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The Role of Religion, Spirituality and Alcoholics Anonymous in Sustained Sobriety

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Spirituality or belief in a higher being is an integral part of Alcoholics Anonymous (AA). This study examines the role of religiosity in AA involvement and long-term sobriety in a representative sample of 587 men and women interviewed upon entering treatment and re-interviewed 1 and 3 years later. Religiosity is defined as spiritual, religious, secular (atheist or agnostic) and unsure, using the Religious Beliefs and Practices Scale employed in Project MATCH. Similar proportions within each religiosity group reported prior 12-month AA exposure at baseline; and over 40% of the unsure, spiritual and religious respondents and 25% of the secular respondents reported having gone to at least one AA meeting in the 12 months before the year 3 interview. Those who reported a spiritual awakening at year 3 were at the highest odds of continuous sobriety for the last year; notably, religious self-definition was not associated with a significantly higher odds of sobriety at year 3 after controlling for other considered influences. An increase in AA activities, other than AA meetings, between baseline and the year 1 follow-up was also associated with a higher odds of sobriety, highlighting the importance of increased AA involvement in the period immediately following treatment episodes.

KEYWORDS: Abstinence, Alcoholics Anonymous, recovery, religion, spirituality, treatment
Young Adults in Alcohol-Other Drug Treatment: An Understudied Population
Michael J. Mason
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A sample of 98 young adults, ages 18-25, was drawn from an alcohol treatment sample of 1,022 from two large metropolitan urban settings and was compared with the remainder of the sample to describe differences and compare outcomes. The findings indicate that the young adults are a unique substance abuse age group with characteristics and needs that differ from the adult treatment population. Significative differences were revealed between the young adult group and the remainder of the sample on five domains: Education and Employment, with the young adults Relationships; Mental Health; Alcohol and Drug Use; and Alcoholics Anonymous Involvement. The results of this study indicate that the young adult age group has unique psychosocial and behavioral needs when compared to those of an adult treatment population, and these needs may be linked to treatment retention and outcome.

KEYWORDS. Young adults, alcohol treatment, mental health, Alcoholics Anonymous

The Relationships Among Spiritual Practices, Marital Satisfaction, and Length of Sobriety
Vickie M. Hendricks
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Thirty-five married couples participated in this study of the relationships among spiritual practices, marital satisfaction, and length of sobriety. The husbands were recovering alcoholics, and both husbands and their spouses were participants in 12-step programs. The spouse's length of time in a 12-step program was associated with both alcoholics' and spouses' reports of marital satisfaction, the spouse's recovery process inventory and the spouse's general level of spirituality. Alcoholics' length of time in a 12-step program correlated with the spouses' report of marital satisfaction and alcoholics' length of sobriety but not the other measures. The recovery process inventory explained 20 to 27% of the variance in length of sobriety by the alcoholics' and spouses' reports.

KEYWORDS. Alcoholism recovery, Alcoholics Anonymous (AA), 12-step programs, spirituality, sobriety, marital satisfaction

Moral Judgment Among Alcohol-Other Drug Dependent Persons in Recovery
Natti Ronel
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The moral judgment of 114 male alcohol-other drug dependent persons in various stages of recovery was tested by Rest's Defining Issues Test (DIT). Two hypotheses were tested: (a) the moral judgment of participants will be positively correlated with recovery variables such as sobriety period, holding a job, participation in NA, ending criminal behavior, and (b) participants treated in a unit that emphasizes sociomoral issues will present higher levels of moral judgment. Neither of the hypotheses were corroborated. A noticeable result is that the moral judgment of the participants was found to correspond to that of the lower age norm group. Several possible explanations for the results are offered, alongside implications for treatment and for further research.

KEYWORDS. Alcohol-other drug, moral behavior, moral judgment, substance dependency, recovery

Effect of a Managed Care Carve Out on Substance Abuse Treatment in Massachusetts: The Provider's Perspective
Donald S. Shepard
Richard H. Beinecke
Sharon Reif
Doreen A. Cavanaugh

As part of a study of Medicaid managed care, we surveyed a stratified random sample of 36 (out of 104) substance abuse inpatient and outpatient service providers about the Massachusetts Mental Health/Substance Abuse Program (MH/SAP), a carve out of mental health and substance abuse treatment. Despite patient advocate's fears at the start of the MH/SAP, the survey found that after four years of operation there were no significant changes in quality or outcomes compared to pre-MH/SAP. Integration between mental health and substance abuse services, effort towards quality management, the share of counselors with formal credentials, and administrative burdens on providers all increased under the program compared to the fee-for-service period. The 1996 survey, conducted just three months after the MH/SAP installed a different managed care organization as the administrator, showed that more time was needed to build confidence in the new administrator. Provider's opinions provide an informed and balanced evaluation of the achievements and challenges of a managed care program for Medicaid beneficiaries.

KEYWORDS. Managed care, substance abuse, treatment providers, carve out

The Effects of Chi-Kung on Spirituality and Alcohol/Other Drug Dependency Recovery
Randy Niederman

This article describes the effects of a Chinese breathing-based meditative technique, Chi-Kung, on spiritual awareness in a drug-dependency population. Implications for recovery are discussed as meditation improved the prospect of completing treatment.

KEYWORDS. Chi Kung, breathing exercises, drug-dependence treatment, spirituality, treatment completion
Jack London and *John Barleycorn: An Intimate Account of Alcoholism*  
*Richard H. Williams*

Jack London’s autobiography, *John Barleycorn* (1913), describes London’s personal problems with alcohol, as well as the problems of alcoholism in society. In the present study, the book is content analyzed to yield a set of direct quotations. These quotations were selected for the insight they may provide for the personal and relationship problems resulting from alcohol abuse or dependence. London’s autobiography can be used in a variety of treatment or educational settings to sensitize readers to the progressive and destructive course of alcohol addiction. Members of AA would also benefit from adding London’s autobiography to their personal reading list and to materials available in reading rooms.

**KEYWORDS.** Jack London, prohibition, alcoholic abuse and dependence, Alcoholics Anonymous, alcoholism, content analysis, addiction