

Perceived social support and substance use recovery during COVID-19

Candice L. Hayden, Madeline Rodenbaugh, Adam P. McGuire

The University of Texas at Tyler; VISN 17 Center of Excellence for Research on Returning War Veterans; Central Texas Veterans Health Care System

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 → higher quality of life
 - Hyp 2: PSS → lower psychological distress
 - Hyp 3: PSS → 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

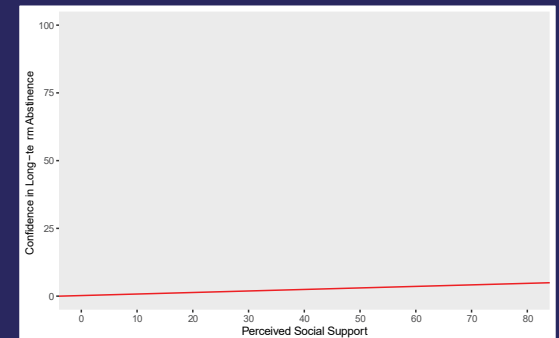
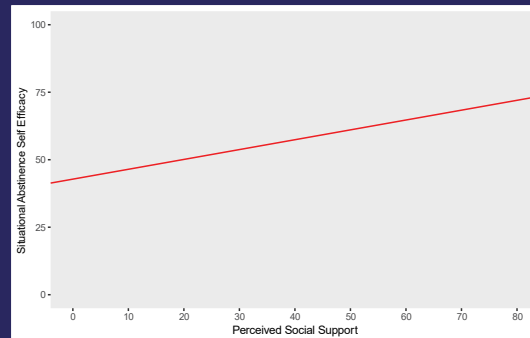
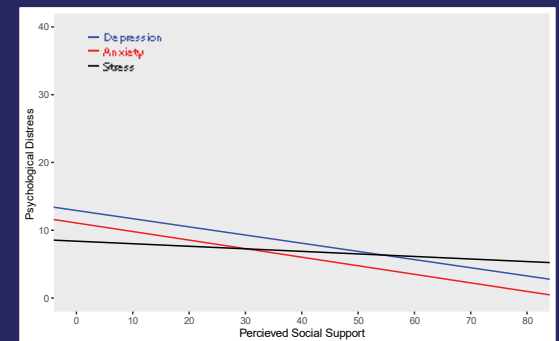
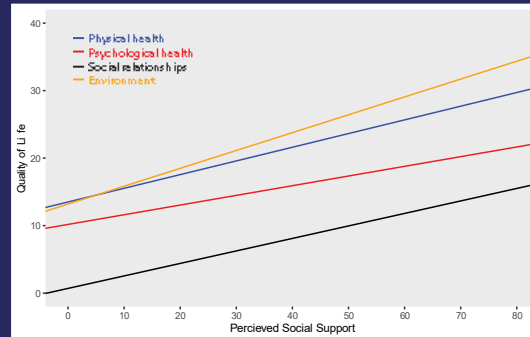
RESULTS

- 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

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



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