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The Effects of Faith-Based Therapy Versus Secular Therapy on Substance Abuse Treatment

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The Effects of Faith-Based Therapy Versus Secular Therapy on Substance Abuse Treatment

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PATIENT CARE ISSUE

- Harmful use of alcohol results in death of 2.5 million people annually [1]
- Alcohol abuse accounts for $25 billion in health care costs, and illicit drugs account for $11 billion annually [7]

Substance Abuse: harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs [7]

Faith-Based Therapy: finding a renewed purpose in life and self-control through focusing on spirituality as a means of recovery [4]

EVIDENCE-BASED PRACTICE QUESTION

Question: In adults with substance abuse, what is the effect of faith-based therapy compared to secular therapy on substance abuse treatment?

P- Adult with substance abuse
I-Faith-based therapy
C- Secular therapy
O- Effects on substance abuse treatment

REGISTERED NURSE INTERVIEW

- Effectiveness of faith-based interventions depend on the client
- Clients in treatment due to court orders have lower recovery rates
- Clients voluntarily seeking treatment have higher recovery rates
- This particular facility’s standard of care does not make an intentional effort to incorporate faith into the recovery process

METHODS

Keywords: Substance Abuse; Recovery; Nursing; Religion; Faith

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Inclusion Criteria

1. Written between 2000-2015  
2. Published in English  
3. Adult participants  
4. Research based off of a faith practice

Syntehsis of Evidence

Faith-based therapy effects on substance abuse treatment:
- Positive correlation is found between religious factors, faith-based therapy, and substance abuse recovery as compared to secular therapy [1][2][3][6][9]  
- Multiple factors of faith-based therapy may correlate with recovery (cultural pressure, fear of judgment, and social support) [1][6]  
- Faith-based therapy clients expressed positive experience by having a strong role-model assisting in recovery process [1][9]

Secular therapy effects on substance abuse treatment:
- Substance abuse viewed as genetic issue [4]  
- Medical interventions are used to treat substance abuse [4][5]  
- Higher levels of training and education among professional therapists [4][5]  
- Research focuses more on the effectiveness of faith-based theories than on the effectiveness of secular interventions [1][2][3][6][9]

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- The IOWA Model of Evidence-Based Practice guided this literature review  
- Literature suggests faith-based therapy may be effective for some clients  
- Further research is needed to identify more faith-based strategies

LIMITATIONS

- Mainly qualitative articles including interview and observational data  
- Lack of consensus between conceptual definitions within articles  
- Lack of generalizability due to variance among population  
- Interventions and comparisons varied among studies

ACKNOWLEDGEMENTS

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REFERENCES