

# SMART Recovery Bibliography<sup>i</sup>

## Peer Reviewed Publications

Aslan, L., Parkman, T. J., & Skagerlind, N. (2016). An evaluation of the mutual aid facilitation sessions pilot program, you do the MAFS. *Journal of Groups in Addiction & Recovery*, 11(2), 109- 124.

Atkins, Jr., R. G., & Hawdon, J. E. (2007). Religiosity and participation in mutual-aid support groups for addiction. *Journal of Substance Abuse Treatment*, 33(3), 321-331.

Beck, A.K., Forbes, E., Baker, A., Kelly, P., Deane, F., Shakeshaft, A, Hunt, D., & Kelly, J. (2017). Systematic review of SMART Recovery: Outcomes, process variables, and implications for research. *Psychology of Addictive Behaviors*, 31(1), 1-20.

Beck, A. K., Baker, A., Kelly, P. J., Deane, F. P., Shakeshaft, A., Hunt, D., & Kelly, J. F. (2016). Protocol for a systematic review of evaluation results for adults who have participated in ‘SMART recovery’ mutual support programme. *BMJ Open*, (May)6(5), e009934.

Beck, A. K., Baker, A. L., Kelly, P. J., Shakeshaft, A., Deane, F. P., & Hunt, D. (2015). Exploring the evidence: A systematic review of SMART Recovery evaluations. *Drug and Alcohol Review*, 34, 7-

Bennett, A., & Hunter, M. (2016). Implementing evidence-based psychological substance misuse interventions in a high secure prison based personality disorder treatment service. *Advances in Dual Diagnosis*, 9(2/3), 108-116.

Best, D. (2012). *Addiction recovery: A movement for social change and personal growth in the UK*. Brighton: Pavilion Publishing.

Best, D. W., Haslam, C., Staiger, P., Dingle, G., Savic, M., Bathish, R., Lubman, D. I. (2016). Social networks and recovery (SONAR): characteristics of a longitudinal outcome study in five therapeutic communities in Australia. *Therapeutic Communities: The International Journal of Therapeutic Communities*, 37(3), 131-139.

Bishop, F. M. (1995). Rational-emotive behavior therapy and two self-help alternatives to the 12-step model, in A. M. Washton (Ed.), *Psychotherapy and substance abuse: A practitioner's handbook*, (pp. 141-160). New York: Guilford Press.

Bishop, F., Tate, P., Horvath, A., & Robb. H. (1995). SMART Recovery/Rational/Recovery update. *The Addictions Newsletter*, Division 50, 2(2).

Blatch, C., O’Sullivan, K., Delaney, J. J., & Rathbone, D. (2016). Getting SMART, SMART Recovery programs and reoffending. *Journal of Forensic Practice*, 18(1), 3-16.

Blatch, C., O'Sullivan, K., Rathbone, D., & Delaney, J. (2014). The impact of the custody-based Getting Smart and SMART Recovery programs on re-offending. *Drug and Alcohol Review*, 33, 8.

Brooks, A. J., & Penn, P. E. (2009). Comparing treatments for dual diagnosis: Twelve-Step and Self- Management and Recovery Training. *The American Journal of Drug and Alcohol Abuse*, 29(2), 359-383.

Campbell, W., Hester, R. K., Lenberg, K. L., & Delaney, H. D. (2016). Overcoming Addictions, a web- based application, and SMART Recovery, an online and in-person mutual help group for problem drinkers, Part 2: Six-Month outcomes of a randomized controlled trial and qualitative feedback from participants. *Journal of Medical Internet Research*, 18(10), 2-22.

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%2Fjmir.2565>

Chou, C.-C., Robb, J. L., Clay, M. C., & Chronister, J. A. (2013). Social support as a mediator between internalized stigma and coping behaviors of individuals with substance abuse issues. *Rehabilitation Research, Policy, and Education*, 27(2), 104-107(4).

