



Broadening Our Conceptualization of Recovery: Profiles of Recovery from Alcohol Use Disorder

Frank J. Schwebel¹, Kevin S. Montes², A. J. O'Sickey¹, Dylan K. Richards³, Matthew R. Pearson¹, Katie Witkiewitz¹

¹Center on Alcoholism, Substance Abuse, and Addictions (CASAA), University of New Mexico

²Department of Psychology, California State University, Dominguez Hills

³Latino Alcohol and Health Disparities Research and Training (LAHDR) Center, Department of Psychology, University of Texas at El Paso



INTRODUCTION

- Prior research has identified diverse profiles of recovery from alcohol use disorder among individuals in the outpatient treatment arm of Project MATCH (Witkiewitz et al., 2019)
- Using indicators of alcohol use, life satisfaction, and psychosocial functioning at 3 years post-treatment, four profiles were identified: 1) poor functioning frequent heavy drinkers, 2) poor functioning infrequent heavy drinkers, 3) high functioning occasional heavy drinkers, and 4) high functioning infrequent non-heavy drinkers (Witkiewitz et al., 2019)
- The current study was designed to replicate these findings in an independent sample

METHOD

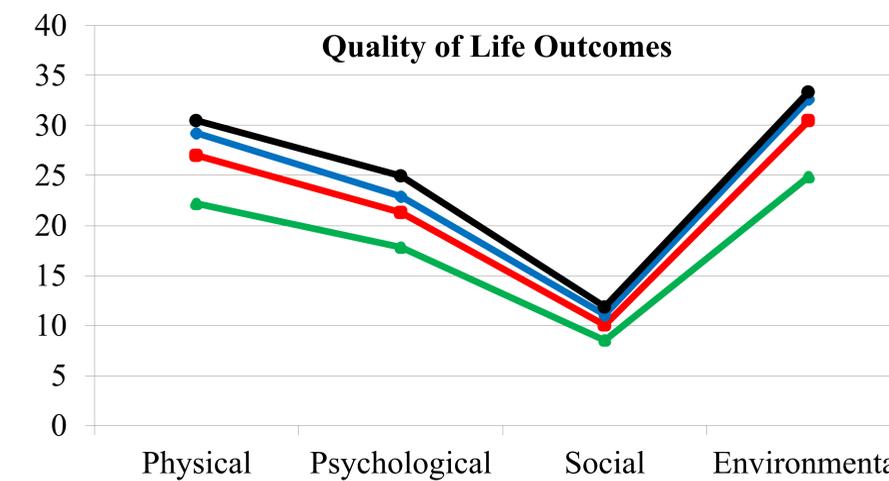
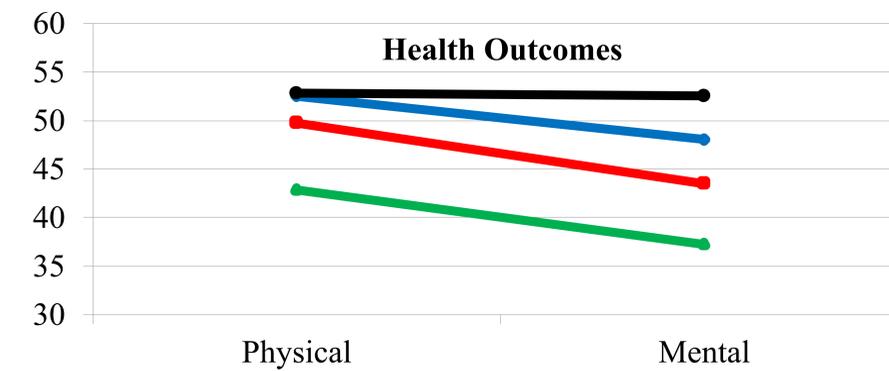
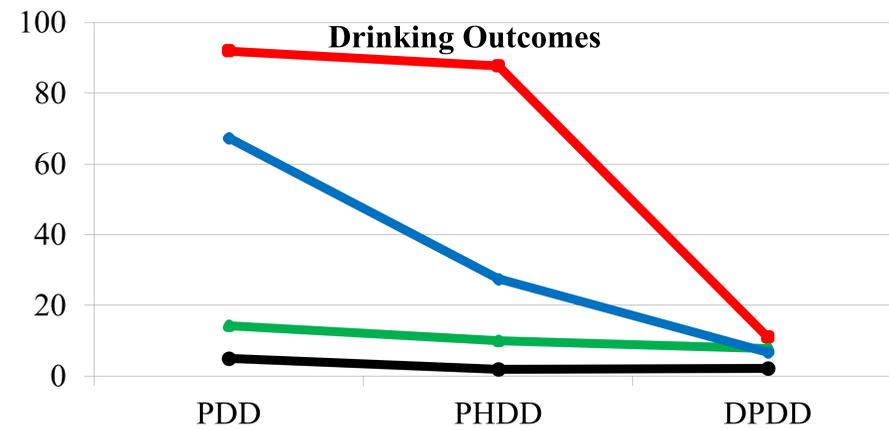
PARTICIPANTS

