

Effect of Emotional Intelligence Training on Methadone-Treated Methamphetamine Users in Qazvin, Iran

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Original Article

Abstract

Background: Drug users have lower emotional intelligence (EQ) than other members of society. This study aimed to determine the effect of EQ training on methadone-treated methamphetamine (meth) users.

Methods: This randomized clinical trial with a pretest-posttest control group design was conducted on methadone-treated meth users referring to the Drop-in Center in Qazvin, Iran. The subjects completed the Wechsler Adult Intelligence Scale (WAIS), and those who scored higher than 80 (n = 70) were entered into the study and randomly divided into the intervention and control groups. The Bar-On Emotional Quotient Inventory (Bar-On EQ-i) was administered for both groups. Subsequently, the intervention group participated in weekly 90-minute EQ training sessions for 4 sessions held by a psychiatric assistant. However, the control group received no intervention. Both groups were re-evaluated by the Bar-On EQ-i 3 months after the end of the training sessions. Eventually, qualitative and quantitative variables were compared between the two groups using an independent t-test and chi-square test, respectively.

Findings: Based on the results, the EQ training program could significantly improve the EQ score in the intervention group (P = 0.03). Nevertheless, it showed no effect on reducing meth use (P = 0.13).

Conclusion: EQ training for meth users could increase EQ. Nonetheless, further studies with more effective methods are required to reduce meth use.

Keywords: Emotional intelligence; Methadone; Methamphetamine; Iran

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