Dale, Elizabeth, Kelly, P.J., Lee, K.S. Kylie, Conigrave, James H., Ivers, Rowena and Clapham, K. (2019). Systematic review of addiction recovery mutual support groups and Indigenous people of Australia, New Zealand, Canada, the United States of America and Hawaii. *Addictive Behaviors*, 98.

Delaney, J. J., & Rathbone, D. (2016). Getting SMART, SMART Recovery programs and reoffending. *Journal of Forensic Practice*, 18(1), 3-16.

Enos, G. (2011). Senate appropriations committee rejects SAMHSA's 'new vision'. *Alcoholism & Drug Abuse Weekly*, 2.

Frings, D., Collins, M., Long, G., Pinto, I. R., & Albery, I. P. (2016). A test of the Social Identity Model of Cessation Maintenance: The content and role of social control. *Addictive Behaviors Reports*, 3, 77-85.

Galanter, M., Egelko, S. and Edwards, H. (1993). Rational recovery: Alternative to AA for addiction? *American Journal of Drug and Alcohol Abuse*, 19 (4), 499–510.

Galvani, Sarah. (2017). Responding to child-to-parent violence: the experiences of family support group providers. *Journal of Substance Use*, 22 (1), 71-76.

Gerstein, J. (1998). Rational Recovery, SMART Recovery, and non-twelve-step recovery programs. In A. W. Graham & T. K. Schultz (Eds.), *Principles of Addiction Medicine*, (2nd ed., pp. 719-723). Chevy Chase, MD: American Society of Addiction Medicine.

- Goemans, D.J. (2015). Self-Management and Recovery Training: A SMART humanistic approach to addiction recovery, *The Humanist*, 75(3), 12-17.
- Grey, Kelly, Beck, Baker, Deane, Neale, Treloar, Hides, Manning, Shakeshaft, Kelly, Argent, McGlaughlin, A qualitative exploration of SMART Recovery Meetings in Australia and the role of a Digital Platform to Support Routine Outcome Monitoring, *Addictive Behaviours*, 101(2020).
- Hester, R., Campbell, W., Lenberg, K., & Delaney, H. (2013). Claiming positive results from negative trials: A cause for concern in randomized controlled trial research - Author's reply. *Journal of Medical Internet Research*, 15(8), e180.
- 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), 45-59. Available at: <http://dx.doi.org/10.2196%2Fjmir.2565>
- Hester, R., Lenberg, K., Campbell, W., & Delaney, H. (2013). Overcoming Addictions and SMART Recovery: Outcomes of a randomized clinical trial. *Alcoholism--Clinical and Experimental Research*, 15(7), e134.
- Hiance, D., Doogan, N., Warren, K., Hamilton, I. M., & Lewis, M. (2012). An agent-based model of lifetime attendance and self-help program growth. *Journal of Social Work Practice in the Addictions*, 12(2), 121-142.
- Horvath, A.T. & Sokoloff, J. (2011). Individuals seeking non-12-step recovery. In G.W. Lawson & A.W. Lawson (Eds.) *Alcoholism & substance abuse in diverse populations*. (2nd ed., pp. 75-90). Austin, TX: PRO-ED.
- Horvath, A. T., & Yeterian, J. (2012). SMART Recovery: Self-empowering, science-based addiction recovery support. *Journal of Groups in Addiction & Recovery*, 7(2-4), 102-117.
- Humphreys, K., & Lembke, A. (2014). Recovery-oriented policy and care systems in the UK and USA. *Drug and Alcohol Review*, 33(1), 13-18.
- Humphreys, K., Wing, S., McCarty, D., Chappel, J., Gallant, L., Haberle, B., . . . Weiss, R. (2004). Self- help organizations for alcohol and drug problems: Toward evidence-based practice and policy. *Journal of Substance Abuse Treatment*, 26(3), 151-158.
- Humphreys, K. (2003). *Circles of recovery: Self-help organizations for addictions*. Cambridge: Cambridge University Press.
- Humphreys, J., Mankowski, E. S., Moos, R. H., & Finney, J. W. (1999). Do enhanced friendship networks and active coping mediate the effect of self-help groups on substance abuse? *Annals of Behavioral Medicine*, 21(1), 54-60.

