

White, W., Budnick, C. & Pickard, B. (2011). Narcotics Anonymous: A chronology of the scientific and professional literature. Posted at www.williamwhitepapers.com

**Narcotics Anonymous:
A Chronology of the Scientific and Professional Literature**

William White, Chris Budnick, and Boyd Pickard

Narcotics Anonymous (NA) has not received the degree of attention from the academic and professional communities commensurate with its longevity as an addiction recovery mutual aid society, its membership growth, and its international dispersion. No academic history of NA has been published comparable to *Not-God: A History of Alcoholics Anonymous* by Harvard-trained historian Ernest Kurtz. Where thousands of articles have appeared in professional journals on Alcoholics Anonymous (AA), the number of comparable studies focusing specifically on NA is miniscule, and even fewer achieve any kind of methodological rigor in evaluating the effects of NA participation on long-term recovery outcomes. In fact, there are more reviews and meta-analyses of AA-related studies than there are focused scientific studies of NA.

Standard literature searches for scientific studies of NA reveal frequent peripheral references to NA and frequent inclusion of NA within a generic umbrella of “12-Step programs” with no disaggregation of NA data and no specific conclusions drawn that would distinguish effects of NA from other 12-Step fellowships. In fact, there is an underlying assumption within the scientific and professional literature that NA is a clone of AA—that conclusions drawn from AA can be indiscriminately applied to NA and other 12-Step addiction recovery programs. That assumption has been only rarely tested in the scientific literature in spite of the fact that NA has its own quite distinctive history, has faced unique obstacles to its survival and growth, has made changes in AA Steps that are clinically and historically significant, has a membership profile that differs significantly from AA and has a recovery culture (e.g., service structure, iconic figures, language, rituals, etiquette, symbols, literature) quite different than that found in AA.

Many of the basic questions once posed about AA have at least preliminary answers in the research literature, but such answers are not yet available for NA. These questions include intra- and extra-organizational factors related to survival and growth; rates of attraction, engagement, and retention/attrition; short and long-term effects of participation; isolation of “active ingredients” that influence recovery outcomes; effects of concurrent or sequential participation in professional treatment or co-participation in other recovery support organizations; effects of disengagement on recovery stability; and effects of participation across diverse populations of members, e.g., women, youth, ethnic and cultural groups, people with co-occurring disorders, people taking medication, etc.

The length of the list of publications below might at first glance seem to constitute an impressive body of scientific and professional focus on NA, but that is not the case. The reference to NA in most of the publications below are tangential and do not constitute a focused examination of NA. There is evidence of growing scientific and professional interest in NA over

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the past decade, but there has yet to be a clear NA-related research agenda formulated or fulfilled. It is our belief that such an agenda will emerge within the coming decade. To set the stage for the formulation and fulfillment of such an agenda, we have created a working chronology of papers on NA and papers on the broader arena of 12-Step programs with particular implications to NA that have appeared in books aimed at a professional audience or authored by addiction professionals, peer-reviewed scientific and clinical journals, addiction professional trade journals, master's theses and doctoral dissertations, and through books and clinical manuals aimed at addiction professionals.

The search mechanisms used to prepare this chronology include ADAI (Alcohol and Drug Abuse Institute, University of Washington), CORK, Dissertation Abstracts, NIAAA-ETOH, Google Scholar, ProQuest Dissertations & Theses, PsychInfo, PubMed, SAMHSA (Office of Applied Studies), WorldCat Dissertations, and the holdings of the Illinois Addiction Studies Archives.

The history of the larger body of popular literature on NA and NA's own literature is not included in this chronology. Those interested in this literature will find much of it listed at the following site: <http://www.williamwhitepapers.com/pr/2011-09-13%20NA%20Chronology%20-%20Volume%20One.pdf>.

