Perceived social support could play an important role in quality of life, distress, and the confidence to stay abstinent for people in recovery from substance use.

**BACKGROUND**
- COVID-19 fueled social isolation and the potential loss of perceived social support
- A population of interest is those in substance use recovery programs, which rely heavily on social support and social interactions
- This study explored perceived social support (PSS) and its relationships to recovery-related outcomes.
  - Hyp 1: PSS $\rightarrow$ higher quality of life
  - Hyp 2: PSS $\rightarrow$ lower psychological distress
  - Hyp 3: PSS $\rightarrow$ higher abstinence self-efficacy

**METHODS**
- $N = 45$ adults who currently endorsed being in recovery from substance use
  - 54.48% Male; Age: $M = 33.21; SD = 10.01$
- Online survey with self-report measures
  - Social support was assessed with the Multidimensional Scale of Perceived Social Support Questionnaire
  - Nine linear regression models were fit to assess the association with perceived social support on three separate outcomes while controlling for COVID-related worry:
    - Quality of life: psychological health, social relationships, environment, physical health
    - Psych distress: depression, anxiety, stress
    - Abstinence self-efficacy: confidence in situational and long-term abstinence

**RESULTS**
- After controlling for COVID worry
  - Perceived social support was significantly positively associated with:
    - Quality of life across all four domains:
      - Physical health
      - Psychological health
      - Social relationships
      - Environment
    - Self-efficacy in staying abstinent in high-risk situations
    - Self-efficacy in staying abstinent long-term
  - Perceived social support was significantly negatively associated with:
    - Psych distress, specifically depressive & anxiety symptoms

**LIMITATIONS**
- Cross-sectional design
- No baseline measurement of perceived social support