Addiction Recovery:

A Selected Bibliography of Professional Publications and Scientific Studies

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Introduction

This topical bibliography is intended as a supplement to a recovery management monograph series developed through the sponsorship of the Center for Substance Abuse Treatment’s Great Lakes Addiction Technology Transfer Center, the Institute for Research Education and Training in Addiction, and the Philadelphia Department of Behavioral Health and Intellectual disability Services. (This series can be downloaded from www.williamwhitepapers.com.)

What I have tried to do in this bibliography is capture scientific and professional papers specifically related to addiction recovery or that provide insights into the prevalence, pathways, processes, pathways, styles, and stages of addiction recovery. The primary emphasis is on studies and papers published in leading peer-reviewed scientific journals. It is hoped this will help interested readers locate classic and contemporary papers related to the resolution of alcohol and other drug problems. Future updates of this recovery research bibliography will be under the auspices of the Recovery Research Institute: https://www.recoveryanswers.org/

The bibliography is organized topically under the following headings:

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Toward a Recovery Paradigm


**Recovery Definition**


Anex. (2012). Australian definition of recovery. Melbourne, Australia


Kelly, J. F. & Bergman, B. G. (2020). A bridge too far: Individuals with regular and increasing very heavy alcohol consumption cannot be considered as maintaining “recovery” due to toxicity and intoxication-related risks. Journal of Addiction Medicine, October. DOI: 10.1097/ADM.0000000000000759


**Language, Recovery, and Recovery Advocacy**


Capretto, N. (2014). It’s time to stop calling them alcoholics and addicts. Accessed May 14, 2019 at [https://www.timesonline.com/2e5957aa-1079-5f9a-8364-8edad0b7fb06.html](https://www.timesonline.com/2e5957aa-1079-5f9a-8364-8edad0b7fb06.html)


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Nowinski, J. (2014). ‘Recovering alcoholic’: Words that stigmatize or empower? Accessed May 14, 2019 at https://www.huffpost.com/entry/addiction-and-recovery_n_4665947?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLnNvbS8&guce_referrer_sig=AQAAACleAIU1A5HZJfnJe-t5n4nBd6uPYot44TbiCdm2hu_XP7q-vj8DA1BYOhV_Xp4eAh86GTkLZaEB4ayqszpBgdG77UBfr4sgV8z32NUOOHevvaZeZ_kF50taLC1uvHMX5twrUdVMuLseY_a91u75b5NPtxzRON1AB-EoT4mlo


**History of Recovery (general)**


**Early Recovery Biographies**


Hiatt, J. (1878). *Save the boys: The ribbon workers*. Hastings, MI: LaFayette Hughes.


**History of Recovery Mutual Aid Societies**


**History of the Recovery Advocacy Movement**

https://doi.org/10.1007/s11469-018-9967-8


**The Recovery Experience**

In book: The Psychology of Habit


Collins, S.E., Jones, C., Hoffmann, G.,…& Clifasefi, S.L. (2015) In their own words: Content analysis of pathways to recovery among individuals with the lived experience of homelessness and alcohol use disorders. The International Journal on Drug Policy, 27, 89-96.


Haseltine, F. (2000). Gender differences in addiction and recovery. *Journal Of Women's Health & Gender-Based Medicine, 9*(6), 579-583.


Mackintosh, V., & Knight, T. (2012). The notion of self in the journey back from addiction. *Qualitative Health Research, 22*(8), 1094-1101.


Manuel, J. I., Yuan, Y., Herman, D. B., Svikis, D. S., Nichols, O., Palmer, E., & Deren, S.


Rettie, H., Mark, L. Cox, M. (2019). Personal experiences of individuals who are recovering from a drug or alcohol dependency and are involved in social-based recovery groups. *Drugs: Education Prevention and Policy.*


### Spirituality and Addiction Recovery (Also see Frameworks of Addiction Recovery)


### Addiction Recovery among Women


Scott, C. K., & Dennis, M. L. (2012). The first 90 days following release from jail: Findings from recovery management checkups for women offenders (RMCWO) experiment. *Drug and Alcohol Dependence, 125*(1), 110-118.


Addiction Recovery within LGBTQ Community


**Recovery in Communities of Color & Other Diverse Populations**


Saloner, B. & Cook, B. L. (2013). Blacks and Hispanics are less likely than Whites to complete addiction treatment, largely due to socioeconomic factors. *Health Affairs*, 32(1), 135-145.


Stahler, G. J., Mennis, J., & Baron, D. A. (2021). Racial/ethnic disparities in the use of medications for opioid use disorder (MOUD) and their effects on residential treatment outcomes in the US. *Drug and Alcohol Dependence, 226*, 108849.