- The present study used data obtained from the COMBINE study (Anton et al., 2006)
- Participants ($n = 694$; 30.1% female, 21.2% non-White) were recruited from the community across 11 research sites and individuals who met criteria for alcohol dependence based on DSM-IV criteria were included

MEASURES

- Past 90-day **alcohol use** was assessed using the Form 90 (Miller, 1996), from which we calculated drinking intensity (drinks per drinking day; DPDD), drinking frequency (percent drinking days; PDD), and percent heavy drinking days (PHDD; number of days consuming 4/5 drinks or more for women/men, respectively)
- **Physical and mental health** was assessed using the 12-item short-form health survey (SF-12; Ware et al., 1996)
- Perceived past-month **quality of life** was assessed using the World Health Organization Quality of Life Scale-BREF (WHOQOL-BREF; WHOQOL Group, 1998), which includes quality of life in four domains: physical, psychological, social, and environmental

Latent Profiles of Recovery



- Profile 1 (N=39): Low Functioning Frequent Heavy Drinking
- Profile 2 (N=105): Low Functioning Infrequent Heavy Drinking
- Profile 3 (N=136): High Functioning Heavy Drinking
- Profile 4 (N=350): High Functioning Infrequent Drinking

RESULTS

- Latent profile models with three, four, and five profile solutions were estimated
- The Bayesian Information Criteria (BIC) and sample-size adjusted BIC (aBIC) decreased with the addition of each successive profile
- Model entropy was excellent across all three models (3-profile: .88, 4-profile: .92, and 5-profile: .93)
- Substantively, the four-profile model replicated prior results and the five-profile model appeared to separate the high functioning heavy drinking profile into a lower functioning occasional heavy drinking profile and a higher functioning occasional heavy drinking profile
- We selected a four-profile model as our final model given prior results in Project MATCH and concerns about over-extraction of latent classes in mixture models (Bauer & Curran, 2003)

SUMMARY

- Diverse profiles of recovery from alcohol use disorder identified among individuals in Project MATCH were replicated in the COMBINE study
- Most individuals reported functioning well after treatment, including a profile of individuals (about one-fifth of the total sample) who achieved stable recovery while engaging in occasional heavy drinking and reporting good health outcomes
- The findings highlight that broadening our conceptualization of recovery to include other factors beyond drinking, such as physical/mental health, life satisfaction, and other indicators of psychosocial functioning, should be considered
- Limitations include not having exactly the same measures of functioning in both samples, which precludes conducting an exact replication, and the COMBINE study excluded individuals with co-occurring substance use disorders
- Future studies should examine these profiles of recovery in samples that did not exclude individuals with co-occurring disorders

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