# Presenting a Conceptual Model for Predicting Attitude towards Substance Abuse Based on Assertiveness, Psychological Hardiness, and Emotional Regulation in Addicts

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## Abstract

**Introduction:** The main purpose of this study was to represent a conceptual model about the attitude towards the drug abuse based on assertiveness, psychological hardiness and emotional regulation in addicts. **Methodology:** The used method in this research was on the study and library base. In this research was paid attention to literature and the background about the research varieties and then a conceptual model was represented. **Results:** The addiction prevalent have well known that by making positive attitude towards drug and the spread of wrong belief in society they can achieve a good and beneficial market. So one of the general reason of addiction problem is the danger of manner in drug abuse and positive attitude to it and its effect. Accordingly the investigation of the attitude role on drug is an essential point in predicting and remedy of the addiction. In this research the effective factor in positive or negative attitude towards drug and addiction such as assertiveness, psychological hardiness and emotional regulation were discussed. The results show that the attitude has a direct and indirect influence on addictive behavior. **Conclusion:** Therefore, according to the assertiveness, psychological hardiness and emotional regulation, it can be possible to predict the attitude towards drug in addicts. So considering the research findings in predicting the drug abuse, it can be helpful to teach the individual.

**Keywords: Attitude** Towards Substance Abuse, Assertiveness, Psychological Hardiness, Emotional Regulation

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## Introduction

Addiction is a physical, psychological, and social subject (Athamneh, Stein, Quisenberry, Pope & Bickel, 2017), and many factors including genetics, developmental, and socio-economic factors are effective in it (Xia, Seaman, Hickman, Macleod, 2015; Eiseman, 2017). Drug addiction is a pervasive global problem that is a source of concern for many human societies while its prevalence is increasing rapidly in the world and in Iran (Namazpour, Radfar, Ghavami & Sheikhi, 2017). Addiction growth is at about 8 percent annually in the country, while the population growth rate is almost 2.6 percent. Thus, the annual number of addicts grows more than 3 times the population annually (Jafari, Omidi & Fahimi, 2017). In their report op 2016, The United Nations Office on Drugs and Crime (UNODC) reported that in 2014, 247 million people worldwide have been using drugs, of which 29 million are in serious condition (Fedotov, 2016).

Today, drug abuse is one of the most important health related issues due to the decline in quality of life, increased death rates, reduced social, and moral values, and increased criminal behavior (Özdel & Ekinci, 2014; Moazen et al., 2015). Psychiatric disorders associated with addiction have had devastating effects on physical, psychological, family, and social issues, and the consequences of this disease will be costly for governments. Deep depression, anxiety, borderline personality disorders, and antisocial personality disorder are among the most common psychiatric diagnoses among addicts (Sakunpong, Choochom & Taephant, 2016). The results of the studies indicate that the intention of individuals for first-time drug abuse is affected by their attitude toward substance abuse (Aghababaei et al., 2012). On one hand, the formation of a positive or negative attitude resulting from the combination of knowledge, information, beliefs and affections of people about drugs, on the one hand, and the value they place on drugs, form their attitude towards drugs. This individuals' attitude issue has been notified in many psychological topics including Social-psychological ones (Khalili et al., 2011).

Researches have indicated that personality traits, including cognitive factors, are important in the tendency toward high-risk behaviors such as smoking, using alcohol, and having insecure sexual activity (Polimeni et al., 2010). Costa and McCarey have defined the personality characteristics as "the dimensions of individual differences in the desire to show the stable patterns of thought, emotion, and action" (Costa and Mccrae 1987; quoted by Aderam & Nikmanesh, 2012). Psychological hardiness is one of the personality traits that should be considered by researchers in the field of addiction. Kobasa (1970) has introduced this concept as a moderating factor against stressful life events, in particular the occurrence of various forms of physical illnesses (Khoshba & Maddi, 1992). Psychological hardiness consists of three basic components, including control (the ability to control various situations of life), commitment (tendency to engagement or running away of doing something), and the challenge (the ability to understand that changes in life are something natural) (Horsburg et al., 2008). Shier and Golbi (2007) have shown in their research that psychological hardiness reduces the stressful events and also the psychosocial arousal resulting from these events and has a positive effect on the health of individuals. Kobasa and Puccetti (1983) believe that psychological hardiness features including significant curiosity,

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tendency to have interesting and meaningful experiences, self-assertiveness, being energetic, and the fact that change in life is a natural occurrence, can be effective in individuals' tolerance against stressful life events (quoted by Zahed et al., 2009). Studies have shown that hardiness has a positive correlation with physical and mental health and, as a source of internal resistance, reduces the negative effects of stress, and prevents physical and psychological disorders (Berimnezhad et al., 2007). Therefore, it seems that decreasing the level of psychological hardiness of a person can have a negative effect on their mental health and may affect their tendency towards criminal behaviors such as addiction.

