack of handling financial instruments, the governance of relationships rather than rules in the tenders resulting from employer actions, low commitment to the quality of work provided by their subcontractors, failure to complete the detail engineering by foreign contractors on time, weaknesses in contractors' financial resources, and offering lower prices than reasonable by contractors to win the tender. Finally, the solutions for eliminating or reducing risks in high risk areas have been offered to provide tranquility for contractors and employers.

Rezvani Befrouei MA et al.[2], discussed Identification and Management of Risks in Construction Projects. Today, risk management in construction projects is considered to be a very important managerial process for achievement of project's objectives in terms of time, costs, quality, safety, and environmental sustainability. Instead of employing a systematic approach for identification of risks, their probability and their effects, most of the studies conducted in this area have focused only on a few aspects of risk management in construction project. the present study aims to identify and analyze the risks associated with development of construction in the greater city of Tehran, employing a comprehensive approach that is consisted of five aspects. After the collection and observation of the data, the output was examined

by Pearson correlation also, using charts and tables. The results indicated that “tight project schedule” present in all five categories- imposed the maximum risk. Also “design variations”, “excessive approval procedures in administrative government departments” and “unsuitable construction program planning” were identified as next high risk factors.

Taghipour et al.[3], studied Analysing the Effects of Physical Conditions of the Workplace on Employees Productivity. One of the issues that today will improve the productivity of any organization is attention to the human factors engineering. The aim of this study was to find the amount of employee’s satisfaction from environmental and organizational factors of their jobs, thus providing guidelines for improving the identified problems which eventually will lead to increase the productivity.

Baghipour sarami et al.[4], studied Modeling of Nurses’ shift Work schedules According to Ergonomics: A case study in Imam sajjad (As) Hospital of Ramsar. In this study, 35 nurses working in the emergency ward of Imam Sajjad (AS) Hospital of Ramsar city, Iran, were considered. The final model was implemented with GAMS and at the end, shift working with ergonomic criteria were proposed. The results showed that the proposed working program on one hand will improve satisfaction and efficiency of nurses and on the other hand it can decrease the effects of disorders on shift work.

Taghipour et al.[5], studied Supply Chain Performance Evaluation in IN The IT Industry. The appraisal of several performance measure agendas and metrics already accessible proposes that supply chain performance measure can be detected under different categories such as cost and non-cost. In this study, developed supply chain of IT industry based on BSC from existing decision making models. Then, industrial projects performance and performance evaluation measures have been determined using a designed questionnaire.

Taghipour et al.[6], studied the Study of the Application of Risk Management in the operation and Maintenance of Power Plant Projects. one of the methods used in good decision making, pay attention to risk management, which is known as an important part of project management and control. Risk management has evolved over time and its systematic method has provided managers with a definite path so that they reduce potential threats to a minimum and reach project goals by the least possible deviations. In this paper, subsequent to an introduction of fundamental concepts of risk, risk management, an account of risk management, methods and its techniques are presented. In the end, following a discussion on how it is practically used in projects in a real and practical sample, risk management and its application are implemented and essential investigations are undertaken into its effects.

Mahboobi et al.[7], discussed Assessing Ergonomic Risk Factors Using Combined Data Envelopment Analysis and Conventional Methods for an Auto Parts Manufacturer. occupational injuries are currently a major contributor to job loss around the world. They are also costly for business. The absence of rational analysis is felt in this area, so mathematical analysis is needed to obtain the logical results of these injuries in order to find gaps or loss points of industry. OBJECTIVE: This paper assesses the effect of five demographic factors on ergonomic risk and occupational injuries using an integrated mathematical programming approach. The obtained results will help managers to carry out any required corrective actions or establish benchmarks.

Taghipour et al.[8], studied Assessment and Analysis of Risk Associated with the Implementation of Enterprise Resource Planning (ERP) Project Using FMEA Technique. Enterprise resource planning (ERP) is one of the latest management tools that can take advantage of information technology to comprehensively gather resources and information in all parts of the organization by an interlocking, system with fast speed and high quality and help users in all organizations and sectors by giving certain modules for managing different sectors such as projects, human resources, and services. Despite the many benefits this system can have for the organization, its implementation and deployment is very risky and costly.

