The Effect of Movie-Therapy Based on Multi-dimensional Approach on Addiction Potential in Adolescents

Introduction

Objectives: Addiction is considered as one of the most important threatening factors of welfare and social security. It causes the increase of criminal and hazardous behaviors and disturbs the social cohesion. Being multi-dimensional and complicated, this disease makes us choose therapies that can be used in order to match this disease with everyday life. Wherein, the movie-therapy based on a multi-dimensional approach includes various points of view and aspects; therefore, the present study aims to investigate the effect of the multi-dimensional approach-based movie-therapy on addiction potential.

Procedure: This is a semi-experimental research. The statistical universe of this research includes all male students at high schools in Izeh. Sixty students were chosen through cluster sampling, 30 patients to the experimental group and 30 patients to the control group were assigned. Treatment was performed on the experimental group. The participants in this group were shown the movie inserted in movie-therapy book three times a week for 30 minutes during three months. Both control and experimental group completed addiction potential questionnaire (LAPS). Data was analyzed by using independent T-Test.

Results: The results showed that addictablity decreased significantly after three months in the experimental group compared to the control group ($p \leq 0.04, t = 1.98$).

Conclusion: Findings showed that by applying the movie-therapy method based on various dimensions (e.g., behavior, emotion, sense, images, cognition, interpersonal relationships, medicinal, medical, and biological dimensions) can decrease the number of persons who are susceptible to addiction and expose to addiction more than others.

Key words: movie-therapy, multi-dimensional approach, addiction potential, adolescents