The other personality trait, which is considered as a predictor of addiction in this research, is assertiveness. Assertiveness is defined as the ability to defend oneself, as well as the ability to say "no" to the demands that one does not want to do (Adam Rita, 2010; quoted by Haji Hasani et al., 2012). Researches of Green, Forrhand, Beck & Vosk (1980, quoted by Haji Hasani et al., 2012) have shown that individuals with lesser self-expression tend to be more depressed and have less performance in school. The results of Forouddin & Sadrosadat (2002) have shown that the self-concept of addicts and non-addicts is different, and negative self-concept can be a factor in the tendency towards addiction. It should be noted that in the research conducted by Zargar, Najarian, and Naeemi (2008) on employees of an industrial company in Ahwaz, there was no significant relationship observed between self-assertiveness and preparation for addiction.

On the other hand, given that in recent years the consumption of drugs has become one of the most serious human problems and one of the most complex human phenomena, it's been argued that emotional regulation is an essential and important motive for substance abuse, in fact drug abusers mostly attribute their consumption to their tranquilizer properties (Pivarunas & Conner, 2015). In other words, substance abuse is one of the motive and coping mechanisms (Thomas, 2011), and the high consumption of drugs and cigarettes in students indicates the high popularity of this coping mechanism among this social stratum (Eichen et al., 2016). Researches have also indicated that drug abuse is a result of low levels of emotional regulation and disability in effective coping with excitement and managing them, especially in the beginning steps of drug abuse (Pickover, Yurasek, Lejuez & Murphy, 2014). Ivanov, Newcorn, Morton, & Tricamo (2011) have also stated that the weakness in emotional regulation through increased impulsivity and risk behaviors may lead to substance abuse. Some studies have also shown that the individuals with weak emotional regulation strategies may be more likely than others to have risky behaviors as a tool for relieving emotional exaggeration (McManus, Surawy, Muse, Vazquez-Montes, Williams & Mark, 2012). As it is seen publicly, drug addict individuals in comparison with others have weaker emotional regulation control (Nie et al., 2018) and more problems in emotional regulation, for example, suppression and avoidance by using more drugs, are in line as a method of emotional regulation (Kirisci et al,. 2015). In addition, substance abuse is associated with many emotional disturbances such as depression, which is specified by a defect in regulation of emotions, and a combination of substance abuse and emotional disturbances predicts a larger issue recurrence (Bayles, 2014).

Given the relationship between assertiveness, psychological hardiness and emotional regulation, as well as considering the necessity for measurement of addiction potential of the adolescent and young and importance if recognition of its factors; and also considering the special demographic, social, and economic texture of Tehran city; and due to epidemiological studies showing that in today's societies the prevalence of addiction in the adolescents and young is increasing; Hence, according to the above-mentioned points, in this research, the goal of this research a conceptual

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model of prediction of attitudes towards drugs based on assertiveness, psychological hardiness, and emotional regulation in addicts is proposed.

**4- Research methodology**

The present study is a review type; and library textures and information databases were used to compile the article. A review type of article summarizes and organizes recent researches on an investigative topic in a way that can help others understand and integrate it. A review type article examines the underlying knowledge required in a subject and classifies or categorizes the performed researches on the subject and addresses an over view of the subject along with evaluations and comparisons of different methods, and its purpose is to provide a well-organized and thorough view of conducted view on the topic (Hafezinia, 2009). The present study is a review type of study in which a generality is firstly explained about addiction, mental hardiness, assertiveness and emotional regulation such as concepts, definitions, outcomes, and so on. This information and references were collected and reviewed from authoritative sources including books, articles and magazines, websites, computer disks, documents, official psychological publications, personal and private documents, press, statutes and audio documents, and Images, and useful information was extracted using tools such as notes, tables, maps, questionnaires or a combination of all of them.

RESULTS

First explain the total items found, deleted and selected. Finally explain the conclusions of the articles.

**2. Research literature**

In this section, literature and implications related to the research variables is described.