Readers unfamiliar with the history of NA should know that there is more than one NA, only one of which survived as NA as it is known today. Today's NA dates from its founding in California in 1953, to its near death in 1959, and its subsequent survival and maturation as an addiction recovery mutual aid organization. Many of the earliest references to NA in the below chronology refer to those organizations that can trace their ancestry to the founding of Addicts Anonymous in 1947 and its move to New York City in 1949 via Danny C. and its rechristening as Narcotics Anonymous. Those interested in this history are referred to the following: White, W., Budnick, C., & Pickard, B. (2011). Narcotics Anonymous: Its history and culture. *Counselor*, 12(2), 10-15, 22-27, 36-39, 46-50. (For unabridged version, see: <http://www.williamwhitepapers.com/pr/2011%20Narcotics%20Anonymous%20History%20and%20Culture.pdf>)

To facilitate easier navigation of this document, the following hyperlinks will take the reader to specific years. Selecting the hyperlinked years in the document will also return the reader to this page.

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1954	1964	1983	1992	2000	2008
1956	1965	1985	1993	2001	2009
1957	1966	1986	1994	2002	2010
1958	1969	1987	1995	2003	2011
1959	1970	1988	1996	2004	

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1951

Vogel, V. H., & Vogel, V. E. (1951). *Facts about narcotics*. Chicago, IL: Scientific Research Associates, Inc. (references Narcotics Anonymous as a new community resource).

Abrahamson, E. M., & Pezet, A. W. (1951). *Body, mind and sugar*. Henry Holt and Company: New York. p. 190 – 191.

Anonymous. (1951). Narcotics Anonymous. *American Journal of Public Health*, 41, p. 254.

1952

St. Charles, A. I. (1952). *The narcotics menace*. Los Angeles, CA: Borden Publishing Co. (Notes Los Angeles chapter of Narcotics Anonymous, also known as Addicts Anonymous)

Deutsch, A. (1952). *What we can do about the drug menace* (U.S. Public Health Service - Public Affairs Pamphlet #186). September (includes a one-page section entitled Addicts Anonymous).

1953

Fraser, H. F., & Grider, J. A. (1953). Treatment of drug addiction. *American Journal of Medicine*, May, 571-577. (Reference to Addicts Anonymous as a recovery support resource).

1954

Brown, W. (1954). *Monkey on my back*. London, England: Elek Books Limited.

Maurer, D. W., & Vogel, V. H. (1954). *Narcotics and narcotic addiction*. Springfield, IL: Charles C. Thomas.

1956

Buckwalter, J. A. (1956). *Merchants of misery*. Mountain View, CA: Pacific Press Publishing Association. (Notes operations of Addicts Anonymous, Narcotics Anonymous, Habit Forming Drugs and NOTROL.)

Nyswander, M. (1956). *The drug addict as a patient*. New York: Grune & Stratton. (Brief description of Narcotics Anonymous).

1957

Winick, C. (1957). Narcotics addiction and its treatment. *Law and Contemporary Problems*, 22(1), 9-33.

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1958

Really living. (1958). Washington, D.C.: Narcotics Education, Inc.

Kieपुरa, W. T. (1958). *A progress report on the conduct of a Narcotics Anonymous program in an adult penal institution, Soledad Correctional Training Facility.*

1959

Murtagh, J. M., & Harris, S. (1959). *Who live in shadows.* New York: McGraw-Hill. (Notes existence of 4 Narcotics Anonymous groups).

1960

Post-withdrawal treatment of narcotics addiction at Lexington. (1960). *What's New*, Winter, # 221, Abbot Laboratories. (Notes existence of Addicts Anonymous).

1962

Flier, W. C. (Ed.) (1962). *Problems in alcoholism and narcotics.* Proceedings of the Institute of Pastoral Psychology, Fordham University, under the auspices of the Dept. of Psychology, June, 1959. New York: Fordham Univ. Press. (Brief references to Narcotics Anonymous meeting in New York City.)

1963

Mental Health Monograph 3. (1963). *Narcotic drug addiction.* U.S. Department of Health, Education and Welfare, Public Health Service Publication No. 1021. (Brief reference to existence of Narcotics Anonymous).

Wakefield, D. (ed., 1963). *The addict.* New York: Fawcett World Library. (Brief reference to Narcotics Anonymous).

1964

Harris, J. D. (1964). *The junkie priest: Father Daniel Egan.* New York: Coward-McCann, Inc. (Brief discussion of Narcotics Anonymous in New York City).

