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Mutual Support Group Attendance

Post-residential Alcohol & other Drug Treatment

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Introduction

Mutual Support Groups

- 12-Step
- SMART Recovery

Theoretical Framework

- Theory of Planned Behaviour
 - Attitudes
 - Subjective Norms
 - Perceived Behavioural Control



Research Questions

1. What are the factors that influence an individual's intention to access mutual support groups following residential rehabilitation?
2. Does prior mutual support group involvement influence individual's intentions to attend treatment in the future?
3. Do those with higher spiritual beliefs have greater intentions to attend 12-Step mutual support groups?



Method

Procedure

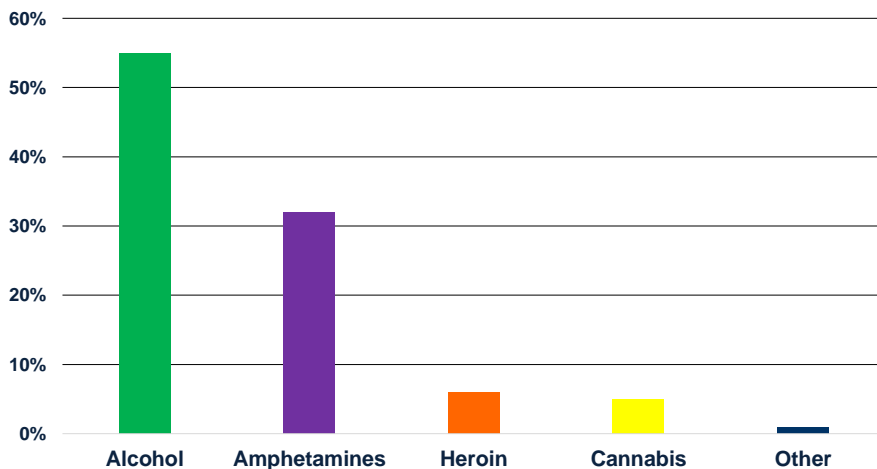
- Participants completed a questionnaire including:
 - Spiritual Beliefs Scale (SBS)
 - Alcoholics Anonymous Intention Measure (AAIM)
 - Basic demographic information
 - Continuing care plans

Participants

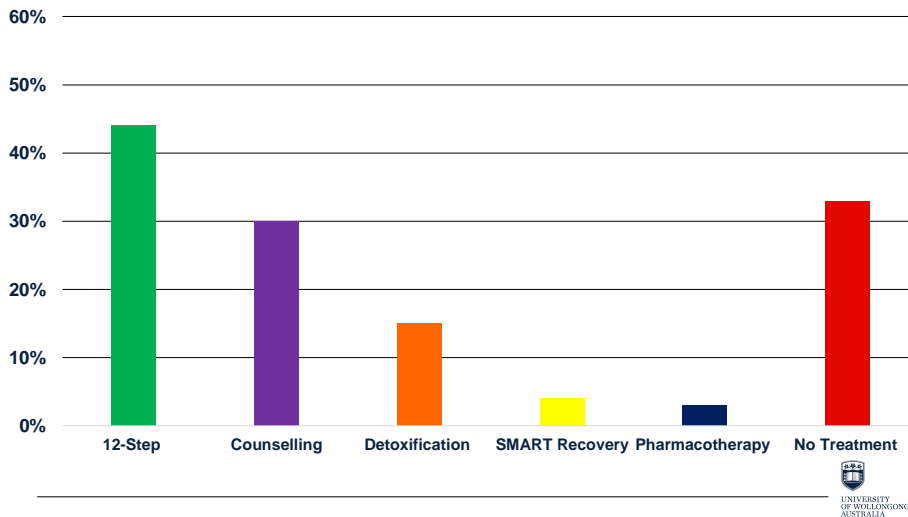
- The Salvation Army Recovery Service Centres
 - 262 participants
 - 69.8% male



Primary Substances of Abuse



Previous Experiences with Continuing Care



Results

SMART Recovery:

- Attitudes
- Subjective Norms
- Spiritual Beliefs

12-Step:

- Previous 12-Step attendance
- Attitudes
- Subjective Norms
- Perceived Behavioural Control

Continuing Care Plans:

- 64% had a continuing care plan
- 49% included 12-Step groups in their plan
- None of the participants included SMART Recovery in their plan

Snapshot Conclusions

- The large majority of participants intended to access 12-Step groups.
- The majority of participants were unaware, or had a limited understanding of SMART Recovery.
- The TpB may provide a framework to underpin future AOD interventions.
- Treatment staff should encourage clients to include mutual support groups, or other forms of continuing care in their plans.



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Questions

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