2-1. **Psychological Explanations on Substance Abuse**

Psychological theories of perversion and any bias such as drug addiction are considered as a growing phenomenon in nature, and experts seek its causal origins through psychological and emotional injuries of individuals. Hence, addiction is a self-imposed and self-selective phenomenon in which one can seek refuge in order to escape from painful personal relationships (Kwako, Momenan, Grodin, Litten & Goldman, 2017). The twentieth century began with the emergence of psychoanalysis and the rapid growth of psychoanalytic theories that formed their information from free association sessions and their comparisons. According to this approach, Glover (1955, quoted from Rutherford & Mayes, 2017) has emphasized the maladaptive nature of addicts' behaviors and their passage of reality to the world of fantasy and imagination.

Therefore one of the general problem encountering in addiction therapy is the reusable of drug by addicts which many factors have role on it. In recent years, the different remedy in hospitals and clinics have been used t cure the addiction and prediction of its return, but the continues of the remedy is not clear in none of the therapy method. So the understanding of return and the prediction of it is the biggest challenge in front of the specialist in addiction therapy (Ramo, Prince, Roesch, & Brown 2012). Even the most effective in psychological therapy has relation with about 70% return in pursuing after remedy (Lindgern & colleagues, 2017). The effects of return in society is also noticeable in point of economic, cultural, social and security aspects:

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because when the people are addicted again tolerate a hard psychological pressure and can do any crime to gain the drug and the withdrawal will be harder (Shaterian, Menati, Kasaee & Mentai, 2014). According to DSM-V standard the drug abuse as a non-compliant model can cause obvious clinical disorder or discomfort and also make interference in duties, psychological dangers, legal problems and also the continuation in drug abuse despite the existing problem (Musolff, 2017). The important problem in drug abuse is return. Return in here means the coming back to drug after the avoiding period. (Breslau, J., Hao, Y., Bing, H., Pacula, R.L. Burns, R.M., & Stein, B.D., 2017). Therefore the understanding of return phenomena and its prediction is the biggest challenge in front of the specialist in addiction therapy. (Ramo, Prince, Roesch, Brown 2012). To remedy the drug abuse and prediction of its return they use medical therapy such as methadone, buprenorphine, naltrexone and also non-medical therapy like cognitive behavioral and group therapy (Moeller, S.J., Bederson, L., Alia-Klein, N., & Goldstein, R. Z., 2016). Even the most effective in psychological therapy has a relation with about 70% return in next pursuing after remedy. (Moeller, S. J. & Paulus, 2012). Despite all this remedies, the return of drug abuse is high and often was in a year after quitting addiction. (Mulholland, P. J., Chandler, L. J., & Kalivas, P. W., 2016). The return also has an economic, culture and security effect in the society. (Fetodov, 2016).

**2-2 Attitude and substance abuse**

The unrealistic perceptions of individuals due to consumption, danger, and effects of drugs are called “positive attitudes towards drugs.” Positive attitude towards drugs is a multi-dimensional structure consisting of three dimensions of effects, consumption, and dangers. The dimension of attitude towards the effects of drug abuse refers to the positive psychological, mental, and social consequences of drug consumption. This dimension in fact believes in the tranquilizing impacts of drugs as a relaxing matter psychologically, and it is very likely to start abusing narcotics in future to achieve psychological relaxation (Delavar, Alizadeh & Rezaei, 2004). The dimension of attitudes towards dangers of drug abuse refers to the unrealistic perceptions of individuals about its dangers. For example, a person who believes that drugs are only risky when they are non-pure, in fact, is having an unrealistic perception of the dangers of abusing drugs. Therefore, such a person has a positive attitude towards abuse of drugs, and if people offer him or her drugs and assure him or her that the substance is completely pure, they are more likely to consume the drug. The dimension of attitude towards drug abuse refers to individuals’ interest in consumption of drugs. This interest is along with avoidance of positive impacts (physical, mental, social) and its regardless of the dangers of abuse, so the individual tends to consume the drug (Alizadeh & Dehghan Nayeri, 2016).

2-3 **Specific attitudes due to drug abuse**

Specific attitudes due to drug abuse and effective in behavioral changes include the following items (Zahedi, 2016):

1. One of these attitudes is the belief that abuse of drugs is acceptable for coping with life issues.
2. 2. It is believed that individuals do drugs with the idea of making up for life failure feelings.
3. Self-therapy beliefs: individuals consider abusing drugs as an effective way to cope with symptoms of illness and anxiety. This belief is very powerful and difficult to change, even if physical evidence suggests that self-healing is not working well.

