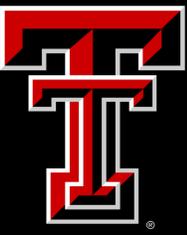


Determinants of Relapse for Students in Collegiate Recovery Communities

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Introduction

- Collegiate recovery communities (CRC/P's) offer support to college students who are in recovery from alcohol and drugs in the form of peer connections, recovery meetings, academic assistance, leadership opportunities and more.
- Relapse rates are used as evidence for their success, ranging from 4-8%.
- Lapse and relapse are both outcomes recognized as parts of the recovery process, but the differences between prevention for both has minimal research to date.
- Determinants of relapse include cognitive processes, substance use behavior, coping, affective state, and social support.

Methods

Participants

- 179 CRC students
- Age: 18-58, Mean: 27yrs
- Gender: 52.8% Female
- Race: 89.9% White

Measures

- Depression, Anxiety, & Stress Scale
- Brief Assessment of Recovery Capital
- Difficulties in Emotion Regulation Scale
- Interpersonal Support Evaluation List
- Drug Avoidance Self-Efficacy Scale
- Perceived Stigma of Substance Users
- Substance Abuse Self Stigma Scales

Results

Variables	Lapse			Relapse		
	B	Exp(B)	R	B	Exp(B)	R
Intrapersonal						
Psychological Distress						
Depression	0.006	1.006	1.006	-0.219	0.803	0.047
Anxiety	-0.069	0.933	0.933	-0.042	0.959	0.751
Stress	-0.06	0.942	0.942	0.21	1.234	0.031
Recovery Capital						
Self-Efficacy	-0.013	0.988	0.988	0.003	1.003	0.881
Coping	-0.021	0.98	0.98	-0.01	0.99	0.412
Emotional Regulation						
Awareness	-0.006	0.994	0.994	-0.107	0.899	0.416
Clarity	-0.087	0.916	0.916	0.235	1.265	0.187
Goals	-0.013	0.987	0.987	0.017	1.017	0.902
Impulse	-0.078	0.925	0.925	-0.144	0.866	0.275
Non-acceptance	0.065	1.067	1.067	0.092	1.096	0.507
Strategies	0.086	1.09	1.09	0.017	1.017	0.882
Interpersonal						
Stigma						
Perceived stigma of substance users	-0.081	0.922	0.922	-0.231	0.794	0.013
Self devaluation	0.052	1.053	1.053	-0.003	0.997	0.948
Fear of enacted stigma	-0.004	0.996	0.996	-0.066	0.936	0.217
Stigma avoidance	0.058	1.059	1.059	0.156	1.169	0.002
Interpersonal support	0.07	1.072	1.072	0.075	1.078	0.182
Relapse & Lapse						
Re/Lapse pre CRC	-0.805	0.447	0.447	-1.25	0.286	0.086
Penalty for Re/Lapse	0.48	1.617	1.617	-0.323	0.724	0.685
Attitude toward Re/Lapse	-0.058	0.944	0.944	0.132	1.141	0.666

Note: Significant values are in bold

Discussion

- Reduction in depression scores increased risk for relapse.
 - Future research needs to explore differences in substance use relapse for adolescents in recovery.
 - Variation may be accounted for the motivations for substance use
- Programming should focus on reducing stress for participants to decrease relapse potential.
- Educational resources on substance use stigma will be helpful for students to reduce perceived stigma and therefore reduce relapse potential.
- Stigma avoidance accounts for reduction in relapse
- None of the variables accounted for lapse potential, so more research is needed to explore the differences between lapse and relapse potential.

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