Moncus, M. L. (1964). *Comparison of MMPI scales of members of Alcoholics Anonymous and members of Narcotics Anonymous* (Thesis [E.S.]). New Mexico State University.

Yost, O. R. (1964). *The bane of drug addiction.* New York: The MacMillan Company. (Notes recent organizations of Narcotics Anonymous).

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Duncan, T. (1965). *Understanding and helping the narcotic addict*. Englewood Cliffs, NJ: Prentice-Hall.

Kron, Y. J., & Brown, E. M. (1965). *Mainline to nowhere: The making of a heroin addict*. New York: Pantheon Books.

Patrick, S. W. (1965). Our way of life: A short history of Narcotics Anonymous. In E. Harms (Ed.), *Drug addiction and youth* (pp. 148-157). New York: Pergamon Press.

Rasor, B. (1965). The institutional treatment of the narcotic addict. *Journal of the Mississippi State Medical Association*, 6, 11-14 (Brief reference to Addicts Anonymous).

1966

Jaffe, S. (1966). *Narcotics -- An American plan*. New York: Paul S. Eriksson, Inc. (brief reference to Narcotics Anonymous in New York City).

1969

Sagarin, E. (1969). *Odd man in: Societies of deviants in America*. Chicago: Quadrangle Books. (Contains profile of New York City Narcotics Anonymous).

1970

C., D., & Doyle, B. (1970). Marijuana: Assassin flower. In *Marijuana—To go to pot, or not. Listen—Better Living Library*. Washington, D.C.: Narcotics Education, Inc.

Garmon, W. S., & Strickland, P. (1970). Narcotics Anonymous. In *How to fight the drug menace* (pp. 96-97). Nashville, TN: Broadman Press.

Standifer, D. A., Cox, J. D., & Poimboeuf, C. E. (1970). *An exploratory study of certain socio-cultural, economic and demographic characteristics of the members of Narcotics Anonymous at Louisiana State Penitentiary* (Master's Thesis). Louisiana State University.

1973

Maurer, D., & Vogel, V. (1973). *Narcotics and narcotic addiction*. Springfield, IL: Charles C. Thomas.

1980

Ashmore, B. J. (1980). Narcotics Anonymous: How to start a group in your community. In R. Faulkinberry (ed.), *Drug problems of the 70s; Solutions of the 80s* (National Drug Abuse Conference, 6th, New Orleans, 1979, pp. 399-402). Lafayette, LA: Endac Enterprises.

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Nurco, D. (1981). The self-help movement and narcotics addicts. *American Journal of Drug and Alcohol Abuse*, 8(2), 139-151.

1983

Marques, C. C. (1983). *Behavior control self-help groups members' attitudes regarding health care professionals* (Ph.D. Thesis – Psychology). University of Arizona.

Nurco, D. N., Wegner, N., Stephenson, P., Makofsky, A. & Shaffer, J. W. (1983). *Ex-addicts' self-help groups: Potentials and pitfalls*. New York: Praeger Publishers.

1985

Narcotics Anonymous. (1985). *Journal of the American Medical Association*, 254(21), 3037.

Peyrot, M. (1985). Narcotics Anonymous: Its history, structure, and approach. *International Journal of the Addictions*, 20(10), 1509-1522.

What is N. A.? (pamphlet). (1985). Center City, MN: Hazelden.

1986

N. A.: One member's story (pamphlet). (1986). Center City, MN: Hazelden.

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Buxton, M. E., Smith, D. E., & Seymour, R. B. (1987). Spirituality and other points of resistance to the 12-step recovery process. *Journal of Psychoactive Drugs*, 19(3), 275-286.

Cloud, W. (1987). *From down under: A qualitative study on heroin addiction recovery*. Ann Arbor, MI: Dissertation Abstracts.

Ehrlich, P. (1987). 12-step principles and adolescent chemical dependence treatment. *Journal of Psychoactive Drugs*, 19(3), 311-317.

Muhleman, D. (1987). 12-step study groups in drug abuse treatment programs. *Journal of Psychoactive Drugs*, 19(3), 291-298.

Twelve Steps for addicts (pamphlet). (1987). Center City, MN: Hazelden.