Taghipour et al.[9], studied Construction projects risk management by risk allocation approach using PMBOK standard. Projects' managers in plenty of construction projects which are assumed that are under control, are facing risk as an unknown occurrences and they are attempting to control it and are suffering more costs. Though, by a comprehensible effort and applying risk management, risks are identified and controlled before happening or a plan is provided in order to deal with these occurrences and time and cost are saved. Thus, they have to be controlled and appropriately responded by risk management methods. In this regard, risk management process in PMBOK standard can be a suitable approach to solve this problem.

Taghipour et al.[10], studied The Evaluation of the Relationship between Occupational Accidents and Usage of Personal Protective Equipment in an Auto Making Unit. One of the problems that encounter each work society is occupational accidents. Today, despite the improvements of facilities and working conditions, the possibility of accident occurrence in workplaces and especially in industrial places is inevitable. Since the non-use or misuse of PPE is one of the main causes of accidents in industrial units, the aim of this study is to evaluate the association between occupational accidents and the use of PPE in the body section of a vehicle manufacturing unit. The results showed that there is a meaningful positive relationship between the factor of inadequate PPE and probable hazards of the industrial workplace.

Taghipour et al.[11], studied Necessity Analysis and Optimization of Implementing Projects with The Integration Approach of Risk Management and Value Engineering. Risk management and value engineering have appeared as modern management tools since the mid-19th century and have been used separately in different projects. Due to the ineffectiveness resulting from separate implementation of the two approaches in major projects as well as the similarity between them in terms of their goals and executive structures, this research tries to analyze the separate role of each approach in the project process and examine the possibility of integration and correlation between their different phases. This article aims at introducing and examining a tool that simultaneously has the capability of the two categories.

Taghipour et al.[12], studied Evaluating Project Planning and Control System in Multi-project Organizations under Fuzzy Data Approach Considering Resource Constraints. Projects can be repetitive tasks in specified periods of time and also it may involve some functions which are performed just once. However, in any project, managers and experts consider three basic and important goals: least time, lowest cost and best quality, so all efforts are directed toward achieving these basic goals. Statistics indicate that projects are either conducted on estimated time or delayed and rarely are delivered before due date.

Taghipour et al.[13], studied Risk assessment and analysis of the state DAM construction projects using FMEA technique. Dam construction projects are the most important projects of the country and absorb a considerable amount of the state budget on annual basis. As they take a long time to be completed, they always face risks and many uncertainties. In this study, the researcher intends to use a highly applied qualitative-quantitative methodology (FMEA) to analyze the risks of state dam.

Taghipour et al.[14], studied the impact of ICT on knowledge sharing obstacles in knowledge management process. Today, knowledge is known as a valuable asset in any organization so management of such insensible asset is one of the factors cause success in organizations. But knowledge can be effective when it is shared across the organization. Therefore, knowledge sharing is a key element in the process of knowledge management. This study aimed to check the impact of ICT on knowledge sharing barriers in one of the mobile operator, in Tehran.

Taghipour et al.[15], studied Assessment of the Relationship Between Knowledge Management Implementation and Managers Skills. The Purpose of this study is to consider the effects of knowledge management implementation on manager' s skills of Reezmouj System Company. Results showed that there is a relation between knowledge management.

Taghipour et al.[16], studied Evaluation of the effective variables of the value engineering in services. The value engineering is a systematic method for resolving the problems, reducing the cost and improving the function and quality simultaneously and this leads to the increase of customer satisfaction by investigating and improving the value index. The results of this research which are based on the post managers and specialists responses show that applying value engineering by the post managers has significant effects on reducing the cost, saving time and customer satisfaction.

Taghipour et al.[17], studied Evaluating CCPM method versus CPM in multiple petrochemical projects. Although project management has long been under consideration and various methods have been proposed for timing projects, but they have not been completely responsive to the needs of the project for increasing productivity and customer satisfaction. As a result, increased risks and the incompatibility of the project with the initial Base line plan, necessitate using modern techniques (such as CCPM) as opposed to common methods (such as CPM).

Taghipour et al.[18], studied Application of Cloud Computing in System Management in Order to Control the Process. The implementation and maintenance of organizational resources planning systems is really costly for each business. Large business institutes can pay the costs of organizational systems but due to high costs, small to medium businesses prefer the purchase of these systems and their relevant implementation. Cloud has some advantages in comparison to traditional data centers.

Khodakhah Jeddi et al.[19], studied The Analysis of Effect Colour Psychology on Environmental Graphic in Childeren Ward at Medical Centers. The hospitals are some of architectural spaces, which are assumed as important in terms of design and function due to giving medical services and referrals of various groups of people.