**Recovery in Rural Communities**


**Recovery among Adolescents and Young Adults** (Also see Recovery Schools)


Nash, A. J. (2013). The alternative peer group: What can ‘winners’ from this program teach us about recovery from adolescent substance use disorder? (Doctoral dissertation). The University of Texas Health Science Center at Houston School of Nursing, Houston, TX.


Substance Abuse and Mental Health Services Administration (2009). *Designing a recovery-oriented care model for adolescents and transition age youth with substance use or co-
occurring mental health disorders. U.S. Department of Health and Human Services, Rockville, MD.


Addiction Recovery and Mental Health Recovery


**Recovery/Remission Prevalence in Community and Clinical Populations**


Moos, R. H. (1994). Why do some people recover from alcohol dependence, whereas others continue to drink and become worse over time? *Addiction, 89*(1), 31-34.


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Vergés, A., Jackson, K. M., Bucholz, K. K., et al. (2012). Deconstructing the age-prevalence curve of alcohol dependence: Why “maturing out” is only a small piece of the puzzle. *J Abnorm Psychol.*, 121(2), 511-523


**Recovery Capital**


Best, D. (2014). *Strength, support, setbacks, and solutions: The developmental pathways to*


Kretzmann J. and McKnight J. (1993). Building communities from the inside out: A path toward finding and mobilising a community’s assets. Skokie, IL: ACTA Publications.


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Yates, R. (2012). In it for the long haul: recovery capital, addiction theory and the inter-generational transmission of addictive behavior. In A. Adan & C. Vilanou (Eds.), *Substance abuse treatment generalities and specificities* (pp. 35–51). Barcelona: Marge-Medica Books


**Recovery Mutual Aid (Overview of Secular, Spiritual, and Religious Recovery Support Groups)**


Humphreys, K., & Moos, R. H. (1996). Reduced substance-abuse-related health care costs among voluntary participants in Alcoholics Anonymous. *Psychiatric Services, 47*(7), 709-713.


Parkman, T. J. (2014). ‘My actual mind and body is in a better place, I just feel better since coming here’: recovery and mental wellbeing—a phenomenology of service users attending a mutual aid programme. *Advances in Dual Diagnosis, 7*(4), 1-11.


**Recovery Mutual Aid (Assertive Linkage Procedures)**


**Representative Studies/Papers on Twelve Step Groups**


disorder diagnosis during recovery. *Practice in Clinical Psychology, 8*(1), 17-25. DOI: 10.32598/jpcp.8.1.19


**Key Books/Studies/Interviews on Twelve Step (AA/NA) Alternatives (and Alternatives within AA)**


characteristics and group participation, cohesion, and satisfaction. *Journal of Substance Abuse Treatment*, 73, 16-26.


**Linking Clients to Recovery Mutual Aid Societies**


**Web Resource to Explore Choice of Recovery Mutual Aid (Most comprehensive and most frequently updated resource for recovery mutual aid groups)**

http://www.facesandvoicesofrecovery.org/resources/support/index.html
Role of Clinicians and Treatment Programs in Working with Addiction Recovery Mutual Aid Groups


Recovery (Public Perceptions) Also see Addiction Recovery & Stigma


**Frameworks of Recovery (Religious, Spiritual, Secular)**


Laudet, A. B., Morgen, K., & White, W. L. (2006). The role of social supports, spirituality, religiousness, life meaning and affiliation with 12-step fellowships in quality of life


**Styles of Recovery Initiation and Natural Recovery**


Drugs: Education Prevention and Policy, 28(5), 511-522. DOI: 10.1080/09687637.2020.1800592


**Remission via Deceleration of Alcohol and Other Drug Use (Also see Style of Recovery Initiation / Moderation Management)**


Stages of Recovery


Shaffer, H. J. (1989). The psychology of stage change: The transition from addiction to recovery. In J. H. Lowinson, P. Ruiz, R. B. Millman, & J. G. Langrod (Eds.), *Substance
abuse: a comprehensive textbook (Third ed.) (pp. 100-106). Baltimore: Williams & Wilkins.

Recovery Durability/Stability


**Medication and Recovery**


Megan E. Cooke, PhD; Alyson Dechert, BA; Rachel Plummer, BA; Brenden Tervo-Clemmens, PhD; David A. Schoenfeld, PhD; A. Eden Ev


levels and drug use disorders: 3-year follow-up results in the US general population. *Drug Alcohol Depend.*, 201, 16-22


HHS Publication No. (SMA) 18-5063FULLDOC. Rockville, MD: Substance Abuse and Mental Health Services Administration.


