

Vilsaint, C. L., Hoffman, L. A., White, W. L., Kelly, J. F. (2019). "Citizenship" prevalence: A population based study comparing community productivity between adults in recovery from alcohol vs opioid problems. 42nd Annual Scientific Meeting of the Research Society on Alcoholism, June 22-26, 2019 – Minneapolis, Minnesota. *Alcoholism: Clinical and Experimental Research*, 43(1), 5A-357A (253A). DOI: 10.1111/acer.14057. PMID: 31124149. <https://www.ncbi.nlm.nih.gov/pubmed/31124149>

Purpose: Citizenship science is an emerging framework (National Academies of Sciences, Engineering, and Medicine, 2018) that has been embraced by addiction scholars to advance the definition of recovery. Recovery has been conceived as a lifestyle characterized by sobriety, personal health, and citizenship (Betty Ford Institute Consensus Panel, 2007) but the nature and prevalence of acts of citizenship (e.g., working towards the betterment of community such as charitable donations or receiving a promotion) in recovery are not well known. This study provides the first national prevalence estimates of citizenship acts that occurred *after* resolving a problem with alcohol or opioid use.

Method: An online survey, which included 12 acts of citizenship that occurred during recovery was administered to a probability-based sample of the general population of US adults ($N=25,229$) who once had a problem with alcohol or drugs and no longer do ($n=2,047$; the National Recovery Study, 2016) as part of a larger battery.

Data: Logistic regression analyses examined the association between primary substance (i.e., alcohol or opioid) and prevalence of acts of citizenship after adjustments. Results: Individuals who resolved a problem with alcohol or opioids were equally as likely to achieve 9 of the 12 acts of citizenship. In contrast, the opioid group compared to the alcohol group was more than twice as likely (AOR=2.12, 95% CI=1.1, 4.3) to endorse *help support my family* (45.4%, SE=.08; 30%, SE=.02), almost two and half times as likely (AOR=2.4, 95% CI=1.2, 5.0) to have *voted* (43.5%, SE=.08; 29.0%, SE=.02), and nearly 3.5 times as likely (AOR=3.4, 95% CI=1.8, 6.6) to have *helped others who were having problems* (54.2%, SE=.07; 30.3%, SE=.02).

Conclusions: The results are in contrast with previous research that found considerable disadvantage in terms of quality of life and building recovery capital for people in early recovery from opioids compared to alcohol. Early age of onset for opioid problems (13.1) versus alcohol (14.9) may have precluded the opioid group from acts of citizenship earlier in life and recovery is making those achievements possible for the first time. Research is needed to understand the impact of citizenship on ongoing personal remission and quality of life as well as on the community.