Payamani et al.[20], studied The study of MS patieents life style referred to MS Association (Tehran City, 2008). Multiple sclerosis [M.S] is one of the common autoimmune diseases that effects on central nervous system. There is a close relati on between health and life style, so that we can prevent from rate of disease attacks.

Findings showed there were significant relation between educational level, supportive resources, number of relapse and self-care dimension in life style. Also, relation between marriage status, family income and nutrition dimension in life style was significant.

Ghaed et al.[21], studied Effectiveness of Self-control and Aggression Reduction Skill Training of Male Juvenile Delinquents Correction and Rehabilitation Center.

Ghaed et al.[22], studied Effectiveness of Self-control and Aggression Reduction Skill Training of Male Juvenile Delinquents Correction and Rehabilitation Center (Including Case-Study). The results indicate that self-control skill trainings have improved self-control in male juvenile delinquents as well as reduced their aggression.

Nezamivand et al.[23], studied Compare Effectiveness of Teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High risk and Substance Abuse Behaviours. Result showed that effectiveness of teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High risk and Substance Abuse Behaviours.

3. Methods

This research is an experimental study to compare the effectiveness of training intellectual behavioral therapy - emotional resiliency and mental health of women with high risk sexual behaviors and history of substance abuse has been made. Questionnaires were conducted on 92 and 60 who score below 30 were randomly selected either randomly in a group of 15 persons and 15 persons in a control group. Initiative study, half of the experimental two-group pretest - posttest control group. Data collection in this study included a Connor-Davidson Resilience Scale questionnaire was 90 R SCL. The pre-test and post -test questionnaires Rational Behavior Therapy Education - Emotional participated in 10 sessions of 2 hours on one day a week control group received no training. In order to analyze the data, descriptive statistics of mean and standard deviation and inferential statistics, multivariate analysis of covariance was used. Validity of the study included: Connor - Davidson Resilience Scale reliability in addition to the initial standardization by Kordmyrza Nykoozadh, again with total alpha coefficient equal to 90% were obtained.

Test-retest reliability measures the stability of the test over time on heterogeneous and 94 psychiatric patients after one week of the initial assessment took place. Most of the high correlation coefficients were between 78% to 90% .

4. Description of Sessions

The first session:

Title: Understanding programs and Referrals group members

Objective: To familiarize the members with each other and with the researcher explaining the purpose,

Rules, and expectations of the Department of Public

Methodology: lectures, test run

Second session:

Title: Learn about the concept of knowledge, mindset and attitude formation

Objective: To describe the relative concepts of beliefs , knowledge and their impact on the emotional and behavioral

Methodology: lectures, group discussions and participant contributions

Third session:

Title: education, cognitive restructuring its impact on anxiety

Objective: Understanding the role of individual perceptions of stress and anxiety on the experience gained awareness about the role of stress experienced negative thoughts family

Methodology: lectures, group discussion and music photos

Fourth session:

Title: How thinking (rational and non- rational) its impact on depression

Objective: challenging the thoughts and cognitive errors members and replace negative thoughts with positive thoughts and reasonably sensible change the way of thinking and self-expression Users Group

Methodology: lectures, group discussions, staged

Fifth Session:

Title: (you think) and its relationship to depression and irrational thinking

Objective: Understanding the role of irrational thinking and feeling depressed binding Baydhay

Method: Lecture and group discussion

Sixth Session:

Title: ABC Learning Rational Emotional Behavioural Therapy

Objective: To educate the general philosophy of rational behavior therapy - emotional: “This event was not the cause of your irritation, but you are your impressions of the event causing significant discomfort.”

Methodology: Lectures, group discussions and performances by research assistants

Session VII:

Title: Introduction to fourteen insight into the behavior of rational therapy – Emotional

Objective: To teach the principles and insights of rational behavior therapy – Emotional

Methodology: Lectures , group discussions, role play by participants.

Session VIII:

Title: Coping with distress and stress and increase resiliency against them

Objective: To learn ways to cope with stress and increase resiliency programs using the principles of Rational Emotional Behavioural Therapy - increasing frustration tolerance

Methodology: Lectures, group discussions.

Session IX:

Title: Find long-term goals to achieve self-actualization - the unconditional Education - Training happiness

Methodology: Lectures, group discussions.

Session I:

Title: Summary, overview and conclusions

Objective: To summarize and ensure that participants are rational behavioral therapy - an emotion to be rightly understood. Run the tests

Methodology: Lectures, question and test views.