Wells, B. (1987). Narcotics Anonymous (NA): The phenomenal growth of an important resource. *British Journal of Addiction*, 82(6), 581-582.

Zweben, J. E. (1987). Recovery-oriented psychotherapy: Facilitating the use of 12-step programs. *Journal of Psychoactive Drugs*, 19(3), 243-251.

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1988

Emert, V. (1988). Doing the 12-step to a rock beat: Leonard the Dog has a sober message for teenagers. *Adolescent Counseling, 1*(2), 31-34.

From treatment to N. A. (pamphlet). (1988). Center City, MN: Hazelden.

Nichols, H. (1988). Narcotics Anonymous. *Journal of Substance Abuse Treatment, 5*(3), 195-196.

1989

Bodensieck, R. A. (1989). *A model for differentiating types of change-oriented groups: Discussion, application, and empirical analysis* (Thesis, Psy.D.). Chicago School of Professional Psychology.

Gifford, P. D. (1989). A.A. (Alcoholics Anonymous) and N.A. (Narcotics Anonymous) for adolescents. In P. B. Henry (ed.), *Practical approaches in treating adolescent chemical dependency: A guide to clinical assessment and intervention* (pp. 265-284). New York: Haworth Press.

McCown, W. (1989). The relationship between impulsivity, empathy and involvement in twelve step self-help substance abuse treatment groups. *British Journal of Addiction, 4*(4), 391-393.

Miller, N. S., Gold, M. S., & Pottash, A. C. (1989). A 12-step treatment approach for marijuana (cannabis) dependence. *Journal of Substance Abuse Treatment, 6*(4), 241-250.

1990

Chappel, J. N., Veach, T. L., & Klein, B. (1990). Teaching medical students to utilize 12-step programs. *Substance Abuse, 11*(3), 143-150.

O'Connor, L. E., & Berry, J. W. (1990). The drug-of-choice phenomenon: Why addicts start using their preferred drug. *Journal of Psychoactive Drugs, 22*, 305-311.

1991

Alford, G. S., Koehler, R. A., & Leonard, J. (1991). Alcoholics Anonymous-Narcotics Anonymous model inpatient treatment of chemically dependent adolescents: A 2-year outcome study. *Journal of Studies on Alcohol, 52*(2), 118-126.

Atkins, R. G. (1991). *Self-help groups as modern forms of religious life: A case study of Narcotics Anonymous* (Master's Thesis). University of Virginia.

Chappel, J. N., & DuPont, R. L. (1991). Twelve-step and mutual-help programs for addictive disorders. *Psychiatric Clinics of North America, 22*(2), 425-446.

Gifford, P. D. (1991). A.A. and N.A. for adolescents. *Child & Adolescent Substance Abuse, 1*(3), 101-120.

Schulz, J. E. (1991). 12-step programs in recovery from drug and alcohol addiction. In N. S. Miller (ed.), *Comprehensive handbook of drug and alcohol addiction* (pp. 1255-1271). New York: Marcel Dekker.

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Chappel, J. N. (1992). Effective use of Alcoholics Anonymous and Narcotics Anonymous in treating patients. *Psychiatric Annals*, 22(8), 409-418.

Derby, K. (1992). The role of 12-step self-help groups in the treatment of the chemically dependent. In B. C. Wallace (ed.), *The chemically dependent; Phases of treatment and recovery* (pp. 159-170). New York: Brunner/Mazel.

Kramer, T. H., & Hoisington, D. (1992). Use of AA and NA in the treatment of chemical dependencies of traumatic brain injury survivors. *Brain Injury*, 6(1), 81-88.

Lawson, G. W. (1992). Twelve-step programs and the treatment of adolescent substance abuse. In G. W. Lawson & A. W. Lawson (eds.), *Adolescent substance abuse: Etiology, treatment and prevention* (pp. 219-229). Gaithersburg, MD: Aspen Publishers.

Room, R. (1992). "Healing ourselves and our planet": The emergence and nature of a generalized Twelve-Step consciousness. *Contemporary Drug Problems*, 19(4), 717-740.

1993

Anderson, T. L. (1993). Types of identity change in drug using and recovery careers. *Sociological Focus*, 26(2), 133-145.