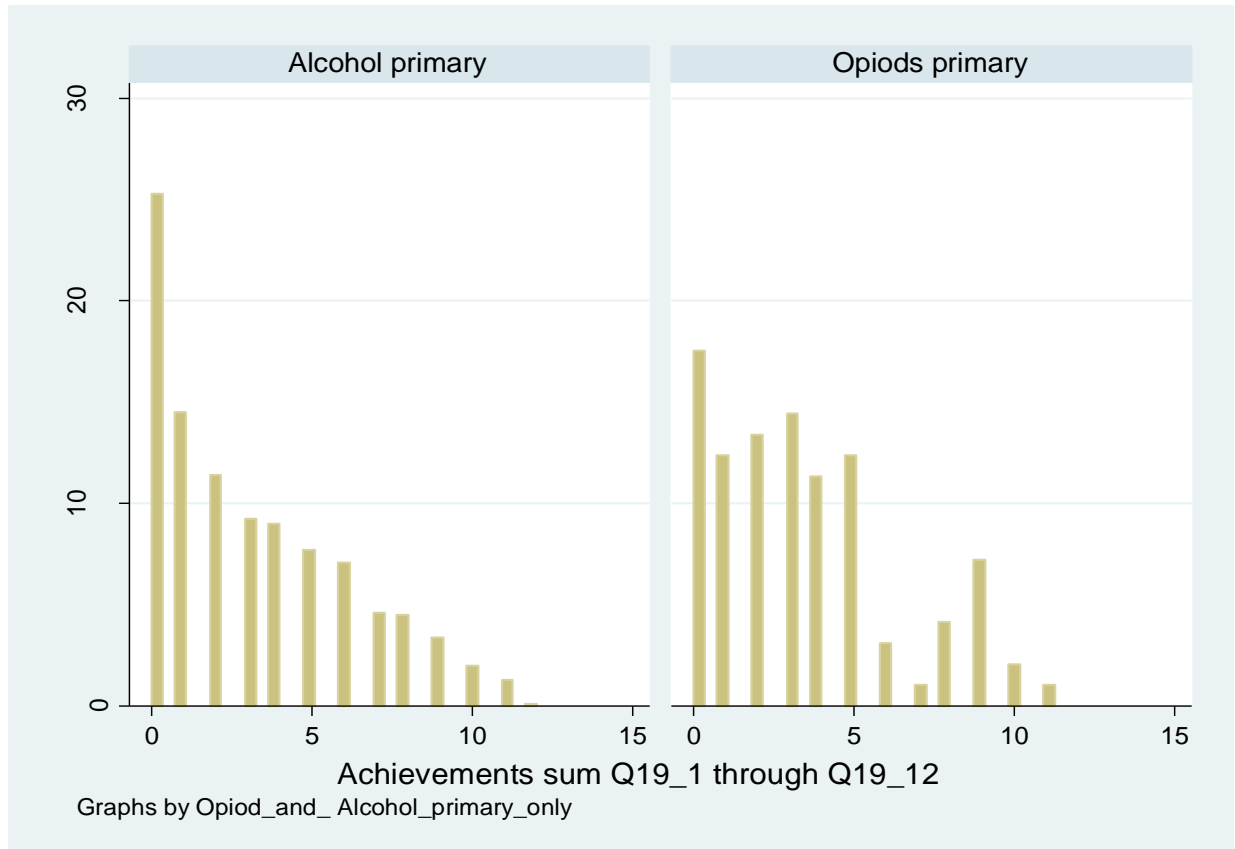
References

National Academies of Sciences, Engineering, and Medicine. 2018. [*Learning Through Citizen Science: Enhancing Opportunities by Design*](#). Washington, DC: The National Academies Press. <https://doi.org/10.17226/25183>.

The Betty Ford Institute Consensus Panel. (2007). What is recovery? A working definition from the Betty Ford Institute. *Journal of Substance Abuse Treatment*, 33, 221–228.

Kelly, J.F., Green, M. C., & Bergman, B. G. (2018). Beyond abstinence: Changes in indices of quality of life with time in recovery in a nationally representative sample of U.S. adults. *Alcoholism: Clinical and Experimental Research*, 42(4), 770-780.

Total score of Acts of Citizenship (range 0-12) by Primary Substance



Mean number of achievements

Opioid = 3.1893
 Alcohol = 2.7531
 MJ = 3.07526
 Other = 3.49633

Items (highlights significant)

- Q19_1 Promotion in my old job NS
- Q19_2 A new job NS
- Q19_3 Returned to school NS
- Q19_4 Completed technical school, college degree, or graduate degree NS
- Q19_5 Bought a new car NS
- Q19_6 Purchased a home NS
- Q19_7 Helped financially support my family, significant 2.12 times as likely CI 1.047, 4.29
- Q19_8 Regained custody of my children NS
- Q19_9 voted, significant 2.402 times as likely to vote CI 1.14, 5.03
- Q19_10 Contributed to charities NS
- Q19_11 Helped other who were having problems, significant 3.439 times as likely CI 1.806, 6.550
- Q19_12 Did volunteer service in my local community NS