5. Results

After reviewing procedures such as linear and the assumption of homogeneity of variance and covariance and the assumption of equality of error variance and covariance of the slope of the regression line did not question the authorized investigator of the covariance of the multivariate.

Table 1. Standard deviation of the mean scores of pre-test and post-test levels of mental health and resiliency Vgrvhamvzsh Rational Behavior Therapy - Emotional and control.

| SD | M | N | group | variable |
|------|-------|----|---------|------------------------------|
| 1/94 | 26/73 | 15 | test | 1. Somatization |
| 2/14 | 29 | 15 | control | |
| 1/75 | 27/73 | 15 | test | 2. Obsession and Compulsion |
| 1/83 | 29/07 | 15 | control | |
| 1/91 | 26/07 | 15 | test | 3. Interpersonal sensitivity |
| 2/04 | 27/20 | 15 | control | |
| 2/13 | 38/13 | 15 | test | 4. Depression |
| 1/45 | 39/33 | 15 | control | |
| 2/22 | 32/73 | 15 | test | 5. anxiety |
| 2/91 | 32/73 | 15 | control | |
| 1/88 | 21/40 | 15 | test | 6. aggression |
| 1/62 | 20/27 | 15 | control | |
| 1/72 | 21/33 | 15 | test | 7. phobia |
| 1/49 | 21/73 | 15 | control | |
| 1/24 | 19/40 | 15 | test | 8. Paranoid thoughts |
| 1/37 | 19/80 | 15 | control | |
| 1/64 | 29/53 | 15 | test | 9. Psychosis |
| 1/51 | 30/87 | 15 | control | |
| 2/11 | 21/20 | 15 | test | 10. Resiliency |
| 1/78 | 21/22 | 15 | control | |

Table 2. Adjusted mean scores and standard deviations and group level resiliency and mental health education, behavioral therapy, rational - emotional control.

| SD | M | N | group | variable |
|------|-------|----|---------|------------------------------|
| 0/36 | 20/50 | 15 | test | 1. Somatization |
| 0/36 | 27/14 | 15 | control | |
| 0/36 | 21/23 | 15 | test | 2. Obsession and Compulsion |
| 0/36 | 27/44 | 15 | control | |
| 0/32 | 19/58 | 15 | test | 3. Interpersonal sensitivity |
| 0/32 | 25/81 | 15 | control | |
| 0/67 | 31/48 | 15 | test | 4. Depression |
| 0/67 | 38/12 | 15 | control | |
| 0/42 | 25/31 | 15 | test | 5. anxiety |

| | | | | |
|------|-------|----|---------|----------------------|
| 0/42 | 31/95 | 15 | control | 6. aggression |
| 0/31 | 14/40 | 15 | test | |
| 0/31 | 19/73 | 15 | control | 7. phobia |
| 0/39 | 13/82 | 15 | test | |
| 0/39 | 20/51 | 15 | control | 8. Paranoid thoughts |
| 0/32 | 12/73 | 15 | test | |
| 0/32 | 18/67 | 15 | control | 9. Psychosis |
| 0/25 | 22/80 | 15 | test | |
| 0/25 | 29/40 | 15 | control | 10. Resiliency |
| 0/26 | 31/74 | 15 | test | |
| 0/26 | 21/92 | 15 | control | |

Table 3. The effect (Eta) based on Wilks Lambda test for the combined variable.

| Eta | sig | df2 | df1 | F | Value | group |
|-------|-------|-----|-----|---------|-------|-------|
| 0.895 | 0.001 | 9 | 10 | 187.805 | 0.005 | group |

Table 4. Multivariate analysis of covariance results for resiliency variables and mental health education and group therapy, rational behavior - emotional control.