**Psychedelics and Addiction Recovery**


**Peer Recovery Support Services (and Social Network Effects on Recovery)**


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Bohannan, T., Gonzalez, C., & Summers, A. (2016). Assessing the relationship between a peer-


Byrne, K. A., Roth, P. J., Merchant, K., Baginski, B., Robinson, K., Dumas, K., ... & Jones, R. (2020). Inpatient link to peer recovery coaching: Results from a pilot randomized control trial. *Drug and Alcohol Dependence*, 215, 108234


Health Research Development Corporation


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Purcell, D. W., Latka, M. H., Metsch, L. R., et al. (2007). Results from a randomized controlled trial of a peer-mentoring intervention to reduce HIV transmission and increase access to care and adherence to HIV medications among HIV-seropositive injection drug users. *Journal of Acquired Immune Deficiency Syndrome, 46*(suppl 2), S35–S47.


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professionals in recovery from alcohol misuse: Thesis (M.Phil), Stellenbosch University,

exploration of coaching employed professionals. International Journal of Evidence Based
Coaching and Mentoring, 18(2), 101-114.

Solomon, P. (2004, Spring). Peer support/peer provided services underlying processes,

group alliance in a secular peer support group for recovery from substance misuse.

South, J., Bagnall, A-M., & Woodall, J. (2017). Developing a typology for peer education and
peer support delivered by prisoners. Journal of Correctional Health Care, Apr; 23(2),

Stack, E.; Hildebran, C.; Leichtling, G.; Waddell, E. N.; Leahy, J. M.; Martin, E.; Korthuis, P. T.
(2021). Peer recovery support services across the continuum: In Community, Hospital,
Corrections, and Treatment and Recovery Agency Settings - A Narrative Review. J
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coaching in and out of emergency departments: an overview of the Connecticut
Community for Addiction Recovery’s (CCAR) Emergency Department Recovery
https://doi.org/10.1007/s11469-022-00772-7

abuse treatment engagement among child welfare-involved parents. Journal of Family
Strengths, 14(1), Article 6. Accessed April 11, 2018 at http://digitalcommons.library.tmc.edu/jfs/vol14/iss1/6

community among adults recovering from substance abuse. North American Journal of
Psychology, 12, 255–264.

relationships in substance use disorder recovery. Substance Abuse, 36(4), 396–399.

influences and drinking outcomes across three years. Journal of Studies on Alcohol and
Drugs, 73(3), 489-497.

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competencies-peer-workers

Swarbrick, M., Bohan, M-C., & Hillis, M. (2019). Peer health navigators support individuals
with an opioid use disorder transitioning from prison. Drug and Alcohol Dependence,
201, 88-91.


**Digital Recovery Support Services**


Hester, R., Lenberg, K., Campbell, W., & Delaney, H. (2013). Overcoming addictions, a web-based application, and SMART Recovery, an online and in-person mutual help group for problem drinkers, part 1: three-month outcomes of a randomized controlled trial. *Journal of Medical Internet Research, 15*(7), e134. Available at: http://dx.doi.org/10.2196/jmir.2565


Studies of Twelve Step Sponsorship


**People in Recovery Working as Addiction Counselors and other Professional Roles**


Dawson, S. (2019). Barriers to attaining higher education among substance abuse counselors. May. Doctorate in Social Work (DSW) Dissertations. 134. [https://repository.upenn.edu/edissertations_sp2/134](https://repository.upenn.edu/edissertations_sp2/134)


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Shaari, A. A. H. (2020). An exploration of the lived experiences of counselors in recovery from substance use disorders (SUDs) working in the addiction treatment field. DOI:
10.13140/RG.2.2.20659.04640 (Thesis for PhD; Advisor: Subadra Panchanadeswaran, PhD).


People in Recovery as Volunteers


Recovery and Employment


Petry, N., Andrade, L. F., Rash, C. J., & Cherniack, M. G. (2013). Engaging in job-related activities is associated with reductions in employment problems and improvements in


**Family Recovery**


with alcohol dependence: A randomized controlled trial. Drug Alcohol Depend., 163, 179-185


Heflinger, C. A., Brannan, A. M. (2006). Differences in the experience of caregiver strain between families caring for youth with substance use disorders and families of youth with


**NOTE:** For a complete bibliography for Al-Anon, see [http://www.williamwhitepapers.com/pr/2012%20Al-Anon%20Alateen%20Chronology.pdf](http://www.williamwhitepapers.com/pr/2012%20Al-Anon%20Alateen%20Chronology.pdf)

### Health Status of People in Recovery


The course of cognitive performance during inpatient treatment in patients with alcohol use disorder with no, mild or major neurocognitive disorders. Alcohol Alcohol, 56(1), 89-100.


