

# The 13<sup>th</sup> Step: More on Thriving in Recovery



Jefferson College  
of Health Sciences



**ARRC**

Addiction Recovery Research Center



Bob Reese<sup>1,2</sup>, Koffamus, M.<sup>2</sup>, Quisenberry, A.<sup>2</sup>, Bixel, K.<sup>2</sup>, Seymour, N.<sup>2</sup>, Bianco, A.<sup>2</sup>, Patterson, D.<sup>2</sup>, Bickel, W.<sup>2</sup>

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

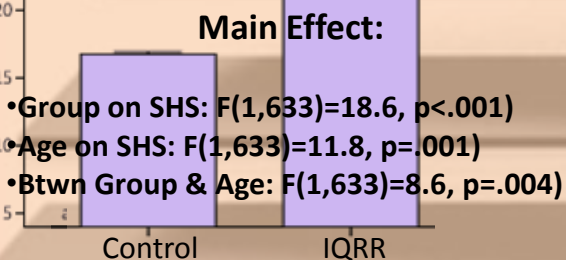
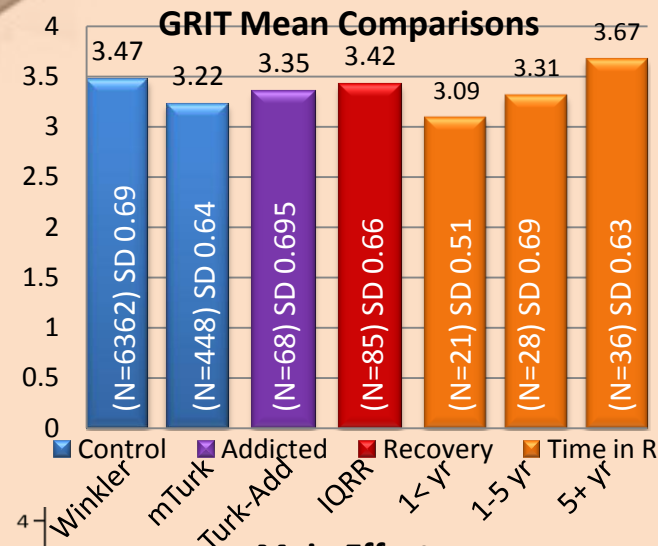
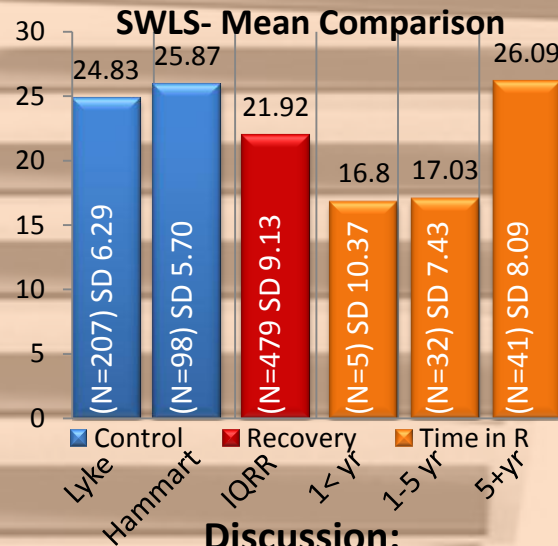
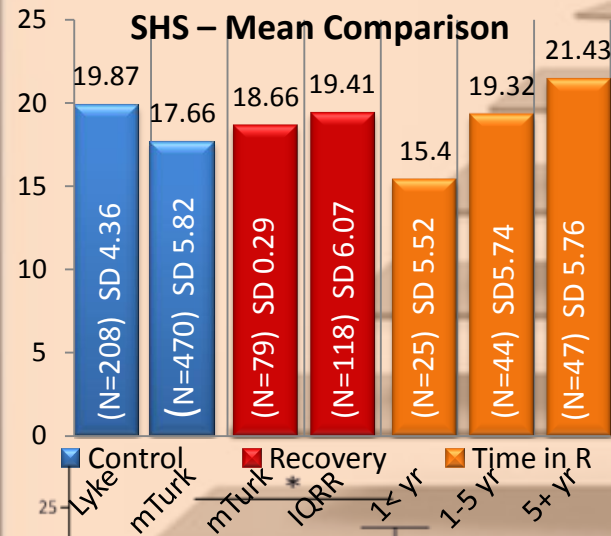
## Research Question: Do people in Recovery have more ...

Subjective Happiness ?

Satisfaction with Life ?

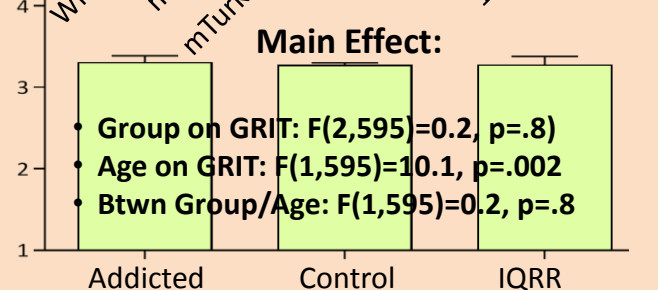
GRIT ?

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



**Discussion:**

- SHS: Recovery ↑ than Control
- GRIT: No Difference btwn Groups
- SHS & GRIT: Older people score ↑
- TREND: Longer in Recovery ↑ SHS; SWLS; GRIT



- Group on SHS:  $F(1,633)=18.6, p<.001$
- Age on SHS:  $F(1,633)=11.8, p=.001$
- Btwn Group & Age:  $F(1,633)=8.6, p=.004$

- Group on GRIT:  $F(2,595)=0.2, p=.8$
- Age on GRIT:  $F(1,595)=10.1, p=.002$
- Btwn Group/Age:  $F(1,595)=0.2, p=.8$