| D.M | η^2 | Sig | F | MS | SS | df | Source of diffraction |
|------------|----------|-------|--------|---------|---------|----|--|
| -6/55 | 0/87 | 0/001 | 122/06 | 154/77 | 154/77 | 1 | Between groups (Somatization) |
| | | | | 4/456 | 56/32 | 18 | error |
| -6/21 | 0/86 | 0/001 | 110/30 | 138/97 | 138/97 | 1 | Between groups Obsession and) (Compulsion) |
| | | | | 1/260 | 22/679 | 18 | error |
| -6/230/001 | 0/88 | 0/001 | 140/03 | 139/89 | 139/89 | 1 | Between groups Interpersonal) (sensitivity) |
| | | | | 0/999 | 17/98 | 18 | error |
| -6/64 | 0/67 | 0/001 | 35/99 | 158/93 | 158/93 | 1 | Between groups (depression) |
| | | | | 4/41 | 79/47 | 18 | error |
| -6/63 | 0/84 | 0/001 | 93/44 | 158/73 | 158/73 | 1 | Between groups (anxiety) |
| | | | | 0/946 | 30/58 | 18 | error |
| -5/23 | 0/85 | 0/001 | 105/92 | 102/14 | 102/14 | 1 | Between groups (aggression) |
| | | | | 1/51 | 17/36 | 18 | error |
| -6/69 | 0/86 | 0/001 | 106.98 | 161.49 | 161.49 | 1 | Between groups (phobia) |
| | | | | 1/51 | 27.17 | 18 | error |
| -5/94 | 0/87 | 0/001 | 123/94 | 127/111 | 127/111 | 1 | Between groups Paranoid) (thoughts) |
| | | | | 1/03 | 18/46 | 18 | error |
| -6/59 | 0/93 | 0/001 | 255.10 | 156.64 | 156.64 | 1 | Between groups (Psychosis) |
| | | | | 0/61 | 11/05 | 18 | error |
| 9/82 | 0.96 | 0/001 | 509.84 | 347.69 | 347.69 | 1 | Between groups (Resiliency) |
| | | | | 0/68 | 12.27 | 18 | error |

Eta squared as the proportion of variance that is related to the new combination of variables. In this study, variables somatization, obsessive - compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, psychosis, resiliency and will consist of a combination of variables that can be called new mental health. The value that represents the size. Rational Behavior Therapy - Emotional somatization, obsessive - compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, psychosis is resiliency. Namely training rational behavior Therapy - emotional level of somatization, obsessive - compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, psychosis and resilience to cope.

Based on the results shown in Table 4, and for the analysis of dependent variables somatization, obsessive - compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, psychosis and mental resiliency training group behavioral therapy - emotional control, the alpha Miran by Ben IFN (001 / 0) was used. After adjustment, the mean pre-test levels of somatization rate (87.27), the effect of operating between of ($87.0 = 2 P < 0.001$ partial, $06.122 = (18 \text{ and } 1F)$ (Group). Scores Average Adjusted somatization offer the department of health behavior and rational - emotional as compared with the control group tend to have fewer physical complaints. Therefore calculated variable F is statistically significant somatization.

After adjustment, the mean pre-test levels of obsessive compulsive level (40/28), Effects operating between Subjects of ($86.0 = 2 P < 0.001$ partial, $29/110 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted obsession forced to offer health education group rational behavior-emotional, compared with a control group of obsessive compulsive disorders tend to have less. therefore calculated variable F is statistically significant obsessive compulsive disorders.

After adjustment, the mean pre-test sensitivity interpersonal level (63.26), Effects operating between Subjects of ($88/0 = 2 P < 0.001$ partial, $03/140 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted sensitivity.

After adjustment, the mean pre-test depression levels (73.38), the effect of operating between Subjects of ($67/0 = 2 P < 0.001$ partial, $99/35 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted depression suggests rational behavior Therapy education - emotional compared with the control group tend to have less depression. therefore calculated variable F is statistically significant depression.

After adjustment, the mean pre-test anxiety levels (73/32), the effect of operating between Subjects of ($84/0 = 2 P < 0.001$ partial, $44/93 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted anxiety suggests rational behavior Therapy education - emotional compared with the control group tend to have less anxiety. Therefore F calculated anxiety variable is statistically significant.

After adjustment, the mean pre-test level of aggression rate (83/20), the effect of operating between Subjects of ($85/0 = 2 P < 0.001$ partial, $92/105 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted aggression suggests rational behavior Therapy education - emotional compared with the control group tend to have lower. therefore F is calculated statistically significant .

After adjustment, the mean pre-test levels of phobic anxiety level (53/21) , Effects operating between Subjects of ($86/0 = 2 P < 0.001$ partial, $98/106 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted phobia Offer the department of health behavior and

rational-emotional as compared with the control group tend to have less phobia. therefore calculated variable F is statistically significant phobia .

After adjustment, the mean pre-test of paranoid thinking level (60.19), Effects operating between Subjects of ($87/0 = 2 P < 0.001$ partial, $94/123 = (18 \text{ and } 1 F)$ of Group. Scores Average Adjusted paranoid suggests rational behavior Therapy education-emotional compared with the control group tend to have less paranoid. Therefore calculated variable F is statistically significant paranoid.

