

## **The Effectiveness of Resilience-Based Curriculum on Impulsivity and Psychological Flexibility in Addiction-Prone Adolescents**

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### **Extended Abstract**

#### **Aim**

Addiction is one of these problems whose emergence has severely threatened the family and society's foundation. Substance dependence is a public health concern in most societies. This problem appears to be caused by the interaction of multiple factors, such as familial, social, and cultural factors, and has a chronic, recurrent, and subsiding course of action. Adolescents are one of the demographic groups where addiction or the propensity toward addiction is prevalent. The experience of smoking at the age of 10, alcohol consumption at the age of 12, and familiarity with narcotics at the age of 14 are among the factors that contribute to the development of addiction in children and adolescents. According to studies, the onset of tobacco, alcohol, and drugs use, as well as risky sexual behavior, occurs prior to the age of 18. Accordingly, the present study was conducted to investigate the efficacy of a resilience-based curriculum on the impulsivity and psychological adaptability of adolescents with an addiction propensity.

#### **Methodology**

This study was quasi-experimental, with pre-and post-testing, a control group, and a two-month follow-up. In the 2019-2020 academic year, the statistical population included secondary high school pupils with a tendency toward addiction. Using a method of purposive sampling, 30 adolescents were selected and randomly assigned to experimental and control groups of 15 adolescents each. Over the course of two and a half months, the experimental group received ten seventy-five-minute sessions of a teaching program on resilience. Three students in the experimental group and two students in the control group dropped out of the study after its initiation. This study utilized the addiction tendency questionnaire (ATQ), the impulsivity questionnaire (IQ), and the psychological flexibility questionnaire (PFQ). The data were analyzed using statistical software version 23 and repeated-measurement ANOVA and Bonferroni follow-up tests.

#### **Findings**

The results indicated that the resilience teaching bundle had a significant effect on the impulsivity and psychological flexibility of adolescents with a tendency toward substance abuse ( $p < 0.001$ ), reducing impulsivity and increasing psychological flexibility in these adolescents. These results remained stable during the follow-up phase, and the resilience-based curriculum implemented during this phase had an effect on the impulsivity and psychological flexibility of adolescents with addiction tendencies.

#### **Conclusion**

According to the findings of the present study, the teaching package of resilience can be used as an effective method to decrease and improve psychological flexibility in adolescents with an addiction propensity by employing techniques such as learning speech skills, teaching self-awareness, anger management, stress management, problem solving, and normal decision-making. In addition, with resilience training, adolescents with a propensity for addiction not only learn to persevere against injuries or hazardous situations, but also to demonstrate their coping and problem-solving skills in the face of obstacles. Test and experience the foundation of psychological adaptability.

**Keywords:** Addiction Tendency, Impulsivity, Resilience, Psychological Flexibility.