Humphreys, K. (1993). Psychotherapy and the twelve step approach for substance abusers: The limits of integration. *Psychotherapy: Theory, Research, Practice, Training*, 30(2), 207-213.

Johnsen, E., & Herringer, L.G. (1993). A note on the utilization of common support activities and relapse following substance abuse treatment. *Journal of Psychology: Interdisciplinary and Applied*, 127(1), 73-77.

Kellogg, S. (1993). Identity and recovery. *Psychotherapy: Theory, Research, Practice, Training*, 30(2), 235-244.

Oil and water: Integrating twelve step and psychodynamic therapies. (1993). *Professional Counselor*, 8(1), 38.

Ronel, N. (1993). *Narcotics Anonymous in Israel: Self-help processes and religious faith among drug addicts* (Ph.D. Thesis). Yerushalayim: ha-Universitah ha-`Ivrit.

Room, R., & Greenfield, T. (1993). Alcoholics anonymous, other 12-step movements and psychotherapy in the US population, 1990. *Addiction*, 88(4), 555-562.

Smith, D. E., Buxton, M. E., Bilal, R., & Seymour R. B. (1993). Cultural points of resistance to the 12-Step recovery process. *Journal of Psychoactive Drugs*, 25(1), 97-108.

Spiegel, B. R. (1993). 12-Step programs as a treatment modality. In S. L. A. Straussner (ed.), *Clinical work with substance-abusing clients* (pp. 153-168). New York: Guilford Press.

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DuPont, R. L., & Shiraki, S. (1994). Recent research in twelve step programs. In N. S. Miller (ed.), *Principles of addiction medicine*. Chevy Chase, MD: American Society of Addiction Medicine.

Gold, M. S. (1994). Neurobiology of addiction and recovery: The brain, the drive for the drug, and the 12-step fellowship [comment]. *Journal of Substance Abuse Treatment*, 11(2), 93-97.

Johnson, N. P. (1994). A commentary on the 12-step program [comment]. *Journal of Substance Abuse Treatment*, 11(2), 105-107.

Kennedy, M., & Humphreys, K. (1994). Understanding world view transformation in mutual-help groups. *Prevention in Human Services*, 11, 181-198.

Holderegger, F. (1994). *Narcotics Anonymous in Switzerland* (Dissertation). Department of Applied Psychology Zurich.

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Johnson, N. P., & Chappel, J. N. (1994). Using AA and other 12-step programs more effectively. *Journal of Substance Abuse Treatment*, 11(2), 137-142.

McKay, J. R., Alterman, A.I., McLellan, A. T., & Snider, E. C. (1994). Treatment goals, continuity of care, and outcome in a day hospital substance abuse rehabilitation program. *American Journal of Psychiatry*, 151(2), 254-259.

Riordan, R. J., & Walsh. L. (1994). Guidelines for professional referral to Alcoholics Anonymous and other twelve step groups. *Journal of Counseling and Development*, 72, 351-355.

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Bristow-Braitman, A. (1995). Addiction recovery: 12-Step programs and cognitive-behavioral psychology. *Journal of Counseling & Development*, 73, 414-418.

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Mowbray, C. T., Solomon, M., Ribisl, K. M., Ebejer, M. A., Deiz, N., Brown, W.,...Herman, S. (1995). Treatment for mental illness and substance abuse in a public psychiatric hospital. Successful strategies and challenging problems. *Journal of Substance Abuse Treatment, 12*(2), 129-139.

Nealon-Woods, M. A., Ferrari, J. R., & Jason, L. A. (1995). Twelve-step program use among Oxford House residents: Spirituality or social support in sobriety? *Journal of Substance Abuse, 7*, 311-318.

O'Connor, L. E., Berry, J. W., Morrison, A., & Brown, S. (1995). The drug-of-choice phenomenon: Psychological differences among drug users who preferred different drugs. *The International Journal of the Addictions, 30*, 541-555.

Zweben, J. E. (1995). Integrating psychotherapy and 12-step approaches. In A. M. Washton (ed.), *Psychotherapy and substance abuse: A practitioner's handbook* (pp. 124-140). New York: Guilford Press.

