

**Table 1)** The mean scores of self-destructive behaviors and irrational beliefs and emotional distress tolerance in two groups (each group 40 individuals)

<b>Variables</b>	<b>Stimulant group</b>	<b>Opioid group</b>
<b>Irrational beliefs</b>		
Need to be confirmed	37.97±6.59	34.57±5.15
Highly expect yourself	36.77±7.62	33.94±5.03
Tendency to blame	38.08±6.63	33.34±6.08
Reaction to failure	37.60±5.90	34.70±6.42
Emotional irresponsibility	37.14±7.07	33.71±4.83
Being concerned and anxiety	37.45±6.59	34.17±5.50
Avoidance of the problem	36.62±7.29	33.14±6.71
Dependence	37.91±6.25	33.68±5.63
Helplessness towards change	36.20±7.17	35.45±6.86
Perfectionism	35.77±6.71	34.91±6.30
<b>Emotional distress tolerance</b>		
Emotional distress tolerance	37.48±6.07	30.77±9.01
Absorption by negative emotions	17.40±2.04	16.28±2.45
Mental estimation of distress	20.31±2.88	19.57±3.02
Set efforts to relieve distress	16.17±2.79	16.60±2.47
<b>Self-destructive behaviors</b>		
-	17.74±2.33	16.51±2.44