Substance Abuse Recovery: What Are You Coping For?
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Objectives of Presentation:
1. Appreciate the nature and extent of substance abuse and how it impacts occupational performance and quality of life (QoL).
2. Identify what coping skills interventions within the scope of occupational therapy effectively address substance abuse.
3. Explore the value of follow up measures to determine sustained improvement in QoL.

PICO: Do interventions centered on coping skills within the scope of occupational therapy practice (I) result in improved quality of life (O) among adults experiencing substance abuse (P)?

Methods:
- Databases: CINAHL, Scopus, PubMed
- Inclusion Criteria: Adults with substance abuse, English language, Peer-reviewed, Published in last 10 years
- Exclusion Criteria: Participants <18 years of age, Tobacco/ marijuana, Interventions not within the scope of OT
- 2,987 articles found via databases, N=13 articles included in final review

Results:
- Theme 1: Physical Intervention (N=5)
  - Physical: Yoga (physically-based), Individually-tailored exercise program, Group exercise program
  - Strong evidence to support physical exercise as a coping skill intervention to improve QoL
    - 5 studies found statistically significant improvements in QoL after the intervention

- Theme 2: Cognitive Intervention (N=4)
  - Cognitive: Yoga (mindfulness-based), Cognitive behavioral therapy, Mindfulness based stress reduction
  - Strong evidence to support cognitive strategies as a coping skill intervention to improve QoL
    - 4 studies found statistically significant improvements in QoL after the intervention

- Theme 3: Sustained Improvement (N=6)
  - Strong evidence to support that increased QoL is sustained post-coping skills intervention (4 weeks-18 months)
    - 4 studies found statistically significant improvement, 2 studies found no improvement

Implications:
- Practice
  - Basing practice on evidence: Coping skills interventions centered on physical activity and cognitive strategies; Use of SF-36 in evaluations and outcome measurements; Generating evidence through practice

- Research
  - Exercise-based versus cognitive based interventions; Substance abuse treatment for women; More qualitative studies; Larger sample sizes; and More level I RCT studies

- Education
  - OT Masters Program should include Interventions: coping skills to address substance abuse; and Evaluations: quality of life outcome measures
    - Continuing Education for CEU opportunities to develop OT skills treating substance abuse
References