

Length of Recovery as a Predictor of Happiness in Alcoholics

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INTRODUCTION

- Lack of research regarding the recovery process led to the development of the International Quit & Recovery Registry (IQRR) in 2011 recruiting participants in all phases of addiction recovery.
- Reese, et al (2015) showed an trend of increase in life satisfaction, grit, and happiness over time [<1 yr; 1-5 yr; >5 yr] for ALL addictions.
- Quisenberry, et al (2016) revealed that for alcohol dependence more time in recovery [<5 yr vs >5 yr] is also associated with an increase in those areas.

RESEARCH QUESTION

Does further delineating length of time in recovery [<1 yr; 2-5 yr; >5 yr] from alcohol dependence present a prospect that recovery will become less difficult after the 1st yr. 

METHODS

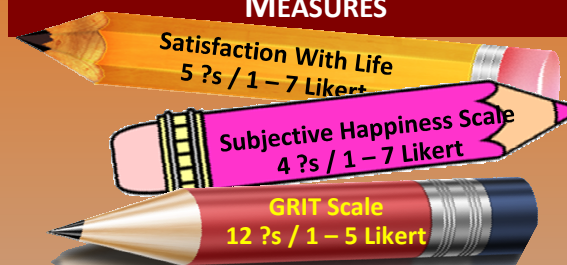
Participants: Individuals in self-reported recovery from alcohol dependence

Recruitment: Members of the International Quit & Recovery Registry <quitandrecovery.org>

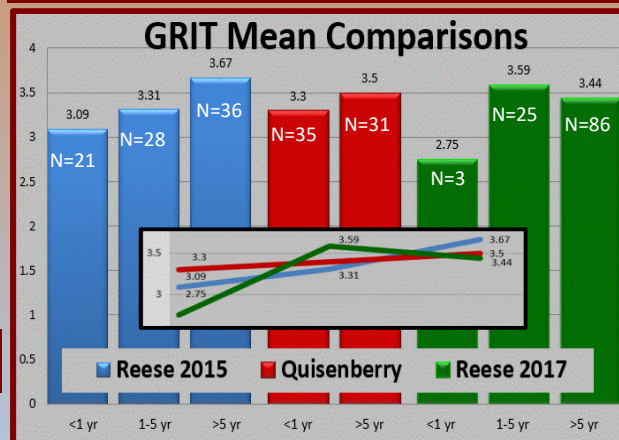
Procedure: Monthly assessments on quitandrecovery.org included measures and tasks aimed at understanding the characteristics of people in recovery



MEASURES



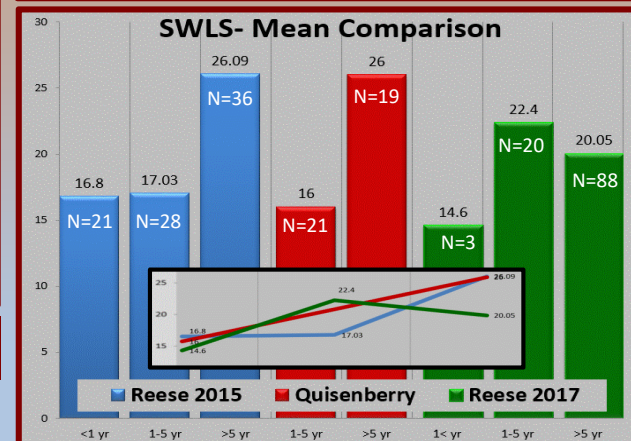
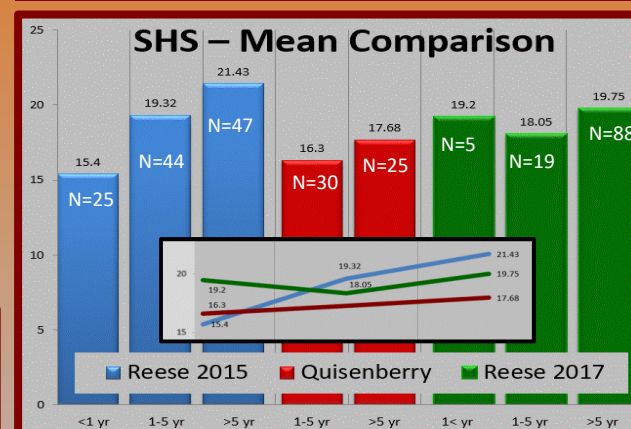
RESULTS



