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Self-Efficacy and Recovery in Alcoholism

Elizabeth Dickson
elizabeth.dickson189@gmail.com

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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, leading 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