- Hunt, D., Freeman, J., Kelly, P. J., Deane, F. P., Baker, A. L., & Shakeshaft, A. (2015). Putting the 'mutual' in mutual-aid: How stakeholder feedback informed SMART Recovery Australia's new developments in 2015. *Drug and Alcohol Review*, 34, 8-8.
- Hunt, D. (2014). SMART Recovery Australia: New innovations for a new era of community 'mutual-aid' in the addictions. *Drug and Alcohol Review*, 33, 32-33.
- Horvath, A. T. Yeterian, J., (2012). Self-empowering, science-based addiction recovery support, *Journal of Groups in Addiction & Recovery*, 1 April, vol. 7, 24.
- Horvath, A. T. (2011). 'Alternative support groups' in *Substance abuse: A comprehensive text* (5th ed., Edited by: Ruiz, P. and Strain, E. C. 533–542. Philadelphia, PA: Wolters Kluwer.
- Horvath, A. T. and Sokoloff, J. (2011). 'Individuals seeking non-12-step recovery' in *Alcoholism and substance abuse in diverse populations* (2nd ed., Edited by: Lawson, G. W. and Lawson, A. W. 75–90. Austin, TX: Pro-ed.
- Horvath, T. (2000). SMART Recovery®: addiction recovery support from a cognitive-behavioral perspective. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 18(3), 181-191.
- Hovath, T., (1999). SMART Recovery, *International Journal of Self Help and Self Care*, 1/1, vol. 1.
- Hynoski, T., Kelly, P. J., Deane, F. P., & Baker, A. L. (2014). Intentions and use of therapeutic homework plans amongst SMART Recovery group facilitators. *Drug and Alcohol Review*, 33, 8-9.
- Kelly, J.F., Bergman, B., Hoepfner, B.B., Vilsaint, C., White, W.L., (2017). Prevalence and pathways of recovery from drug and alcohol problems in the Unites States population: Implications for practice, research, and policy. *Drug and Alcohol Dependence*, 181, 162-169.
- Kelly, J. F., & White, W. L. (2012). Broadening the base of addiction mutual-help organizations. *Journal of Groups in Addictions & Recovery*, 7(2-4), 82-101.
- Kelly, J. F., Stout, R., Zywiak, W., & Schneider, R. (2006). A 3-year study of addiction mutual-aid group participation following intensive outpatient treatment. *Alcoholism-Clinical and Experimental Research*, 30(8), 1381-1392.
- Kelly P. J., Raftery, D., Deane, F. P., Baker, A. L., Hunt, D., & Shakeshaft, A. (2016). From both sides: Participant and facilitator perceptions of SMART Recovery groups. *Drug and Alcohol Review*, doi: <http://dx.doi.org/10.1111/dar.12416>
- Kelly, P. J., Baker, A., & Deane, F. P. (2015, May). Understanding the active ingredients of SMART Recovery: Perceptions of group members and group facilitators. Alcohol, Other Drugs, Behavioural Addictions: Prevention, Treatment and Recovery: Presented at ADDICTION 2015. The Australian & New Zealand Addiction Conference, Gold Coast, Australia.

Kelly, P. J., Baker, A. L., Deane, F. P., Shakeshaft, A., Hunt, D., & Raftery, D. (2015, November). SMART Recovery facilitators: Attitudes and use of SMART Recovery tools. Presented at the SMART Recovery Australia Treatment Symposium. *Drug and Alcohol Review*, 34, pp. 7-7.

Kelly, P. J., Baker, A. L., Deane, F. P., Shakeshaft, A., Hunt, D., Raftery, D., . . . Freeman, J. (2015, November). SMART Recovery Australia Treatment Symposium: The evidence base worldwide, and how research into facilitators' and other stakeholders experience of the groups informed program development. *Drug and Alcohol Review*, 34, 7-7.

Kelly, P. J., Deane, F. P., & Baker, A. L. (2015). Group cohesion and between session homework activities predict self-reported cognitive-behavioral skill use amongst participants of SMART Recovery groups. *Journal of Substance Abuse Treatment*, (April) 51, 53-58.

