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| **Domain:** | Substance Use-related Co-morbidities and Health-related Outcomes |
| **Measure:** | Self-Help Involvement |
| **Definition:** | A scale based on the days of self-help meetings attended, behaviors associated with engaging in self-help, and whether the person is "affiliated" with one or more self-help groups. |
| **Purpose:** | To measure involvement in self-help groups such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) and in similar recovery group participation. |
| **Essential PhenX Measures:** | Current AgeGender |
| **Related PhenX Measures:** |  |
| **Collections:** | Substance Use-related Co-morbidities and Health-related Outcomes |
| **Keywords:** | Global Appraisal of Individual Needs, GAIN, Self-help, Attendance, Engagement and affiliation, Alcoholics Anonymous, AA, Narcotics Anonymous, NA, SAA, Substance Use-related Co-morbidities and Health-related Outcomes |

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| **Protocol Release Date:** | February 24, 2012 |
| **PhenX Protocol Name:** | Self-Help Involvement |
| **Protocol Name from Source:** | The Expert Review Panel has not reviewed this measure yet. |
| **Description:** | The Global Appraisal of Individual Needs (GAIN) Self-Help Involvement Scale (SHIS) is a self-report instrument comprised of 1 item about days attending self-help meetings in the past 90 days, 16 items with yes/no questions about behaviors associated with engaging in self-help in the past 90 days, and 1 item with a check-all-that-apply list of types of self-help meeting involvement.  |
| **Specific Instructions:** | None |
| **Protocol:** | Please answer the ne×t question using the number of times or days.1. **During the past 90 days**, on how many **days** have you attended one or more self-help group meetings (such as AA, NA, CA, or Social Recovery) for your alcohol or other drug use? ">\_\_">\_\_"> DaysPlease answer the ne×t question using yes or no. If something does not apply, please answer no.2. **In the past 90 days**, have you . . .2a. spoken up (shared) during a self-help meeting?[ ] 1 Yes[ ] 0 No2b. had a sponsor? [ ] 1 Yes[ ] 0 No2c. talked to your sponsor at a meeting?[ ] 1 Yes[ ] 0 No2d. talked to your sponsor or other members outside of a meeting? [ ] 1 Yes[ ] 0 No2e. asked for help from your sponsor or another member?[ ] 1 Yes[ ] 0 No2f. read the Twelve Steps and Twelve Traditions or other recovery-related readings?[ ] 1 Yes[ ] 0 No2g. actively worked the 12 steps?[ ] 1 Yes[ ] 0 No2h. prayed or meditated for help from your Higher Power? [ ] 1 Yes[ ] 0 No2i. felt that other people in the meeting understood you and your problems? [ ] 1 Yes[ ] 0 No2j. felt that you understood other people in the meeting and their problems? [ ] 1 Yes[ ] 0 No2k. gotten advice or ideas about how to handle your problems better from a meeting or meeting members?[ ] 1 Yes[ ] 0 No2l. agreed with the advice you were given?[ ] 1 Yes[ ] 0 No2m. considered yourself a member of a home group (what is the specific name of the group)? v.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[ ] 1 Yes[ ] 0 No2n. helped someone else from a meeting?[ ] 1 Yes[ ] 0 No2o. sponsored someone else?[ ] 1 Yes[ ] 0 No2p. performed a service like setting up for meetings, serving as meeting chairperson, treasurer, or literature person?[ ] 1 Yes[ ] 0 No2q. participated in conferences, dances, picnics, or other social activities sponsored by a self-help group?[ ] 1 Yes[ ] 0 No2r. had a spiritual awakening through meeting, working the steps, or reading 12-step related literature?[ ] 1 Yes[ ] 0 No2s. considered participation in self-help meetings an important part of your life?[ ] 1 Yes[ ] 0 No3. Do you consider yourself to be a "regular attendee or member" of any specific 12-step fellowships, faith-based, secular, or other recovery groups? (Which groups?) (Any other groups?)[ ] 1 Yes[ ] 0 No3a. Alcoholics Anonymous (AA)[ ] 1 Yes[ ] 0 No3b. Cocaine Anonymous (CA) [ ] 1 Yes[ ] 0 No3c. Dual Diagnosis Anonymous (DDA) [ ] 1 Yes[ ] 0 No3d. LifeRing Secular Recovery [ ] 1 Yes[ ] 0 No3e. Narcotics Anonymous (NA)[ ] 1 Yes[ ] 0 No3f. Secular Organization for Sobriety (SOS) [ ] 1 Yes[ ] 0 No3g. Social Recovery (SR) [ ] 1 Yes[ ] 0 No3h. Women for Sobriety (WFS) [ ] 1 Yes[ ] 0 No3i. Adult Children of Alcoholics (ACOA) [ ] 1 Yes[ ] 0 No3j. Other 12-step recovery group **(Please describe)**[ ] 1 Yes[ ] 0 Nov. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3k. Other faith-based recovery group **(Please describe)** [ ] 1 Yes[ ] 0 Nov. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3l. Other secular recovery group **(Please describe)**[ ] 1 Yes[ ] 0 Nov. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3m. Other recovery group **(Please describe)** [ ] 1 Yes[ ] 0 Nov. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Scoring:**Item 1 is recoded to no attendance (0 days = 1); quarterly to monthly (1-3 days = 1); less than 1-2 times/week (4-24 days = 2); most days of the week (25-85 days = 3); and daily (86-90 days = 4). Items 2a through 2s are scored as 1 for each yes answer. The number of affiliations checked in 3a through 3m is scored as 0 to 5 affiliations, with 6 to 13 still counted as 5. The SHIS is then the sum of the recoded days attended item, the behaviors endorsed, and the number of affiliations (ma×ed at 5). The SHIS can also be triaged into low (0), moderate (1-11), and high (12-27).  |
| **Selection Rationale:** | Attendance, engagement, and affiliation with self-help groups are associated with increasing the likelihood of initiating and staying in recovery (Dennis et al., 2007; Humphreys et al., 1998; Kingree, 1997; Montgomery et al., 1995; Sheeren, 1988; Tonigan et al., 1996; Toumbourou et al., 2002). The Self-Help Involvement Scale (SHIS; Riley et al., under review) has been found to be predictive of transitioning from using alcohol and other drugs in the community and to sustaining recovery for selected periods of time. It is also associated with the transition from using alcohol and other drugs in the community to going back to substance use treatment.Table 1 shows the norms for SHIS, by age. Syntax, psychometrics, and norms are available at www.chestnut.org/li/gain. Note that the degree of involvement is significantly related to age with the mean score growing from 1.11 for those adolescents (ages 1217) to 3.78 among young adults (ages 1825) to 6.60 among adults (ages 26 or older). This represents a very real difference in the availability of self-help meetings targeted at youth and young adults.