CONCLUSIONS

- While there is minimal statistical significance, there is a definitive trend demonstrating that a greater length of time in recovery is associated with higher grit, happiness, and life satisfaction.
- These trends can be used to support individuals who are beginning the recovery process and present a prospect of hope and optimism that the road to recovery will become less difficult and ultimately result in thriving in recovery.

RESULTS



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Because recovery from addiction is a chronic process, it becomes essential to understand the process of recovery from drug dependence and the characteristics of individuals who are successful in recovery maintenance. Unfortunately, little scientific research has been conducted with the continuing recovery process. To help bridge this gap in knowledge, the International Quit & Recovery Registry (IQRR) was developed in 2011 and recruits participants in all phases of addiction recovery.

Participants are individuals in self-reported recovery from alcohol dependence who first became IQRR registrants by answering a brief questionnaire that included demographics and last use date. Then registrants became members of the associated website, quitandrecovery.org. After becoming website members, registrants had access to online monthly assessments. Each assessment asked about recent relapse and included measures and tasks aimed at understanding the characteristics of people in recovery. The Subjective Happiness Scale (SHS), the Satisfaction With Life Scale (SWLS), and the Grit Scale (GRIT), a measure of perseverance and commitment to long-term goals are examined.

An earlier study by Quisenberry, et al (2016) involving IQRR registrants in recovery from alcohol dependence showed significant differences for those in recovery for more than 5 years compared to those with less than 5 years in the SWLS and GRIT, and approached significance for the SHS. Non-parametric Mann-Whitney tests were conducted between groups for each scale. This current study builds off the Quisenberry study by adding more respondents and further delineates the length of time by examining those with less than 1 year in recovery to the other two groups.

Previous results revealed that a greater length of time in recovery is associated with an increase in life satisfaction, grit, and happiness. This study is expected to confirm and further elucidate earlier findings. These data can then be used by clinicians to support individuals who are beginning the recovery process and be presented as a prospect of hope and optimism that the road to recovery will become less difficult and ultimately result in an increased quality of life.

NOTE: Because only the GRIT measure demonstrated a statistical significance over time in recovery, additional data from an earlier study including all addictions by Reese (2015) was added for further comparison. Still, only enhancement of GRIT was statistically significant in the short term. However, there is an obvious trend that all three measures – SHS, SWLS, GRIT – improve over time in recovery, but not as much as predicted between the first year and years 2-5.

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CONTACT INFORMATION

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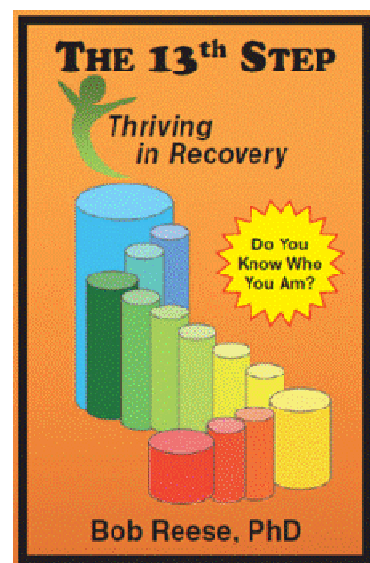
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Coming in September: *The 13th Step – Thriving in Recovery*

Do you know “who you am?” Most books regarding addiction focus on the importance of quitting. Few books, however, address maintaining recovery, much less thriving in recovery. *The 13th Step* integrates Bob’s personal story—including his 25 years in the NFL—with research in the psychology of addiction recovery and positive psychology.

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