

Star Matrix Survey Report 1

Overview

The data gathered from this survey supports the Star Matrix model. Every question that was formatted as a yes or no question showed a majority answer of 70% and up answering yes for every question. Several questions can be connected to an arm on the Star Matrix, and the others offer support for Moore's idea about how people get better in a multitude of different ways. There is no one way to get better, which is why the Star Matrix is so important to consider when assessing someone. Data from surveys like this helps support and analyze this model's accuracy and usefulness. It also ensures the Moore's are up to date on the thoughts and trends within the recovering community to observe whether there's a need for changes or updates to the model or the thinking surrounding the model.

Consequences and Shame

Question 15 points out why this arm of the Star Matrix is included. One of the first questions about consequences asked about the physical consequences, and 92.7% answered yes to having experienced negative consequences involving their physical health after using or drinking. Then, when asked about the consequences to their mental health, 86.6% answered yes to having consequences after using or drinking. These numbers show that consequences play a part in people's stories when looking at all aspects of their lives.

The other component of this arm is shame. Shame is a dangerous and powerful thing that can keep someone from fully recovering. The data that points to shame being a critical component is when asked about their image and how it has been impacted by their use, behavior, choices, and actions. 85% of people answered yes when asked about whether they saw a shift in their identity and self-image after using. 86.6% answered yes to behavior having caused a

change. It's important to note that these were predominantly negative shifts, as 54 out of 57, or 94.7% of people who answered, stated the change in their self-image and identity was negative. Shame and consequences can propel someone to relapse or fully recover and could be affected by the other arms on their star.

Frequency, Intensity, and Duration

The next arm on the Star Matrix is Frequency, Intensity, and Duration. This arm considers how often someone uses, how much someone has used, and how long they have used at that frequency. All these factors are essential to include on the Star Matrix because everyone is not going to respond to treatment designed for someone who has drunk alcohol until passing out consistently since they were twenty. Someone who has only seen negative consequences from their drinking after a job loss or divorce at thirty is going to respond differently to treatment and need different attention.

The survey data showing the need for this arm can be seen in questions 12, 13, and 14. The question asking whether they had thoughts of using or drinking while doing everyday chores also points to the need for considering frequency because 82.4% of people said they thought about drinking or using during everyday tasks. This points to the problem of urges developing into drinking, and if drinking becomes something as regular as chores, their problem will only get worse. The questions noted above ask about drinking more than planned, increasing use after consistency started, and increasing frequency after consistent use started. 95.6% said yes to using more than initially planned, 88.2% noticed an increase in their use, and 91.2% noticed an increase in frequency. This data clearly shows that using can snowball and get out of people's hands, so it's necessary to make note of these three things when working with someone towards their recovery.

Physical

This arm of the star can be a significant component of many people's star for many reasons. Many people ended up with an addiction to opiates due to the overprescribing of pain medication and then the cut-off after the backlash. Other reasons could involve an injury that caused a significant shift in life, like paralysis, losing out on a sports opportunity, or living with a chronic illness all their life. All of these could also be impacted by mental health issues that could impact someone's vulnerability to addiction or recovery. The first question highlights the importance of this arm since it asks whether the surveyors had a history of physical issues, and 66.3% answered yes. Question 16 looked at how someone's physical health impacted their overall well-being on a scale of 1-10. From sixty-seven people, the average was 5.5, and when looking a closer look at the data, there were many answers on both ends of the scale. This data shows just how much someone's physical health can impact someone and how little it can, too. This shows how important it is when looking at individuals because, for some, their physical health could be a major contributor to their use. For others, it's a negative consequence, as stated above. This is also shown by question 20, which asks if the surveyors had ever experienced an adverse life event that caused harm to their physical or emotional well-being. 86.4% stated yes, which, in context with the survey, points to a strong need for this arm as a stressor or start of a substance use issue.

Coexisting Disorder

This is a major arm and important to the Star Matrix because known dual diagnoses and unknown coexisting disorders make the job of helping someone get into recovery significantly harder. This may be one of the arms that is most important because it can be the most challenging obstacle, especially since it can be connected to every other arm in some way. There

were multiple questions in this survey that focused on coexisting disorders. Questions 3-6 ask about concerns involving coexisting issues. Question 3 asked about previous use of medication or injuries, question 4 asked about previous mental health issues and diagnosis, five asked if they got treatment for that issue, and six asked if medication was prescribed for those issues. All questions had a yes majority above 60%. More precisely, 67.5%, 78.8%, 70.1%, and 71.8% answered yes to the above.