Kelly, P. J., Blatch, C., Deane, F. P., & Baker, A. L. (2014). SMART Recovery: New research directions. *Drug and Alcohol Review*, 33, (Suppl. S1), 7-8.

Kelly, P. J., Deane, F. P., & Baker, A. L. (2014). Predicting the use of cognitive and behavioral skills by participants attending SMART Recovery groups. *Drug and Alcohol Review*, 33, (Suppl S1), 8.

Knaus, W. J. (2000). SMART Recovery: A sensible primer. City Unknown: William Knaus.  
Konopa, J. B., Chiauuzzi, E., Portnoy, D., & Litwicki, T. M. (2002). Recovery from the inside out: A cognitive approach to rehabilitation. *Corrections Today Magazine*, 64(5). 56-112.

Lemanski, M. (2000). Addiction alternatives for recovery. *Humanist*, 60(1), 14-17. Lemanski, M., National Institute on Drug Abuse, & Addiction Research Center (US). (2001). *History of addiction and recovery in the United States*. Tucson, AZ.

Li, E. C., Feiffer, C., & Strohm, M. (2000). A pilot study: Locus of control and spiritual beliefs in Alcoholics Anonymous and SMART Recovery members. *Addictive Behaviors*, 25(4), 633-640.

Li, E., Strohm, M., & Feifer, C. (1998). A cross-sectional comparison of locus of control in Alcoholics Anonymous & SMART Recovery treatment groups. *Journal of Addictive Diseases*, 17(2), 153- 163.

Litwicki, T., & White, W. L. (2014). A conceptual review of the integration of professional practices within mutual-aid organizations. *Journal of Groups in Addiction & Recovery*, 9(3), 237-256.

McHale, S., & Ryan, S. (2015). Continuing care: Improving wellbeing. *Drug and Alcohol Review*, 34, 43-44.

- Mendola, A. & Gibson, R.L. (2017). Addiction, 12-step programs, and evidentiary standards for ethically and clinically sound treatment recommendations: What should clinicians do? *AMA Journal of Ethics*, 18(6), 646-655.
- Miller, P., O'Reilly, J., & Jarvis, M. (2010). News and notes. *Addiction*, 105(7), 1318-1321.
- Mundy, J (2009). Selling the service. *Of Substance: The National Magazine on Alcohol, Tobacco and Other Drugs*, 7(1), 28-29.
- Nowinski, J. (2003). Self-help groups. In J. L. Sorensen, R. A. Rawson, J. Guydish, & J. E. Zweben (Eds.), *Drug abuse treatment through collaboration: Practice and research partnerships that work* (pp. 55-70). Washington, DC: American Psychological Association.
- Orr, A. D. (1996, August). SMART Recovery: A new approach to self-help. *Epikrisis*, p. 3.
- O'Sullivan, D., Xiao, Y., & Watts, J. R. (2019). Recovery Capital and Quality of Life in Stable Recovery from Addiction. *Rehabilitation Counseling Bulletin*, 62 (4), pp. 209-221.
- O'Sullivan, D., Watts, J. R., Xiao, Y., & Bates-Maves, J. (2016). Refusal self-efficacy among SMART Recovery members by affiliation length and meeting frequency. *Journal of Addictions & Offender Counseling*, 37(2), 87-101.
- O'Sullivan, D., Blum, J., Watts, J. R., Xiao, Y., & Bates-Maves, J. (2015). SMART Recovery: continuing care considerations for rehabilitation Counselors, *Rehabilitation Counseling Bulletin*, July 2015, vol. 58(4), 203.
- Overstreet, E. (2014). Review of addiction and co-occurring disorders from a SMART Recovery perspective: A manual for group therapists. *Journal of Groups in Addiction & Recovery*, 9(1), 86-87.
- 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, *Advances in Dual Diagnosis*, 7(4), 194-204.
- Parkman, T. J., Lloyd, C., & Splisbury, K. (2015, April-June). Self-help groups for alcohol dependency: A scoping review. *Journal of Groups in Addiction & Recovery*, 10(2), 102-124. doi: 10.1080/1556035X.2015.1034824.
- Penn, P. E., Brooke, D., Brooks, A. J., Gallagher, S. M., & Barnard, A. D. (2016). Co-Occurring conditions clients and counselors compare 12-Step and SMART Recovery mutual help. *Journal of Groups in Addiction & Recovery*, 11(2), 76-92.
- Penn, P., Brooks, A. J., Gallagher, S. M., & Brooke, D. (2014). SMART Recovery®: An effective group method for co-occurring conditions in community treatment. *Drug and Alcohol Dependence*, 140, e173. doi:10.1016/j.drugalcdep.2014.02.486