After adjustment, the mean pre-test levels of psychosis rate (20/30), Effects operating between Subjects of ($93/0 = 2 P < 0.001$ partial, $10/255 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted psychosis suggests the department of health behavior and rational - emotional as compared with the control group tend to have less psychotic. Therefore calculated variable F is statistically significant psychosis.

After adjustment, the mean pre-test level resiliency rate (20/21), the effect of operating between Subjects of ($97/0 = 2 P < 0.001$ partial, $84/509 = (18 \text{ and } 1F)$ of Group. Scores Average Adjusted resiliency offers the department of health behavior and rational-emotional as compared with the control group tend to have less resiliency. Therefore calculated variable F is statistically significant resiliency. Considering the significant difference with an average of 0.99 expressed confidence that the hypothesis of rational behavior therapy training-emotional and mental health resiliency of the high risk sexual behavior history of substance abuse, the confirmed.

6. Conclusions

Rational behavior therapy training-emotional resiliency and mental health of women with high risk sexual behavior and substance abuse history influences rates after adjusting for pre-test mean level of resiliency (20/21), an effect operating between Subjects in ($97/0 = 2 P < 0.001$ partial, $84/509 = (18 \text{ and } 1F)$ of Group. scores Average adjusted resiliency offers training group behavioral therapy, rational - emotional as compared with the control group resiliency less enjoy. Therefore F calculated variable twist technology is statistically significant.

Considering the significant difference with an average of 0.99 expressed confidence that the hypothesis of rational behavior therapy training-emotional and mental health resiliency of high risk sexual behavior history of substance abuse that to be helpful. Study, Baker and colleagues (2005) examined the impact of intellectual treat - 214 was addicted to glass showed a significant increase among those who had received more than 2 sessions can be observed. That the effect is on the depression of basic. Rodrigo and Romer (2005) showed that a family history of substance abuse , smoking in boys risk increases. In girls, sexual attacks or depression , smoking may increase the risk . Also, the experience of being physically attacked or witnessed violence in both sexes was associated with increased smoking.

Beck and colleagues (2008) conducted research that showed gay on people with rational therapy - emotional impact of drug therapy in reducing symptoms of depression in gay Had positively related materials. Are women and men who are addicted , but do not use these tools , have a higher quality of life.

Ahmad, Vstra, (2009), the change reflects a substantial increase in performance in people with anxiety, confidence in the treatment and control of behavior. Bvglr (2006). Focus on applied research as learning and assignments in applied relaxation combined with cognitive therapy on patients with symptoms of social phobia , fear of

embarrassment , shaking , sweating and getting nailed it did. The results showed that after one year of follow-up focus on applied learning and assignments prior to the application of relaxation in reducing the fear of physical symptoms. Mvrtbrg , Clark and colleagues (2007) on efficiency of treatment group versus individual cognitive research under the current treatments for social phobia did. Cognitive therapy or Conventional curing (using MS drugs IRIB), respectively.

Dennis, Gee (2009), In general, these interventions reduce symptoms of post traumatic stress is leading to a possible increase of AIDS , respectively. This study was conducted on 346 women who had recently entered the NIDA Clinical Trials Network participants and the results indicate that risky behavior (at least 12 in two months) in women undergoing treatment were dramatically reduced found. In general, these interventions reduce symptoms of post traumatic stress is leading to a possible increase of AIDS, respectively.

Aspydl, Lkmt (2006), the first event in people with psychiatric cause. And strategies to address these challenges and provide support that will ultimately lead to a reduction in psychotic symptoms in patients and described in table III Stvny a, B, C, and rules, challenge the belief that underlying assumptions and practices, such as using the vertical arrow, the benefit of having thoughts, beliefs opposed and replace examine their beliefs rather than the logical way to punish and reward and increase coping mechanisms or the resiliency and mental health .the humor is part of the emotional healing in order to invalidate the line drawing on the ideas of anxiety says the team will use, in this way reducing physical complain behavioral training and education abdominal relaxation and cognitive techniques were used and that mantra basic physical statethis approach has not been training on mental health. However, it is recommended that this method be implemented on an individual basis and compare it with other approaches to counseling.

The final result Rational Behavior Therapy Training - Emotional Resiliency and high risk sexual behavior and mental health in women with a history of substance abuse is.

Conflicts of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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