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| Table 1. Self-Help Involvement Scale (SHIS), by age |
| Age Groups | N | Alpha | Mean | Standard Deviation | Low (0) | Moderate (111) | High (1227) |
| 1217 | 2,537 | 0.93 | 1.11 | 3.51 | 88% | 8% | 4% |
| 1825 | 1,071 | 0.94 | 3.78 | 6.09 | 67% | 17% | 17% |
| 26+ | 1,192 | 0.86 | 6.60 | 7.93 | 53% | 14% | 33% |
| Source: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment (CSAT) Global Appraisal of Individual Needs (GAIN) 2010 data set.  |

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| **Source:** | Dennis, M. L., Titus, J. C., White, M., Unsicker, J., & Hodgkins, D. (2003). *Global Appraisal of Individual Needs (GAIN): Administration guide for the GAIN and related measures. Version 5.* Bloomington, IL: Chestnut Health Systems. Retrieved on September 14, 2011, www.chestnut.org/li/gain.Riley, B. B., Dennis, M. L., Scott, C. K., & White, W.W. (under review). Validation of the Self-Help Involvement Scale (SHIS). *Drug and Alcohol Dependence.* |
| **Life Stage:** | AdolescentAdult |
| **Language of source:** | English, Spanish |
| **Participant:** | Adolescents and adults aged 12 years or older |
| **Personnel and Training Required:** | Interviewer must be trained and found competent to conduct personal interviews with individuals from the general population. The interviewer should be trained to prompt respondents further if a "don’t know" response is provided. |
| **Equipment Needs:** | None |
| **Standards:** |

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| **Standard** | **Name** | **ID** | **Source** |
| Common Data Element (CDE) | Substance use Self Help Involvement Questionnaire Assessment Score | 3375226 | [CDE Browser](https://cdebrowser.nci.nih.gov/CDEBrowser/search?elementDetails=9&FirstTimer=0&PageId=ElementDetailsGroup&publicId=3375226&version=1.0) |

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| **General references:** | Dennis, M. L., Foss, M. A., & Scott, C. K. (2007). An eight-year perspective on the relationship between the duration of abstinence and other aspects of recovery. *Evaluation Review, 31*, 585-612.Dennis, M. L., Titus, J. C., White, M., Unsicker, J., & Hodgkins, D. (2003). *Global Appraisal of Individual Needs (GAIN): Administration guide for the GAIN and related measures. Version 5.* Bloomington, IL: Chestnut Health Systems. Humphreys, K., Kaskutas, L., & Weisner, C. (1998). The Alcoholics Anonymous Affiliation Scale: Development, reliability, and norms for diverse treated and untreated populations. *Alcoholism: Clinical and E×perimental Research, 22*(5), 974-978.Kingree, J. (1997). Measuring affiliation with 12-step groups. *Substance Use & Misuse, 32*(2), 181.Montgomery, H. A., Miller, W. R., & Tonigan, J. S. (1995). Does Alcoholics Anonymous involvement predict treatment outcome? *Journal of Substance Abuse Treatment, 12*(4), 241-246.Riley, B. B., Dennis, M. L., Scott, C. K., & White, W.W. (under review). Validation of the Self-Help Involvement Scale (SHIS). *Drug and Alcohol Dependence.*Sheeren, M. (1988). The relationship between relapse and involvement in Alcoholics Anonymous. *Journal of Studies on Alcohol, 49*(1), 104-106.Tonigan, J., Connors, G., & Miller, W. (1996). Alcoholics Anonymous Involvement (AAI) scale: Reliability and norms*. Psychology of Addictive Behaviors, 10*, 75-80.Toumbourou, J. W., Hamilton, M., U’Ren, A., Stevens-Jones, P., & Storey, G. (2002). Narcotics Anonymous participation and changes in substance use and social support. *Journal of Substance Abuse Treatment, 23*, 61-66. |
| **Mode of Administration:** | Self-administered or interviewer-administered questionnaire |
| **Derived Variables:** | None |
| **Requirements:** |

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| **Requirement Category** | **Required** |
| Major equipment | No |
| Specialized training | No |
| Specialized requirements for biospecimen collection | No |
| Average time of greater than 15 minutes in an unaffected individual | No |

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| **Process and Review:** | The Expert Review Panel has not reviewed this measure yet. |