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Caldeira, T. A. (1996). *The use of individual therapy as an effective adjunct treatment modality to Narcotics Anonymous for young adults* (Thesis). California School of Professional Psychology, Los Angeles.

Ogborne, A. (1996). Addiction mutual-help movements in a comparative perspective. *Contemporary Drug Problems, 1*, 1.

Weiss, R. D., Griffin, M. L., Najavits, L. M., Hufford, C., Kogan, J., Thompson, H. J., & Siqueland, L. (1996). Self-help activities in cocaine dependent patients entering treatment: Results from the NIDA collaborative cocaine treatment study. *Drug and Alcohol Dependence, 43*(1-2), 79-86.

1997

Caison, W. B. (1997). *The effects of telephone follow-up on A.A. and N.A. affiliation self-efficacy: And behaviors among treated Medicaid and indigent substance abusers and A.A. and N.A. member follow-up volunteers* (Doctoral Thesis). North Carolina State University.

Gaines, G. (1997). *A qualitative study of the levels of adaptation of African-American males who are recovering from crack addiction* (Thesis, M.S.N.). D'Youville College.

Humphreys, K. (1997). Clinicians' referral and matching of substance abuse patients to self- help groups after treatment. *Psychiatric Services, 48*, 1445-1449.

Humphreys, K., & Noke, J. M. (1997). The influence of posttreatment mutual help group participation on the friendship networks of substance abuse patients. *American Journal of Community Psychology, 25*(1), 1-16.

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Rice, K. E. (1997). <i>A historical review of the Narcotics Anonymous approach to treating addiction</i> (Research project [M. Ed.]). California University of Pennsylvania.
Ronel, N. (1997). The universality of a self-help program of American origin: Narcotics Anonymous in Israel. <i>Social Work Health Care</i> , 25(3), 87-101.
Freimuth, M. (1996). Psychotherapists' beliefs about the benefits of 12-step groups. <i>Alcoholism Treatment Quarterly</i> , 14(3), 95-102.

1998

Barrows, D. C. (1998). The community orientation of social model and medical model recovery programs. <i>Journal of Substance Abuse Treatment</i> , 15(1), 55-64.
<i>Day by day: Daily meditations for recovering addicts.</i> (1998). Center, City, MN: Hazelden.
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O'Brien, M. L. (1998). <i>Narcotics Anonymous as a social field: An ethnographic study of the project of self</i> (Thesis/dissertation). Submitted to the Australian Research Centre in Sex, Health & Society, Faculty of Health Sciences.
Ronel, N. (1998). Narcotics Anonymous: Understanding the "Bridge of Recovery." <i>Journal of Offender Rehabilitation</i> , 27(1-2), 179-197.

1999

Christo, G. (1999). <i>Narcotics Anonymous as aftercare. Executive Summary No. 62.</i> London: The Centre for Research on Drugs and Health Behaviour.
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Humphreys, K. (1999). Professional interventions that facilitate 12-step self-help group involvement. *Alcohol Research and Health*, 23, 93-98.

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Marion, D. E. (1999). *Attendance rates and reasons for nonattendance at Alcoholics and Narcotics Anonymous meetings: Uniqueness of the African-American experience* (Doctoral Thesis). Mississippi State University.

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Bundren, S. R. (2001). *Investigating the self-efficacy and spirituality of Alcoholics Anonymous and Narcotics Anonymous members in relation to length of abstinence* (Thesis). Southern Illinois University Edwardsville.

Ehrmin, J. T. (2000). Cultural implications of the 12-step approach in addictions treatment and recovery. *Journal of Addiction Nursing*, 12(1), 37-41.

Fiorentine, R., & Hillhouse, M. P. (2000). Drug treatment and 12-step program participation: The additive effects of integrated recovery activities. *Journal of Substance Abuse Treatment*, 18(1), 65-74.

Fiorentine, R., & Hillhouse, M. P. (2000). Exploring the additive effects of drug misuse treatment and Twelve-Step involvement: Does Twelve-Step ideology matter? *Substance Use & Misuse*, 35(3), 367-397.

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Acknowledgement: Stephanie Merkle, Research Assistant at Chestnut Health Systems, assisted with the search process and preparation of the final manuscript.

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