

# Recovery in the 21st Century

The first scientific investigation of an online, recovery-specific social network site for individuals with substance use disorder: A survey of participants on InTheRooms.com.

## Introduction

InTheRooms.com is a social network site (e.g., Facebook and Instagram) that caters to individuals with current or past substance use disorder. Freely available 24/7 via web & smartphone platforms, it provides recovery resources such as:

- Live online video meetings (e.g., Alcoholics Anonymous)
- Audio recording database of speakers in long-term recovery
- Recovery-based discussion boards
- Daily meditation prompts
- Dynamic locator for face-to-face meetings

The study surveyed

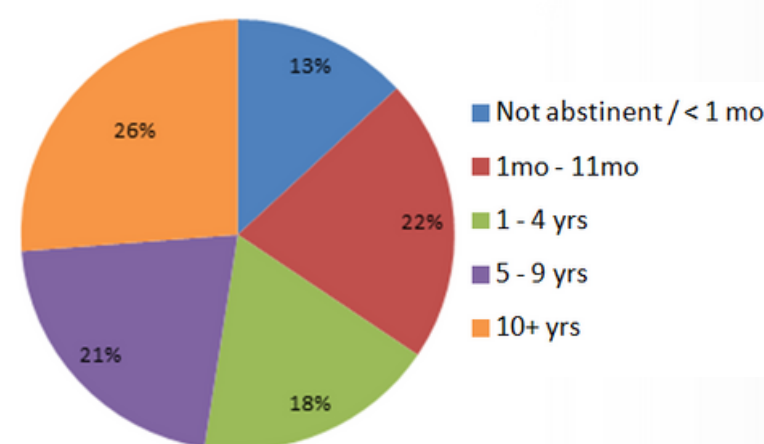
**123**

current site users who

participate for their own current or past substance use problem.

## Participants

Amount of Time Abstinent



Average participant = 7 years of abstinence

Most commonly endorsed primary substances were:



**65% ALCOHOL**

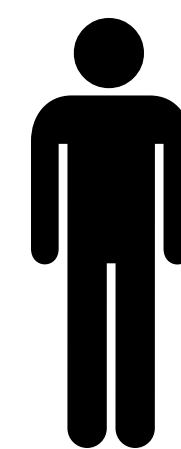


**18% OPIOIDS**



**12% STIMULANTS**

## Engagement



The average user logged onto the site for 30 minutes a day, several days per week

## Most Popular Site Resources



Daily Meditation Prompts



Live Online Video Meetings



Discussion Boards

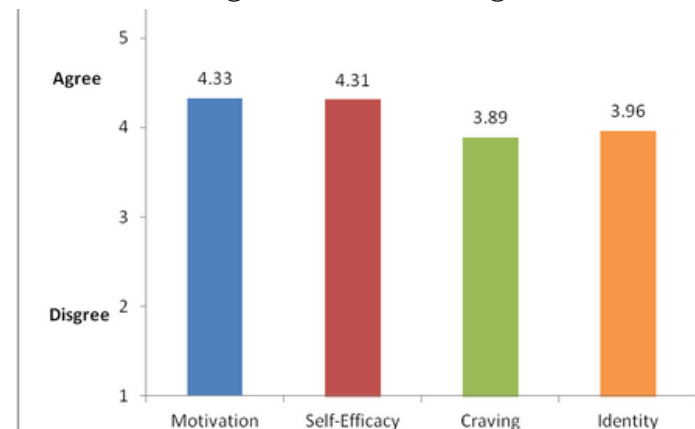


Face-to-Face Meeting Locator

## Perceived Benefits

1. Enhances motivation for abstinence /recovery
2. Increases confidence to stay abstinent/ in recovery (self-efficacy)
3. Decreases cravings to drink/use drugs
4. Helps users feel better about being a person in recovery

PERCIEVED BENEFITS:  
Mean agreement/disagreement



Participants with less than 1 year (or not) abstinent reported similar activity engagement and perceived benefits compared to those with more than 1 year abstinent.

## Implications

Findings show recovery-specific social network sites hold promise as modern recovery support services, & warrant rigorous scientific investigation.

Future studies should test whether these digital recovery resources help improve substance use & other recovery outcomes over time:

- As an addition to substance use disorder treatment
- As part of a continuing care ("aftercare") plan
- Outside of treatment settings ("self-management")