Aug 17th, 9:30 AM - 11:30 AM

Self-Efficacy and Recovery in Alcoholism

Elizabeth Dickson
elizabeth.dickson189@gmail.com

Follow this and additional works at: https://via.library.depaul.edu/nursing-colloquium

Part of the Nursing Commons

https://via.library.depaul.edu/nursing-colloquium/2018/summer/21

This Event is brought to you for free and open access by the School of Nursing at Via Sapientiae. It has been accepted for inclusion in Grace Peterson Nursing Research Colloquium by an authorized administrator of Via Sapientiae. For more information, please contact wsulliv6@depaul.edu, c.mcclure@depaul.edu.
Abstract

Background: Professional treatment methods for Alcohol Use Disorder (AUD) yield overwhelmingly low success rates, yet high levels of the characteristic “self-efficacy” has been shown to be a predictive factor in positive treatment outcomes.

Objectives: The purpose of study is to examine the relationship between self-efficacy and successful recovery from AUD, identify external factors that influence self-efficacy levels during the recovery process, and evaluate the effectiveness of various experimental treatments aimed at increasing self-efficacy levels.

Method: An integrative literature review was conducted searching PsycINFO, PsychCritiques, and PsychArticles. Keyword searches utilized the following terms: alcoholism, relapse, self-efficacy, mindfulness, prevention and recovery. Relevant literature from the last ten years was reviewed to determine self-efficacy’s role in the recovery process as well as identify other influential factors affecting self-efficacy levels. The information was then organized and synthesized. A total of 9 articles were reviewed.

Results: Phasic self-efficacy was found to be a positive predictor of treatment outcomes during recovery from AUD, with stress and craving being the two most highly influential factors affecting self-efficacy levels. Increasing mindfulness strengthens an individual’s ability to resist stress cues and cravings and thus serves to heighten self-efficacy, lending to better treatment outcomes.

Conclusion: This study revealed that the more healthcare workers can increase recovering addicts’ self-efficacy levels, the better outcomes after professional treatment. Future treatment methods should include training patients in mindfulness techniques to increase their self-efficacy levels and decrease the effects of various influential extrinsic and intrinsic factors.

Keywords: Alcoholism, Self-Efficacy, Recovery, Mindfulness, Prevention, Rehabilitation