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4. Attitude towards the power of some medications (myths and expectations about medicines): Often, such myths are completely wrong and researches do not support them. These myths include the following: Drugs are capable of creating a more loving and socially-minded individual with more physical strength, higher intellectual ability, more energetic spirit, and more sexual ability (Zahedi, 2016).

**2-4. Definition of Psychological Hardiness**

Hardiness is one of the new psychological factors that psychologists have been interested in and studied its impacts through different fields. The psychological hardiness was first taken into consideration by Kobassa, and it's defined as a set consisting of personality traits that act as a source of stability and protection while facing with stressful events of life (Kobasa, 1979; Quoted by Hamid et al., 2014). This set of personality traits reveals the responses of individuals to potentially stressful events or occurances (Madddi and Kobasa, 1984; quoted by Matsuda et al., 2014). Personality traits composing the hardiness include commitment, control, and challenge. From Kobasa's perspective, a hardy individual is the one who has three general characteristics:

A) Believing that they are capable of controlling or influencing events and making stresses changeable
B) having the ability to feel deep-seated or being committed to the activities that the individual does
C) Believing that changes are exciting struggles for more growth, and considering it as a normal aspect of life (Cherghali, 2015)

2-5 **Psychological Hardiness features**

These features are: 1. A sense of curiosity. 2- Tendency to have interesting and meaningful experiences. 3. Believing in the effectiveness of what is thought to be mental imagination. 4. Believing in the fact that change is natural and any significant stimulus can lead to growth. 5. Having assertiveness and Strength. 6. The ability to sustain and resist. These characteristics can be useful in adapting to the pressures of life (Javanmard, 2013).

**2-6. Dimensions of psychological hardiness**

**Commitment:**

The concept of commitment in hardiness represents that every individual should be aware of his or her own philosophy of existence. They shall go beyond the mundane and come up with their own personal world; what they want to do. Beliefs, ideologies, and worldviews are all components of an individual commitment; a commitment that individuals have towards their thinking and thoughts (Gucciardi, 2017).

**Control:**

Patton believes that the sense of mastery or control over the environment, which is the second hardiness component, is rooted in family experiences. In general, if individuals feel that they are in the process of solving a merit problem in transition from childhood to youth, consequently, they will feel dominant in their environment. It should be noted that most of the expected assignments should be simple regarding the children's age and ability. If the expected assignments are too difficult, the children will feel incapacitated and defeated in dealing with such assignments .Thus in terms of difficulty, the tasks that children face with should be normal and appropriate (Patton, 2002).

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**Challenge:**

Maddi, describing the protective role of hardiness or challenge-seeking roles in hardiness, introduces methods of dealing with the transformations (Alterant) and repressive coping styles. In other words, in the course of dealing with transformation coping methods, one uses certain behaviors to turn negative events into positive events, or it can even be stated that they reduce the amount of its damage (Delaney et al., 2015).

2-8 **Assertiveness:**

Assertiveness means protecting one's own rights and beliefs without violating the rights of others (Shilling, Arian translation, 2003). Assertiveness is a behavior that enables individuals to maintain their own self-esteem and get better results along with maintaining respect for themselves and others. Assertiveness and bravery are two synonyms. Joseph Volpi defines the assertiveness as proper expression of any emotion to the other party without feeling anxious. Therefore, the individuals who are passive or aggressive in interpersonal situations are considered appropriate for assertive trainings. Assertive trainings are considered as optional therapies for most interpersonal interactions anxieties. Through appropriate cases for assertive training are such individuals: Those who are afraid to complain about a restaurant's bad service because they are worried the waiter's feelings. those who cannot leave a boring social position, because they are afraid of being considered as a betrayer. those who cannot express their opinions because they are afraid of others unpleasant ideas; Those who are afraid to tell professors or manifestations of power that they do not like to wait, because they are afraid of these manifestations of power becoming angry. The ones who cannot claim higher salary or higher scores because they feel humiliated, and those who cannot participate in competitive games due to fear of losing (Prochaska & Norcross, translated by Seyed Mohammadi, 2010).

**2-7 Principles of assertiveness training (Bolton, translated by Sohrabi & Hayat Roshanaei, 2010)**

1- Depending on the situation, expose your communications more than before.
2. Try to express all your emotions; whether it is anger or love.
3. Act so that others love you more and your self-esteem increases.
4- Take notice of what can be done in another way, not how the world should be.

