The Phenotype of Happiness in Recovery from Alcohol: Length of Recovery as a Predictor

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**Introduction**
Understanding the process of recovery from drug dependence and the characteristics of individuals who are successful in recovery maintenance are crucial steps toward obtaining the necessary knowledge to help individuals struggling with addiction. Unfortunately, little scientific research has been conducted with the continuing recovery process.

To help bridge this gap in knowledge, the International Quit & Recovery Registry was developed in 2011 and recruits participants in all phases of addiction recovery.

**Methods**

**Participants:** Individuals in self-reported recovery from alcohol dependence

**Recruitment:** Members of the International Quit & Recovery Registry

**Procedure:** Monthly assessments on quitandrecovery.org asked about recent relapse and included measures and tasks aimed at understanding the characteristics of people in recovery

**Results**

Individuals in recovery from alcohol dependence were divided into two groups by length of time in recovery: less than 5 years and 5 years or greater.

Non-parametric Mann-Whitney tests were conducted between groups for each scale.

<table>
<thead>
<tr>
<th></th>
<th>Grit</th>
<th>SHS</th>
<th>SWLS</th>
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</thead>
<tbody>
<tr>
<td>&lt; 5 years</td>
<td>Mdn = 3.33</td>
<td>Mdn = 4.25</td>
<td>Mdn = 16</td>
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<tr>
<td>5 + years</td>
<td>Mdn = 3.50</td>
<td>Mdn = 4.75</td>
<td>Mdn = 26</td>
</tr>
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A greater length of time in recovery is associated with higher grit, happiness, and life satisfaction.

The results constitute the first results from the IQRR regarding length of recovery and personality characteristics.

These data can be used by clinicians to support individuals who are beginning the recovery process and be presented as a prospect of hope and optimism that the road to recovery will become less difficult and ultimately result in an increased quality of life.

**References**