Penn, P. E., & Brooks, A. J. (2000). Five years, twelve steps, and REBT in the treatment of dual diagnosis. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 18(4), 197-208.

Raftery, D., Kelly, P.J., Deane, F.P., Baker, A.L., and Dingle, G. (in press 2020). With a little help from my friends: Cognitive-behavioural skill utilisation, social networks, and psychological distress in SMART Recovery group attendees. *Journal of Substance Use*, 25, 56-61.

Rooke, C., Jones, B., & Thomas, M. (2014). Involving service users in delivering alcohol addiction therapy. *Nursing Standard*, 28(42), 44-48.

Strohm, M. (2000). A pilot study: Locus of control and spiritual beliefs in Alcoholics Anonymous and SMART Recovery members. *Addictive Behaviors*, 25(4), 633-640.

Tavares, H. (2004). The Gambling and Other Impulse Control Disorders Outpatient Unit in Sao Paulo, Brazil: Integrating treatment and research. *Journal of Gambling Issues*, 11, pages unknown.

Velten, E. (1996). The rationality of Alcoholics Anonymous and the spirituality of rational emotive behavior therapy. *Journal of Humanistic Education & Development*, 35(2), 105-116.

Waite, L.V., Motivation and self-efficacy in alcoholics anonymous and SMART Recovery participants in recovery from alcohol use disorder, phd dissertation, Adler university, Chicago, June 11, 2018

Werner, M. (2015). Smart thinking: The humanist approach to addiction and our heritage in psychology. *The Humanist*, 75(3), 18-20.

White, W., & Nicolaus, M. (2005). Styles of secular recovery. *Counselor*, 6(4), 58-61.

White, W. L. (2004). Addiction recovery mutual aid groups: An enduring international phenomenon. *Addiction*, 99(5), 532-538.

Zemore, S.E. (2018). A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups for those with AUD, *Journal of Substance Abuse Treatment*, 88, pp. 18-26.

Zemore, S. E., Kaskutas, L. A., Mericle, A., & Hemberg, J. (2017). Comparison of 12-Step groups to mutual help alternatives for AUD in a large, national study: Differences in membership characteristics and group participation, cohesion, and satisfaction. *Journal of Substance Abuse Treatment*, 73, 16-26.





## Other Publications

Aydin, E., Kevin, M., Xie Z. and Perry, V. (2011). Evaluation of the Getting SMART Program. Study One: Factors impacting on program completion, *Corporate Research Evaluation and Statistics, Corrective Services NSW*, RP Vol. 53 June, ISSN 0813 5800.

Aydin, E., Kevin, M., Xie, Z., & Perry, V. (2011). Evaluation of the getting SMART program. Study one: Factors impacting on program completion (Research Publication No. 53), *Corporate Research Evaluation and Statistics*, Sydney: NSW Department of Corrective Services.

Best, D., Albertson, K., Irving, J., Lightowlers, C., Mama-Rudd, A., & Chaggar, A. (2015). The UK Life in Recovery Survey 2015: The first national UK survey of addiction recovery experiences. Project Report. Sheffield, UK: Sheffield Hallam University, Helena Kennedy Centre for International Justice.

