

The CRED-study

A decade of recovery from problematic substance use: qualitative explorations of long-term change processes

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Is something missing? Current recovery-ingredients

- Recovery is not a fixed concept, and meanings depend on various agendas (stakeholders, peer organisations, researchers)
- Definitions often include elements of both freedom and control concerning the individual, and innovations are required for «societal re-integration»
- Continuous inattention to time and timing as essential concepts in both recovery research, treatment- and follow-up services internationally



The CRED-study

- **10 participants recruited after finishing the Stayer study – a 10 year longitudinal follow-up study**
- **Interviewed by peers, using a narrative approach**
- Aim: to inform the development of substance use treatment, understand individual motivation to engage in substance use recovery processes, and heighten societal inclusion for individuals with PSU
- The objectives of the CRED-study are:
 - To determine and explore the psycho-socio cultural factors that have supported people in their 10-year recovery trajectories

To explore stories of challenges and hinders in their 10-year recovery trajectories, and how they approached them

- To identify and investigate participants` stories of essential transition points during their 10-year recovery trajectories



Rationale for peer-interviewing

- Interview conversations include participant reflections of their personal and social experiences through life, shared with a peer interviewer in an interactional context/ knowledge production
- My former role in research relation to participants
- Previous positive research experiences with peer-interviewers in studies on long-term recovery
- Ethical aspects that needs consideration



Analysis

- Code each participant interview using `Context`, `Sequence`, and `Consequence` (SCC) to systematize the recovery trajectory stories
- Use interactional-performative lenses to interpret the SCC matrix with focus on supportive psychosocial-cultural factors, and challenges, hinders and transitions in their recovery trajectories, to analyse how participants described them



Thank you for listening!

References

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