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The 13th Step: More on Thriving in Recovery

Bob Reese^{1,2}, Koffamus, M.², Quisenberry, A.², Bixel, K.², Seymour, N.², Bianco, A.², Patterson, D.², Bickel, W.²

1. Jefferson College of Health Sciences, Roanoke, VA
2. Addiction Recovery Research Center @ Virginia Tech-Carilion Research Institute, Roanoke, VA.

Abstract

Science and medicine are finally looking at addiction as a chronic disease. This makes understanding the process of recovery crucial. Ongoing recovery has received little attention from scientific research, including positive psychology. Because no one has asked those in recovery from addictions how they remain in recovery, the International Quit and Recovery Registry (IQRR) was created in 2011. Registrants participate in monthly psychometric assessments help further the understanding of the recovery process. In 2012 Lyubomirsky and Lepper's *Subjective Happiness Scale* (SHS) was embedded in a crowdsourcing survey conducted by the IQRR utilizing Amazon Mechanical Turk to poll hundreds of participants in recovery (Bickel, et al, under review). In 2014 the SHS was again disseminated to a targeted group through the IQRR (100+). Diener et al's *Satisfaction with Life Scale* and Duckworth et al's *Grit Scale* were also distributed to the same IQRR participants. A comparison of these findings to normal populations - and their implications - are examined and discussed.

Findings to Date (May, 2015):

- SHS: Those in recovery scored significantly higher on SHS scale than Control (Lyke, 2008)
- GRIT: No Significant Difference in GRIT score between groups (Eskreis-Winkler et al, 2014)
- SHS & GRIT: Older people score higher in both groups
- TREND: The longer in one is in recovery the higher the score on SHS, SWLS, & GRIT

Reference Websites:

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- IQRR (n.d.) International Quit & Recovery Registry. <https://quitandrecovery.org/>
- NextStepFacilitations (n.d.) Next Step Facilitations: Magis Thinking to Thrive & Flourish. <http://nextstepfacilitations.com/>
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Contact Information:

Bob Reese, PhD
Director: Health Psychology
Jefferson College of Health Sciences
Roanoke, VA 24013
540.985.8374
rcreese@jchs.edu

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Dedicated to learning from success in addiction recovery

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We share data!

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ARRC
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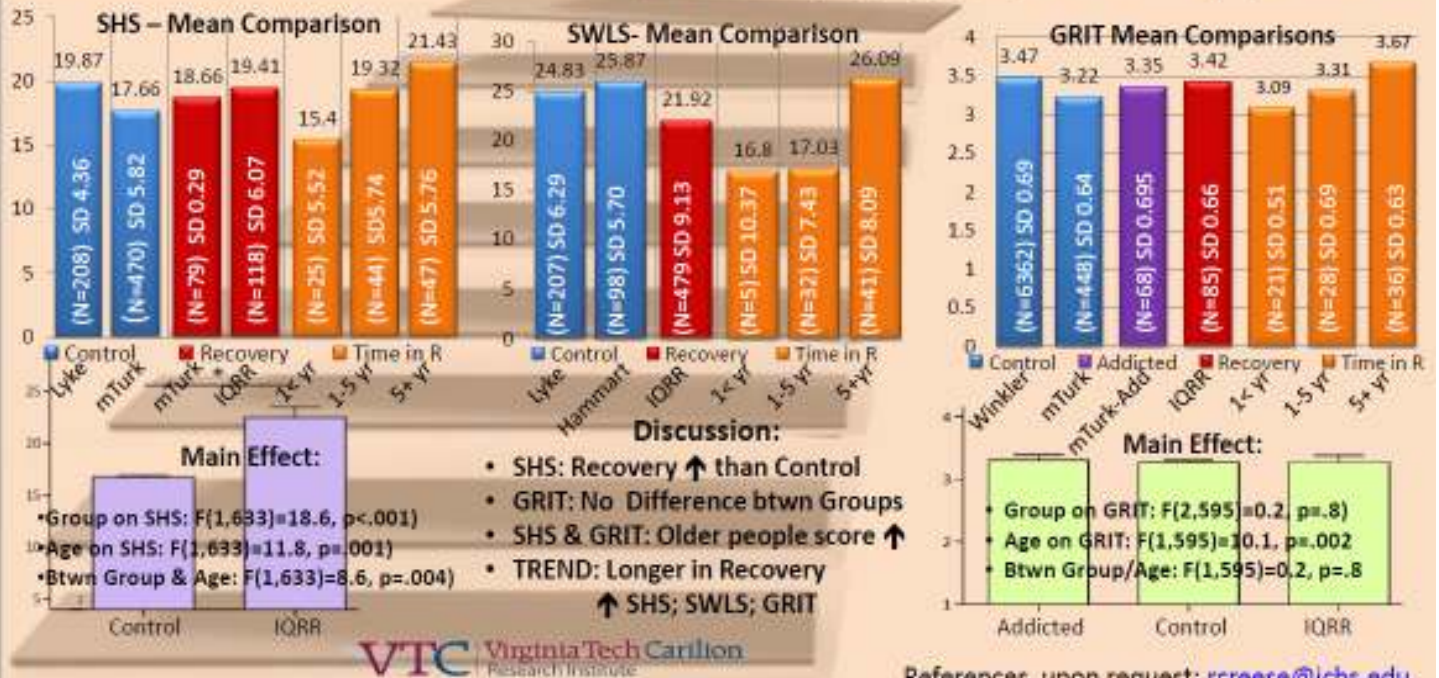
Research Question: Do people in Recovery have more ...

Subjective Happiness ?

Satisfaction with Life ?

GRIT ?

Method: Compare results from International Quit & Recovery Registry (IQRR) with "normal" populations.



References upon request: rcreese@jchs.edu