

Narrative progress in early stages of recovery in Novel Psychoactive Substance users

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Recovery narratives have been analyzed within the frameworks of numerous previous studies, yet there remains a paucity of data regarding individuals using Novel Psychoactive Substances (NPS). The subjective significance of substance use, and the transition to sobriety, as well as the pivotal moments experienced, varies. In our research, we conducted interviews using the Hungarian adaptation of the McAdams' Foley Life Interview with 77 substance users right after the detoxification period and, after one year, with those who remained available for the study and had completed therapy. We focused on individuals who spent at least 3 months in some form of rehabilitation institution and had been abstinent for at least a year. We analyzed our main findings within the framework of Narrative Oriented Inquiry (NOI), examining specific changes in the narratives of individuals in the early stages of recovery: zenith (related to substance use or accompanied by other positive experiences), nadir (involving substance use and associated problems, homelessness, victimization, imprisonment, or significant losses preceding substance use), and turning point (suicidal crisis, seeking help); observing more negative content in zenith narratives, than positive content in nadir narratives. This research may contribute to a deeper understanding of the recovery process for individuals using NPS.

Are you currently an Early Career Researcher?

Yes, I am within 6 years of receiving my Ph.D.

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