5. Do not misrepresent aggression and violence of others' rights with the concept of assertiveness.
6. Aggression is a practice against others, but assertiveness is a good stability tool for your own rights.
7. If you cannot express yourself in one field, use the techniques that have succeeded in other areas.
8. Practice: say your words in unimportant affairs.
9. Act: As your actions change, your feelings and thoughts will also change.
10. Beware that assertiveness is not a permanent state. As you change, the living conditions change and you face with new issues, so you need new skills (Bolton, translated by Sohrabi & Hayat Roshanaei, 2010).

**2-8. assertiveness barriers**

There are three main obstacles to the assertiveness tool:
1. Many individuals hesitate express themselves.
2. Many are afraid of expressing self-assertiveness.

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3. Many individuals do not have the required skills to provide the assertiveness tool (Alberti & Emmonz, Mehdi Gharcheh Daghi, 2012).

**2-9. Individuals' features in assertiveness**

An assertive expressing individual has four outstanding features:

1. They are free to express their assertiveness and show it with their words and actions. 2. They would communicate with all people at all levels. This connection is always explicit, direct, honest, and appropriate. 3. They have an active way of life, unlike the passive individuals who wait for things; they do things. 4. They know the proper way to act competently (Prochaska & Norcross, translated by Seyed Mohammadi, 2010).

**2-10. Emotional Regulation Abler & Kessler (2009).**

At the very beginning, philosophers tried to define the emotions individually, with few successes, there are almost 150 theories that take the origin, severity, nature, and purpose of emotions into account (Bowman & Park, 2001). Despite all this speculations, some emotions are not well-known, and there is no proper definition that can distinguish between what is the emotion and what is not such emotion. Although scientific literature usually avoids the naming of special emotions, they agree on having some initial emotions, for example, the emotions of fear, sadness, anger, and pleasure that exist in mammals and have a special importance in maintaining their health (Bowman & Park, 2001). Klein Gina (1981; quoted by Franken, 1994) believes that emotion is the result of the balance between internal factors of environmental factors and neuro / hormonal processes, and believes that emotions: a) are associated with emotional experiences such as pleasure or lack of pleasure. B) They make cognitive interpretations C) they cause some internal changes such as increased blood pressure. D) They cause some behaviors that often express conformity and orientation towards goals E) using thoughts, emotions can accept behavior and physiology and can affect them; some emotions are positive and pleasant like happiness and affection, and some are negative such as anger and stress (Sarafino, 1994).

Therefore, understanding the communication paths of facial emotional expressions, personality traits and cognitive processes are through important issues for researchers who are interested in the relationship between affection and cognition. Studies have shown that the processing of an emotional stimulus or a stimulus that has emotional content are both related to the current state of mood and to sustainable traits (Zeleneski & Larsen, 2002). This poses the possibility that the personality traits associated with emotional stimulus processing are a useful predictor of cognitive processes. Facial expression is an effective response to an individual's emotional states, intentions, or social connections (Whalen,Rauch & Etcoff, 2003). The facial expression tool, giving others emotional and cognitive information about us, and affecting the emotional state of others; is one of the most important social indices in individual communication (Corcoran,Woody&Tolin, 2008). Although most people have never seen any special training in interpreting or translating such face-to-face expressions, yet they all know it, use it, interpret it, and unconsciously admit it. In the exact sense of the word and without a doubt, people believe your face instead of your speech, because during the message sending, the face becomes a mixture of constructive components.

Expressing emotional states is a capable form of communication. We often express our emotions in a non-verbal way, that is, facial expressions that are probably the most important form of emotional connection. Some of the special facial effects are inherent and therefore recognized everywhere in the world, which need to be solved; and emotions do exist as solutions to these challenges, stresses, and problems (Atkinson et al., 2006). By associating feelings, arousal, purpose, and expressions; Emotions stabilize our position in relation to our environment and

