

Relapse among recovering addiction professionals: Prevalence and predictors

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This dissertation examined the prevalence of relapse, as well as predictors of relapse, among a cross-section of recovering addiction professionals (RAPs) in the United States. Relapse is defined as any use of alcohol, illicit drugs, or nonprescribed prescription medication after the initiation of recovery. The research design was a cross-sectional, exploratory survey design. An internet-based, anonymous survey was used, and the sample was drawn from RAPs associated with the International Certification and Reciprocity Consortium, the largest addiction credentialing organization in the world. Results of univariate descriptive statistics, chi-square tests of independence, t tests, and logistic regression showed the following. An estimated 14.7% of RAPs relapsed over their career lifespan. There was no evidence of relationship between relapse and gender, race, or educational level. Lower likelihood and rates of relapse were associated with mutual aid group affiliation and attendance at meetings. RAPs who relapsed had shorter histories of sobriety at the start of their careers and shorter periods of sobriety while in recovery. Results suggest that professional supports for addiction professionals in recovery might be helpful.