Genetics and Biology

While there weren't many questions about this specific arm, that doesn't mean this part of the Star Matrix is any less important. This arm could be the factor that can affect someone's vulnerability to even developing an addiction in the first place. The data from this question is also essential because the demographic that predominantly took this survey was in recovery, so the answers were very telling. The question connecting to the genetics and biology arm asked whether they had known about a history of substance use issues or addiction. It is also important to note that no one skipped this question out of the eighty people who have taken this survey. The percentage of people who took this survey who knew of a family history was 93.8%. Over 90% of the participants knew of family history. The fact that this was not only the highest percent answering yes but also all surveyors indicates this is a major aspect of substance use issues and someone's recovery path.

Conclusion

The Addiction Research Foundation has worked for many years on this method and they can change the narrative of how to help people. There is no one way to do things, and it's crucial to look at all these parts of a person to ensure the treatment they get is designed toward their

specific needs. By using these arms, The Addiction Research Foundation can inform providers which arms different people need to focus on for their unique situation.

Star Matrix Survey Report 2

Overview

This survey points to the need for an individualized and unique pathway to recovery. The data shows what is working for people in their recovery. This data is also crucial to look at since nearly 50% of the participants had ten or more years of sobriety. The data we got from this survey also shows how external factors have impacted them and how they have worked through those issues. The answers from this survey provide validity to the things these people did and highlight the need to consider these as real solutions in the standard methods. With this data, The Addiction research Foundation can continue adapting and updating its method to keep up with the needs of the community.

Additional Issues

Several questions from this survey asked about issues like sleep, physical health, and other mental health diagnoses. Then, the following questions were asked about what they did to help or work on those issues. It's important to factor in other mental issues or dual diagnoses because they can negatively impact each other. Of these participants, more than half stated they did have other mental health issues and diagnoses. However, the people who stated no were close behind, as the percentage that said yes was 52.6, but there was 47.4% who said no. This is important because what helps one person may vary drastically simply because they may be working on more things compared to someone else. The data also showed that those who stated yes and still get help to work through were primarily depression at 76.7% and generalized anxiety disorder at 63.3%.

One of the issues the survey asked about was sleep and when the onset of the struggles started. Few participants skipped this question, but it was a question that showed a smaller difference between yes and no. 57.1% stated they did have issues with their lack of sleep, and 30% had these issues before ever using. However, it is important to note that more people skipped the question about when the issues started, so the data does not present all the possibilities. It is also to note that out of the participants that answered the question, 58.1% answered yes to these issues' persisting. The following question asked if the issues went away when in recovery were these resolved. While only twelve responded, 41.7% said that it was six months to a year when they went away. Having this data and understanding the likelihood of these issues getting resolved sooner rather than later is still important. For those whose sleeping issues were resolved, the most common answer as to how they got it resolved involved mediation and general changing of behaviors.

The second issue asked about was the participants' physical health within the first two years of sobriety. This question had several options for how their physical health was, and the answers were fairly spread out for this question, but the highest answers were good and average. 30.9% answered good, and 27.3% answered average, connecting to the issue of improving sleep between the six-month and two-year marker. However, the answers to how they were able to help their physical health varied the most as answers ranged from getting medical treatment to exercise, diet, and not using. Another major finding from this data was when asked about these other issues and whether they were helped and lessened by prolonged recovery. 67.3% answered yes, which is crucial to factor in people's recovery plans. This is because those starting in recovery need to consider the big picture and focus on what will stay helpful in the long run.

Alternative Solutions

The remaining questions covered the methods that helped their recovery in more detail. The questions asked if music helped, the genre of the music they listened to, as well as the meditative practices used in their recovery. The genres that were played the most were rock at 58.7% and pop at 47.8%. The next question asked what song represented recovery to them, and these answers were all different with a song from Elton John to Taylor Swift. The next questions covered the meditative practices that were used and how they helped their recovery. The first question asked what practices were used, and the answers were evenly spread out for the answers, as there were no real outliers. However, the type of practice that was at the top was sitting meditation at 68.1%, with prayer following at 59.6%. Then, the survey asked how the practices helped, and the top two answers were grounding/centering at 89.4% and emotional regulation at 78.7%.

The following question goes in a slightly different direction while still on the topic of recovery. It asks what activities they enjoy partaking in that helped their recovery. This also prompted an array of answers that were spread out. The top five answers included going out with family at 79.2%, going on vacation at 70.8%, watching TV/movies together at 60.4%, and going on walks together at 58.3%. The last couple of questions ask if people attended self-help meetings and if they were involved in service work. Those who attended meetings once for maintenance and those who attended two to three times were close at 22.9% and 27.1%, respectively. The third closest option was never at 20.8%.

Summary

The answers to these questions highlight the importance of having alternatives to recovery and provide evidence for the Addiction Research Foundation's method. There are many ways people support their recovery, and it's important to note again that more than half of the

survey participants had been in long-term recovery of at least 10+ years. There are so many ways to support their recovery and that is what ARF's focus on. ARF's aim is to help people find their own solution to supporting their recovery. It can be hard to figure out what these solutions might be, and that is a mission the program at The Addiction Research Foundation offers.