Campbell, W. P., IV. (2016). A new kind of therapeutic relationship: Exploring factors that influence the effectiveness of computer-delivered interventions for alcohol use disorders. (Doctoral dissertation, University of New Mexico). Retrieved from [repository.unm.edu/handle/1928/31709](http://repository.unm.edu/handle/1928/31709)

Carruthers, R. P. (2016). Addiction professionals and SMART Recovery: Discriminants between referring to and not referring to this twelve-step alternative program. Available from ProQuest Dissertations and Theses database. (UMI No. 10124831)

Crawford, M. (2016). An analysis of substance-abuse treatment programs: Comparing the efficacy of treatment between SMART Recovery and Alcoholics Anonymous at the duration of 30, 60, and 90 days on the SASSI-3. Available from ProQuest Dissertations and Theses database. (UMI No. 10117357)

Guarnotta, E. (2015). A comparison of abstinence and perceived self-efficacy for individuals attending SMART Recovery and Alcoholics Anonymous. Available from ProQuest Dissertations and Theses database. (UMI No. 3681156)

Henry-Edwards, S. (2009, March). Getting SMART: Enabling offenders in the NSW Department of Corrective Services to understand SMART Recovery. Symposium conducted at the Australian Institute of Criminology Conference, Making a Difference: Responding to Need in Developing, Implementing and Evaluating Correctional Programmes, Melbourne, Australia.

Kelly, P., (2017). SMART Recovery Australia: A National Survey of Participants, Conference paper delivered at the Annual Scientific Alcohol and Drug Conference, 12-15 November 2017, Melbourne, Australia.

Kevin, M. (2011). Corrections Treatment Outcome Study (CTOS) on offenders in drug treatment: Results from the Drug Summit demand reduction residential programs. (Research Bulletin No. 31). Sydney, Australia: Corrective Services NSW, Corporate Research, Evaluation & Statistics.

MacGregor, S., & Herring, R. (2010). The Alcohol Concern SMART Recovery Pilot Project final evaluation Report. London, UK: Middlesex University Drug and Alcohol Research Group. Accessed March 13, 2014 at [http://www.alcohollearningcentre.org.uk/\\_library/Alcohol\\_Concern\\_SMART\\_Project\\_-\\_Final\\_Evaluation\\_Report\\_2010.pdf](http://www.alcohollearningcentre.org.uk/_library/Alcohol_Concern_SMART_Project_-_Final_Evaluation_Report_2010.pdf)

Powis, B., Walton, C., & Randhawa, K. (2014). Drug Recovery Wings set up, delivery and lessons learned: Process study of First Tranche DRW Pilot Sites. UK: Ministry of Justice Analytical Series. National Offender Management Service. Operational Services and Interventions Group.

Ross, F. (n.d.). Recovery and change from offending behavior using a recovery management model under a recovery-oriented systems of care. Personal submission to the Prison's Commission, Government of Scotland.

Silva, J. A. (2012). A proposal for a compassion-based recovery program for chemical dependence (Unpublished doctoral dissertation, University of Texas at Austin, 2012).

Stidham, A. (2013). A review of the Matrix Model of Intensive Outpatient Treatment, SMART Recovery Program, and Alcoholics Anonymous (Unpublished doctoral dissertation, Pennsylvania State University, 2013).

Trumble, R. G. (2015). Comparison of drinking-related locus of control in Alcoholics Anonymous members and SMART Recovery participants. (Unpublished doctoral dissertation, The University of the Rockies, 2015).

Waite, L. V., Motivation and self-efficacy in alcoholics anonymous and SMART Recovery participants in recovery from alcohol use disorder, dissertation submitted to the faculty of Adler university, 2018.

White, W. (2013). SMART Recovery: An interview with Tom Litwicki, M.Ed., LISAC. Posted at [www.williamwhitepapers.com](http://www.williamwhitepapers.com)

White, W. (2013). The history of SMART Recovery in the UK: An interview with Richard Phillips. Posted at [www.williamwhitepapers.com](http://www.williamwhitepapers.com)

White, W. (2012). The history of SMART Recovery: An interview with Joe Gerstein, M.D. Posted at [www.williamwhitepapers.com](http://www.williamwhitepapers.com)

White, W. (2012). The history of SMART Recovery: An interview with Tom Horvath, PhD. Posted at [www.williamwhitepaperws.com](http://www.williamwhitepaperws.com) and [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

Zemore, S. E. (2016, June). Is AA Best?: Comparing the nature and effectiveness of 12-Step groups to Women for Sobriety, LifeRing, and SMART Recovery in a large, national study. Paper presentation, annual convention of the Research Society on Alcoholism, New Orleans, LA.