Durazzo, T. C., Hutchison, K. E., Fryer, S. L., Mon, A., & Meyerhoff, D. J. (2012). Associations of cigarette smoking and polymorphisms in brain-derived neurotrophic factor and catechol-O-methyltransferase with neurocognition in alcohol dependent individuals

Durazzo, T. C., Meyerhoff, D. J. (2020). Cigarette smoking history is associated with poorer recovery in multiple neurocognitive domains following treatment for an alcohol use disorder. *Alcohol*, 85, 135-143.


disturbances in early alcohol recovery: Prevalence and associations with clinical characteristics and severity of alcohol consumption. Drug and Alcohol Dependence, 206, 107655.


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### Smoking (Nicotine Addiction) and Addiction Recovery


Bobo, J. K., & Davis, C. M. (1993). Recovering staff and smoking in chemical dependency programs in rural Nebraska. *Journal of Substance Abuse Treatment, 10*(2), 221-227.


Hughes J. (2002). Do smokers with current or past alcoholism need different or more intensive treatment? *Alcohol: Clinical & Experimental Research*, 26(12), 1934-1935.


**Role of Specialized Treatment in Recovery (Classic and Recent Reviews)**


### Integration of Primary Health Care and Addiction Treatment / Recovery Support


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**Addiction as a Chronic Condition Requiring Sustained Recovery Management**


Recovery Management and Recovery-oriented Systems of Care


Borg, M., & Kristiansen, K. (2004). Recovery-oriented professionals: helping relationships in
doi:10.1080/09638230400006809.


Center City, MN: Hazelden Foundation Press.


**Recovery Management Checkups and Related Continuing Care Research**


380


adolescent substance abuse interventions (pp. 311-329). New York: Elsevier Science Ltd.


months of long-term study with randomized controls. Alcohol: Clinical and Experimental Research, 7(2), 203-209.


McKay, J. R. (2009). Continuing care research: what we have learned and where we are going. Journal of Substance Abuse Treatment, 36, 131–45.


Recovery Management and Health Care Reform


On Recovery Research


Culture of Recovery


**Social Model Recovery Programs**


**Recovery Enhancement from Helping Others**


**Recovery Residences**


Miles, J., Bunn, T., Kizewski, A. … & Fletcher, E. (preprint). Assessing technical assistance needs among recovery residence operators in the United States. July 2020, DOI: 10.21203/rs.3.rs-42093/v1; LicenseCC BY 4.0


Note: A complete listing of the published studies conducted by DePaul University on Oxford House is available at [http://condor.depaul.edu/ljason/oxford/publications.html](http://condor.depaul.edu/ljason/oxford/publications.html)

**Recovery High Schools & Collegiate Recovery Programs**


doi:10.13140/RG.2.2.21549.08160


Cleveland, K. Harris & R. Wiebe (Eds.). *Substance abuse recovery in college: Community supported abstinence*, (pp. 113-143). New York: Springer Science & Business Media.


Laitman, L., Kachur-Karavites, B. & Stewart, L.P. (2014). Building, engaging, and sustaining a continuum of care from harm reduction to recovery support: The Rutgers Alcohol and


Recovery Ministries


The Ecology of Addiction, Recovery, & Community Recovery (Recovery Spaces / Landscapes)


Recovery and Harm Reduction (Also See Peer Recovery Support Services)


reduction, and the self-organization and outside-organizing of users’ groups.


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Precovery: Efforts to Work with or Organize Active Drug Users


Strategies for Breaking Intergenerational Cycles of Addiction


Mahedy, L. et al. (2017). Parental alcohol use and risk of behavioral and emotional problems in


### Addiction Recovery and Stigma


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Matheson, M., Jaffray, M., Ryan, C. M., Bond, K., Fraser, M., & Liddle, K. D. (2014). Public opinion of drug treatment policy: Exploring the public’s attitudes, knowledge,


White, W. (2009). *Long-term strategies to reduce the stigma attached to addiction, treatment and recovery within the City of Philadelphia (with particular reference to medication-assisted treatment/recovery).* Philadelphia: Department of Behavioral Health and Mental Retardation Services.


**International Perspectives (Not Referenced Earlier)**


Studies of NA in Iran


Bavi, S., Borna, M. (2010). The effect of psychological services in rehabilitation period on the negative self-concept, anxiety, depression and self-esteem of the self-referred addicts of


narcotics and reappearance of drug usage in narcotics anonymous. Arak Medical University Journal (AMUJ), 13(3), 68-75. [Persian]