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provide us with efficient answers that are appropriate to the issues of physical and social survival. In addition to adaptive tasks (protection, annihilation, reproduction, unity, bondage seeking, exclusion, exploration, and orientation), Thoughts are also social tasks (Rio, 2007); and our feelings are passed on to others and effect on the way others Interact with us, they help social interaction and create, maintain or interrupt our relationships. Emotional expressions are powerful and non-verbal messages that transmit our feelings to others. In this way, children can convey facially or by voices; what they cannot verbally do (Farran et al. 2011). Emotional expressions affect the way individuals interact, so that one person's emotional effect can lead to another's specific behavioral responses (Farran et al., 2011), and they can non-verbally express what their likely impending behavior will be. Therefore due to social interactions, emotions have several duties such as informative (I feel like), alarming (I want to do it) and imperative notifications (I ask you to do so). In this way, emotional expressions can transfer social incentives (happiness), social barriers (angry faces), and non-verbal messages (shameful faces); and thus facilitate and associate social interactions (Scholtz, 2005). Many emotional expressions are motivated socially and not biologically. This claim seems strange, because it is usually assumed that when individuals are happy, they smile and when they are sad they look fretful. However, people sometimes smile when they do not feel joy; for instance, sometimes to facilitate the social interactions (Adolphs et al., 2002). The ability to recognize emotions is an important part of the non-verbal communication system, and is an essential skill for compromise and success dealing with environment, which is also an essential and fundamental skill in establishing successful and consistent personal relationships. Today, the ability to recognition of emotions in various disordered social contexts is getting attention. An unusual recognition of emotional states of the face is through critical factors for a weak relationship and a change in competing behavior. Based on the above-mentioned points, the perception and recognition of others' emotions is considered as an important factor in social communications. Naturally, due to the importance of facial expressions of emotions in establishing social relationships, the defect in this ability strongly affects the quality of communications (Farran et al., 2011).

**3- Research literature**

In this section, the internal (Iranian) and foreign literatures due to the topic of the research are presented in two separate tables. Generally, studies on the attitudes towards drug abuse in Iranian society have been less evident than other societies. As mentioned, in the table below, the author, year, title of research and findings of internal researches related to the topic of this research is presented.

Table 1. Literature of Internal researches

| Row | the writer | Year | Title | findings |
|---|---|---|---|---|
| 1 | Saberi, Farokhi &Namvar | 2018 | The causal Relationship Between Spiritual Intelligence and Addiction by Mediating Meta-Cognitive Beliefs and hardiness | Given the predictive power of the variables studied in this study, the results of this study can be used to prevent the occurrence of addiction among young people, as well as in educational interventions at addiction treatment clinics. |
| 2 | Choobchian | 2018 | The Relationship | The results showed that psychological |

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|---|---|---|---|---|
| | Langaroudi &Zarbakhsh | | between psychological hardiness, coping styles and emotional regulation with addiction tendency | hardiness, emotional regulation and physical inhibition component had a significant relationship with coping strategies with addiction tendency and two variables of hardiness and adaptive emotional regulation express 2.32 and 2.4 % of addiction tendency. |
| 3 | Sadri Demirchi & Kiani | 2018 | Prediction of addiction tendency based on social self-esteem and emotional cognitive regulation | The social self-esteem and the components of adaptive and non-adaptive emotional cognitive regulation are among the important variables related to the tendency to addiction in students. |
| 4 | Fathi, Rezaei, Mousavi Far & Jaliz | 2017 | Investigating the Role of Family Religious Values in tendency to Addiction | The research showed that the variable of religious values of family and the components of communion with God and saying prayers in the family have negative and significant relationship with the tendency towards addiction in adolescents and youths, but there is no observed significant relationship between the religiousness of the family and the ritual ceremonies in the family with the tendency toward addiction among adolescents. Therefore, strengthening the religious values of family can help reduce the tendency of adolescents to addiction |
| 5 | Mirzakhani & Khodadadi Sangdeh | 2016 | Psychosocial factors predisposing addiction | The results showed that psychological factors including personality traits, emotionality, psychosis, perfectionism, damaging coping strategies, including avoidant and emotional coping styles , psychological conflicts including conflict in goals, gender role conflict, self-conflict, traumatic experiences including loss of parents, Parental neglect, experience of violence and emotional failure, individual motives including gaining mental benefits and gaining physical benefits can be predisposing factors of addiction . |
| 6 | Haji Hasani, Shafiabadi, Pir Saghi & Kianipour | 2012 | The Relationship between aggression, assertiveness and depression with readiness for addiction | The results showed that the relationship between aggression, assertiveness and depression variables is significant with addiction. Also, the linear combination of aggression, assertiveness and depression can be predictors of addiction. |

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In the table below, the author, year, title of research and findings of foreign researches related to the topic of this research is presented.