## SMART IP

Adamson, D. M., & Ahmed, A. G. (2011). *Addiction and co-occurring disorders from a SMART Recovery perspective: A manual for group therapists*. Mentor, OH: SMART Recovery.

Alcohol and Drug Abuse Self-Help Network Inc. (2005). *SMART for Life*. Mentor, OH: SMART Recovery, USA.

Alcohol and Drug Abuse Self-Help Network Inc. (2011). *Motivational Guide and Workbook for Recovering Healthcare Professionals*. Mentor, OH: SMART Recovery, USA.

Allen, R. A. (Ed.). (2015). *SMART Recovery family & friends handbook*. Mentor, OH: SMART Recovery, U.S.A.

Allwood, S., & White, W. (2011). A chronology of SMART Recovery®. Posted at [www.williamwhitepapers.com](http://www.williamwhitepapers.com)

Anderson, K., & Petrolito, L. (2013). KL Design SMART Recovery 4-Point Program eGuide Project documentation. *Graduate Annual*, 1, Article 4. Available at: <http://digitalcommons.lasalle.edu/graduateannual/vol1/iss1/4>

Hardin, R. (Ed.), Abbott, W., Braastad, J., Frahm, J., Lindel, R., Phillips, R., & Steinberger, H. (2013). *SMART Recovery Handbook* (third edition). Mentor, OH: Alcohol & Drug Abuse Self-Help Network, Inc. dba SMART Recovery, U.S.A.

Horvath, T. A. (2013). 'SMART Recovery—self help for substance abuse and addiction.' Retrieved December 2013 from smartrecovery.org website at <http://blog>

Horvath, T. A. (2006). Substitute addictions (Presidents letter). *Smart Recovery News & Views*, page unknown.

Horvath, T. A. (2004/1998). *Sex, Drugs, Gambling and Chocolate, A Workbook for Overcoming Addictions*, second edition, Impact, California.

Horvath, T. (1996). Is SMART as effective as AA? *SMART Recovery: News and Views*, 1-2.

Horvath, A. T. & Bishop, F. M. (eds.) (1996). *S.M.A.R.T. Recovery Coordinator's Manual*. Beechwood, OH: SMART Recovery, U.S.A.

Horvath, A. T. & Bishop, F.M. (eds.) (1996). *S.M.A.R.T. Recovery Member's Manual*. Beechwood, OH: SMART Recovery, U.S.A.

*InsideOut, SMART Recover Correctional Program* (2004). Originally published by Inflexxion, Inc., Newton, MA. Copyright now owned by SMART Recovery, Mentor, OH. Funded by NIDA. Consists of Facilitator Manual (244 pp.), Participant Manual (114 pp.) [Also available in Spanish: Dentro Y Fuera]; Male and/or Female Videos and a Facilitator video. (Registered Trademark, Serial Number: 85353962, Registration Number: 4124744)

Knaus, W. (2000/1997). *SMART Recovery: A sensible primer*, Mentor, OH: SMART Recovery, U.S.A.

MacGregor, S. and Herring, R. 2010. The alcohol concern SMART Recovery pilot project final evaluation report., London, UK: Middlesex University Drug and Alcohol Research Group.

SMART Recovery Australia, *Be SMART Family and Friends Handbook, 2<sup>nd</sup> Edition*. (2017). SMART Recovery, Australia, Ltd. Sydney, Australia

NSW Department of Correctional Services and SMART Recovery Australia, (2013). *Getting SMART Program, Facilitator Manual*. Offender Services and Programs Branch, Corrective Services New South Wales. Sydney, Australia.

