



## SMART Recovery Australia: a national survey of participants

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## **Introduction**

### **SMART Recovery**

Self Management and Recovery Training

### **Mutual support group**

CBT Focus & Trained facilitators

### **Developing area of research in Australia**

Recent systematic review completed

Published results from cross sectional surveys

## **Who attends**

**SMART Recovery?**

**Results from the 2016 annual survey**

## Participants (n = 162)

About 5 people attend each group

Average age = 43 years (16 – 76)



13% Aboriginal or Torres Strait Islander

30% living in a controlled environment  
(hospital, rehab, detox, halfway house)

On average, People had been attending  
groups for 10-mths



70% attend groups weekly



## Participants (cont.)

17 years average length of D&A use problems

### Main reason to attend SMART Recovery

53% alcohol addiction, 39% drug addiction, 8% other

### Mental Health

70% previously attended mental health treatment

52% currently prescribed mental health medication



Addictive Behaviour	Percentage
Alcohol	59%
Drugs	46%
Tobacco	40%
Gambling	9%
Sex	8%
Shopping	7%
Food	6%
Pornography	5%
Internet	3%
Other	9%
None	1%

“What problem behaviours cause you concern?”

## Importance of harm minimisation

“Staying sober is the most important thing in my life”

69% Agree or Strongly Agree

“I am totally committed to staying off alcohol and drugs”

64% Agree or Strongly Agree

## Use of CBT skills

Participants report using CBT skills in the real world

People who report using CBT skills more tend to report better functioning

Group cohesion and establishing between group plans are important

The use of behavioural activation appears to be important in promoting quality of life

## Future directions

**Routinely collecting data across SMART  
Recovery groups is important**  
(facilitator & participants)

**Ensuring that SMART Recovery meets the needs  
of young people**

**Thank you**

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