| Row | author | Year | Title | findings |
|---|---|---|---|---|
| 1 | VALYEAR, VILLARUEL & CHAUDHRI | 2017 | Effective factors in addiction and attitudes towards addiction in individuals | They indicated that for restarting alcohol abuse one single reason isn't enough, but a set of individual, family, social, cultural, economic factors play roles that need planning with focus on all factors of the phenomenon including cutting out drinking, Early withdrawal of alcohol abuse and prevention of further contamination of it under household supervision, and not being socially affiliated with other alcoholics can help reduce relapses in addicts. |
| 2 | KARYADI & CYDERS | 2015 | The Relationship between Individual Differences and Mindfulness with Self-Control on Substance Abuse in Addicts | The results of the research indicated that mindfulness helps us understand that negative emotions are not a consistent part of our personality. It also allows individuals to respond to thinking and reflection instead of showing incidental and impulsive reactions to events. Therefore, different dimensions of mindfulness can be related to addiction |
| 3 | MARANGONI & OLIVEIRA | 2013 | The relationship between personality traits and youth addicting factors | In their research, they showed that neuroticism and psychosis could be through causes of addiction in individuals. Drug dependent individuals experience high anxiety and depression and stress, therefore, personality characteristics of psychosis can cause addiction in individuals. |

**5- Development of conceptual model**

In this section, the effective factors on attitudes towards substance abuse are discussed and finally, a conceptual model is presented:

Substance abuse has always led to multiple problems in human life, including general health decrease, increased mortality, family and social harm, loss of educational and job opportunities, and increased rates of engagement with judiciary, creation of drug use cycle, and continuity of such damages in next generations. The beliefs and attitudes of people about substance and its negative and positive consequences are defined in terms of drug abuse tendency (Aderam & Nikmanesh, 2011). Drug abuse is one of today's common problems that inflicts countless casualties and causes serious harms to individuals, families, and societies. Experiences of the successful countries in the fight against drugs has shown that these successes require scientific knowledge and the typology of addicts, and using them in primary and secondary prevention regarding the indigenous variables. Researchers believe that addiction is influenced by indigenous

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variables such as major cultural differences, differences in family building and family interaction, differences in the system of values, social behaviors, the nature of social learning and its impact on motivation; and finally, the great differences between Iranian personality and the people of Western societies discourage us from generalizing the western findings about Iranian addicts, and indicates the need for correct recognition of personality traits of Iranian addicts (Pahlavian et al., 2003). Since in recent decades, there has been few publications in line with the typology and recognition of personality traits of Iranian addicts, and due to the necessity of recognizing the risk factors and predisposing factors of drug abuse, which could provide the basis for the formulation of preventive programs, also because of the ambiguity of the relationship between personality and the tendency to high-risk behaviors such drug abuse, The present research was conducted to determine the personality traits of susceptible individuals, so that by examining features such as assertiveness and hardiness, which can be manipulated and modified in personality, future researches can make plans of drug prevention programs.

According to the mentioned-above points, the conceptual model of research is presented as following:

