



# Selected Papers of William L. White

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## The 10-year Course of Alcoholics Anonymous Participation and Long-term Outcomes: A Follow-up Study of Outpatient Subjects in Project MATCH

### ABSTRACT

This study investigates the 10-year course and impact of AA-related helping (AAH), step-work, and meeting attendance on long-term outcomes. Data were derived from 226 treatment-seeking alcoholics recruited from an outpatient site in Project MATCH and followed for 10 years post-treatment. Alcohol consumption, AA participation, and other-oriented behavior were assessed at baseline, end of the 3-month treatment period, and one year, three years, and 10 years post-treatment. Controlling for explanatory baseline and time-varying variables, results showed significant direct effects of AAH and meeting attendance on reduced alcohol outcomes and a direct effect of AAH on improved other-oriented interest.

[http://www.helpingotherslivesober.org/documents/Pagano\\_2013\\_10\\_Year\\_Course.pdf](http://www.helpingotherslivesober.org/documents/Pagano_2013_10_Year_Course.pdf)