Use of research tool Beck Depression Inventory – II (BDI-II) tool to measure level of Depression & Beck Anxiety inventory (BAI) to measure level of anxiety.

Development of Cognitive Behaviour Therapy (CBT) for detoxified inmates of de-addiction centers.

Demographic Variables:- Age, Religion, Types of family, Habit, Marital status, Educational qualification, Occupation, Family monthly income, Choice of Substance Abuse, Period of using substance, period of abstinence, Family history of substance abuse

Phase – I
- Measure level of dependency by using SADQ-C & DAST-20.
- Assess level of coping strategies by using CBI.
- Pre test by using BDI-II & BAI tool to measure level of Depression & Anxiety among detoxified inmates.

Phase – II
- Implementation of Cognitive Behaviour Therapy (CBT) on detoxified inmates.

Phase – III
- Effectiveness of Cognitive Behaviour Therapy (CBT) by conducting Post test & Follow up test.

Counselling Room Setup
- Evaluation and re-assessment
- Impact of demographic variables on Depression & Anxiety score
- Relationship between pre – test and post – test Depression & Anxiety score
- Psychosocial intervention

Feedback

Output

Cognitive behaviour approaches
- Lifestyle modification
- Improve social support
- Develop skill to manage high risk situation

Input

Figure – 2: Conceptual Frame Work based on General System Theory Ludwig (1936) & Marlet’s Cognitive Behaviour Model of relapse (1985)