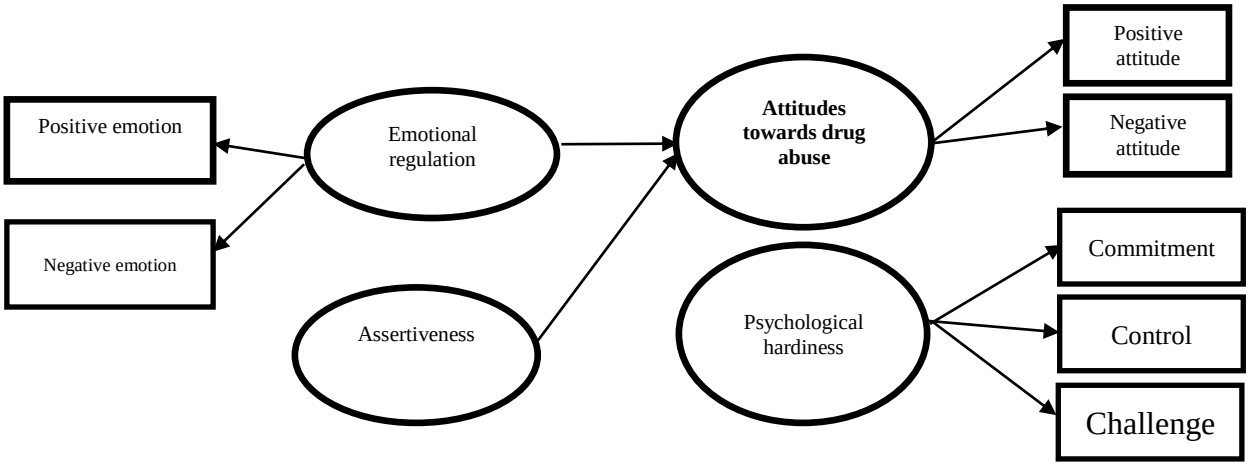



Figure 1. Conceptual model of research

## 6- Conclusions and suggestions

Oberke et al. (2007) belive that the individuals showing high levels of emotional tension impairment are more likely to be involved in high-risk behaviors that lead to depression or anxiety subsequently. According to these researchers, the individuals who have learnt poor emotional control strategies may be more likely than others to use risky behaviors as a means to relieve negative emotions. Emotional maladministration is a factor in increasing the likelihood of individuals turning to high-risk behaviors, including drug abuse (Sue et al., 2008; quoted by Azizi et al., 2010). Explaining findings of the research, it can be stated that the possibility of low emotional regulation alone is a significant variable for predicting addiction. As previous researches in consumer samples of drugs have confirmed the relationship between this variable and drug relapse and continuing of the drug abuse. Some studies have shown that when individuals are exposed to stress, one of the negative strategies used to regulate their emotions in these conditions is to seek an instant pleasure to change their mood, while this strategy is

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ineffective, especially in the individuals with low emotional regulation. For example in their research, Tyes et al. (2001) pointed out some of such impulsive behaviors that the individuals use to regulate their emotions when they experience stress, including eating in order to escape depression, seeking instant pleasure from the present time, instead of the bigger future rewards, or going to the cinema instead of the night-time study (McLeman, 2011). Therefore, it seems that drug abusing individuals have low emotional regulation. When experiencing severe stress, they may turn to instantaneous enjoyment of drugs. Therefore, drug abuser individuals, through severe stress; find drugs as a means for emotional regulations, in fact, it leads to a kind of negative enforcement. Putra et al. (2011) have also mentioned that abusers of drugs while exposed to stress or shock, along with increased severity of post-traumatic stress symptoms, may use the drugs as a way to counteract negative moods, as such individuals have a low capacity of emotional regulation. Mollazadeh Esfanjani et al. (2011) also believe that psychological hardiness can prevent individuals from tendency to negative and addictive abuses. Addressing the phenomenon of addiction as a disease with many personal, family and social harms requires first an understanding of this phenomenon. Kobasa & Puccetti (1983) believe that hardy psychological characteristics, such as significant curiosity, the tendency to have interesting and meaningful experiences, assertiveness, being energetic, and that the change in life is a natural thing, can be useful and beneficial in compromise with stressful life events. Studies have shown that hardiness has a positive correlation with physical and psychological health and as a source of internal resistance, reduces the negative effects of stress, and prevents physical and mental disorders (Berimnezhad et al., 2007). Psychological hardiness is a general feeling where conditions of the environment are ideal and that human beings see the stressful situations as potentially meaningful and fascinating positions of pride. In this way, high-ranking situations are assessed as a challenging position rather than a threat. Hardiness is therefore an important factor in protecting health during stressful events (Carr, 2005). On the other hand, the individuals who are less likely to have less self-esteem and less self-concept are not able to reject others' unreasonable requests. That these individuals may even try to replicate their addicted friends in order to strengthen their weak self-concept, so that they may be approved and rescued from further rejection. Thus, a review of the researches shows that the majority of these researches results ultimately lead to the problem of education to change and correct the attitudes of individuals in various dimensions of individual, group and at various organizational levels, such as family, school, university and work environment. the reality is that if not every individual in society feels responsible, they will not be able to do all these trainings, although such trainings are useful but they are not enough, and this means getting the socialization approach in the fight against drugs should be taken into consideration more than ever before.

According to the results, the following research projects are suggested to researchers:

1. By conducting a quantitative and qualitative research, researchers investigate effective factors and mediators in preventing tendency to addiction.
2. Research on addiction tendency can be conducted with other psychological variables such as self-efficacy, resiliency, etc., and the results can be compared with the findings of the present study.
3. According to the results of this study, it can be concluded that among the most important factors in adolescent addiction; low levels of emotional regulation, psychological hardiness and self-expression can be introduced. Since prevention is always prior to treatment, it is suggested that parents provide a quiet, intimate, and supportive atmosphere for their children in family so that adolescents when confronted with family problems and other areas in the sensitive period of

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adolescence, do not tend to approach drug abuse. There is also a need for more education and training from authorities to promote emotional regulation, mental hardiness, and self-assertiveness for the youth in order to have a healthy society.

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