SMART Recovery Australia, (2017). *Be SMART, Self Management and Recovery Training for Family and Friends, Facilitator Handbook*, SMART Recovery, Australia, Ltd. Sydney, Australia.

SMART Recovery Australia, (2016). *Participants' Manual*. SMART Recovery, Australia, Ltd. Sydney, Australia

SMART Recovery Australia, (2015). *Facilitator Training Manual*. SMART Recovery, Australia, Ltd. Sydney, Australia.

SMART Recovery Australia, (2014). *Aboriginal and Torres Strait Islander Handbook - Information and Tools to Help with Harmful Habits and Behaviours*. SMART Recovery, Australia, Ltd. Sydney, Australia.

SMART Recovery Australia, (2010). *Be SMART, Family and Carers Programme, Facilitator Manual*, SMART Recovery, Australia, Ltd. Sydney, Australia

SMART Recovery Australia, (2009). *Teen and Youth Handbook (1<sup>st</sup> edition)*, SMART Recovery, Australia, Ltd. Sydney, Australia

SMART Recovery UK, (2013). *Family and Friends Handbook for People Affected by the Addictive Behaviour of a Loved One*, Spring 2013.

*SMART Recovery Facilitator's Manual*, 2<sup>nd</sup> edition (2015). SMART Recovery, U.S.A.

*SMART Recovery Teen and Youth Handbook*, 2<sup>nd</sup> edition (2013). SMART Recovery, U.S.A.

*SMART Recovery Family and Friends Facilitator's Manual* (2012). SMART Recovery, U.S.A.

*SMART Recovery Family and Friends Handbook* (2012). SMART Recovery, Mentor, OH, U.S.A.

SMART Recovery. (2012). *Introduction to SMART Recovery*. SMART Recovery. Mentor, OH, U.S.A.

*SMART Recovery Activities Scale (SRAS)* (2011). SMART Recovery, Mentor, OH, U.S.A.

*SMART Recovery Teen Handbook* (2006). SMART Recovery, Mentor, OH, U.S.A.

SMART Recovery. *Self-management and recovery training*. (2006). SMART Recovery. Mentor, OH, U.S.A.

*SMART Recovery: Who We Are* (2005). SMART Recovery, Mentor, OH, U.S.A.

*SMART Recovery 4-Point Program* (2005). SMART Recovery, Mentor, OH, U.S.A.

*SMART Recovery Handbook* (2004). SMART Recovery, Mentor, OH, U.S.A.

*SMART Recovery News and Views: Bringing Science and Reason to Self-Help with Substance Abuse* (1999). SMART Recovery, Mentor, OH, U.S.A.

SMART Recovery News and Views: Bringing Science and Reason to Self-Help with Substance Abuse (1998). SMART Recovery, Mentor, OH, U.S.A.

SMART Recovery (1996). *Self Management and Recovery Training: Member's Manual*, SMART Recovery, Mentor, OH, U.S.A.

SMART Recovery. (1996). *Coordinator's Manual*, SMART Recovery, Mentor, OH, U.S.A.

SMART Recovery. (1996). *Member's Manual*, SMART Recovery. Mentor, OH, U.S.A.

SMART Recovery, (2009). *Other AA alternatives see gradual interest among SA agencies*, March 16.

Steinberger, Henry, Ed. *SMART Recovery Handbook* (2004 & 2007), 2nd Ed. Translations into German, Spanish, Portuguese, Danish, Swedish, Arabic, Farsi, Mandarin Chinese, Vietnamese. SMART Recovery, Mentor, OH, U.S.A.

---

<sup>i</sup> This bibliography was first compiled in 2018 by Rita Chaney and William White, with the assistance of Dr. Joe Gersein, Dr. F Michler Bishop, Dr. Tom Hovarth and Shari Allwood, in support of SMART Recovery, USA. Huge thanks to all these people for bringing SMART research together. Recent updates have been made by Dr Angela Argent on behalf of the SMART Recovery Australia Research Advisory Committee (RAC). To update this list please email [aargent@srau.org.au](mailto:aargent@srau.org.au)