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| **About the Measure** | |
| **Domain:** | Substance Use and Recovery |
| **Measure:** | Substance Use Goal |
| **Definition:** | The individual’s personal goal with regard to his or her own substance use. |
| **Purpose:** | An individual's substance use goal predicts recovery and relapse. For example, individuals with a goal of lifetime total abstinence achieve substantially better substance use outcomes than individuals with other goals (e.g., “controlled” use). |
| **Essential PhenX Measures:** | 10101 Current Age |
| **Related PhenX Measures:** | 560304 Duration of Abstinence - Substance Use  560303 Duration of Abstinence - Alcohol  550401 Perceived Harm of Substance Use  540402 Peer/Partner Substance Use and Tolerance of Substance Use  580101 Internalizing, Externalizing, and Substance Use Disorders Screener  31302 Substances - 30-Day Frequency  520501 Motives - Alcohol, Tobacco and Other Substances - General  710501 Motivation to Quit - Single Item  710502 Motivation to Quit - Multiple Item  590401 Recovery Identification |
| **Measure Release Date:** |  |

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| **About the Protocol** | |
| **Protocol Release Date:** |  |
| **PhenX Protocol Name:** | Personal Definition of Substance Use Recovery |
| **Keywords:** | Recovery, substance use, drug use, alcohol use, sobriety, sober, addictive behaviors, alcohol use disorder, AUD, excessive drinking, abstinence, substance use disorder, SUD, addiction |
| **Protocol Name from Source:** | Kaskutas et al. Consistency between beliefs and behavior regarding use of substances in recovery. *SAGE Open*, 2015. |
| **Description:** | This protocol includes a single, self-reported Likert-style item asking the respondent to choose the statement that most closely matches their own personal definition of substance use recovery. |
| **Specific Instructions:** | The Substance Use and Recovery Working Group (WG) notes that the reference to recovery may be problematic because not all individuals with a prior substance use problem identify as in recovery. Investigators may want to modify the lead-in question from “personal definition of recovery” to “your personal goal in terms of substance use.”  The Substance Use and Recovery WG notes that researchers may want to change wording of the item response from “substance of choice” to “primary substance.”  Protocols may include terms and language that could be triggering to respondents.  Investigators are encouraged to have resources in place to help respondents cope with triggers as needed.  Terminology related to substances, substance use, and recovery is fluid. Updates in protocol language may be appropriate based on circumstance.  Suggestions for revision have been offered to update answer responses or other components of the questionnaires to account for the constantly changing landscape. These suggestions have not been tested or validated in research studies but may be considered by investigators to enhance relevance. |
| **Protocol:** | 1. Which of the following statements most closely matches your personal definition of recovery in terms of substance use?   [ ] 1 no use of any substance—drug or alcohol  [ ] 2 no use of any substance—drug or alcohol—except as prescribed by your doctor  [ ] 3 no use of substance of choice but some use of other substances  [ ] 4 moderate or controlled use of any substance—drug or alcohol  [ ] 5 moderate or controlled use of alcohol  [ ] 6 moderate or controlled use of drugs |
| **Selection Rationale:** | This protocol is a short, face-valid measure with fairly comprehensive response options that was used in the What Is Recovery (WIR) study. |
| **Source:** | Kaskutas, L. A., & Ritter, L. A. (2015). Consistency between beliefs and behavior regarding use of substances in recovery. *SAGE Open*, *5*(1). <https://doi.org/10.1177/2158244015574938> |
| **Availability:** | Available |
| **Life Stage:** | Adult; Senior |
| **Language:** | English |
| **Participant:** | Adults ages 18 and older |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | None |
| **General References:** | De Meyer, F., Zerrouk, A., De Ruysscher, C., & Vanderplasschen, W. (2024). Exploring indicators of natural recovery from alcohol and drug use problems: Findings from the life in recovery survey in Flanders. *Substance Abuse Treatment, Prevention, and Policy*, *19*(1), 22. <https://doi.org/10.1186/s13011-024-00604-y> |
| **Mode of Administration:** | Self-administered questionnaire |
| **Derived Variables:** | Not Applicable |
| **Requirements:** | |  |  | | --- | --- | | **Requirements Category** | **Required (Yes/No):** | | Major equipment | No | | Specialized training | No | | Specialized requirements for biospecimen collection | No | | Average time of greater than 15 minutes in an unaffected individual | No | |
| **Annotations for Specific Conditions:** | No annotations at this time. |
| **Process and Review:** | Not Applicable |