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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

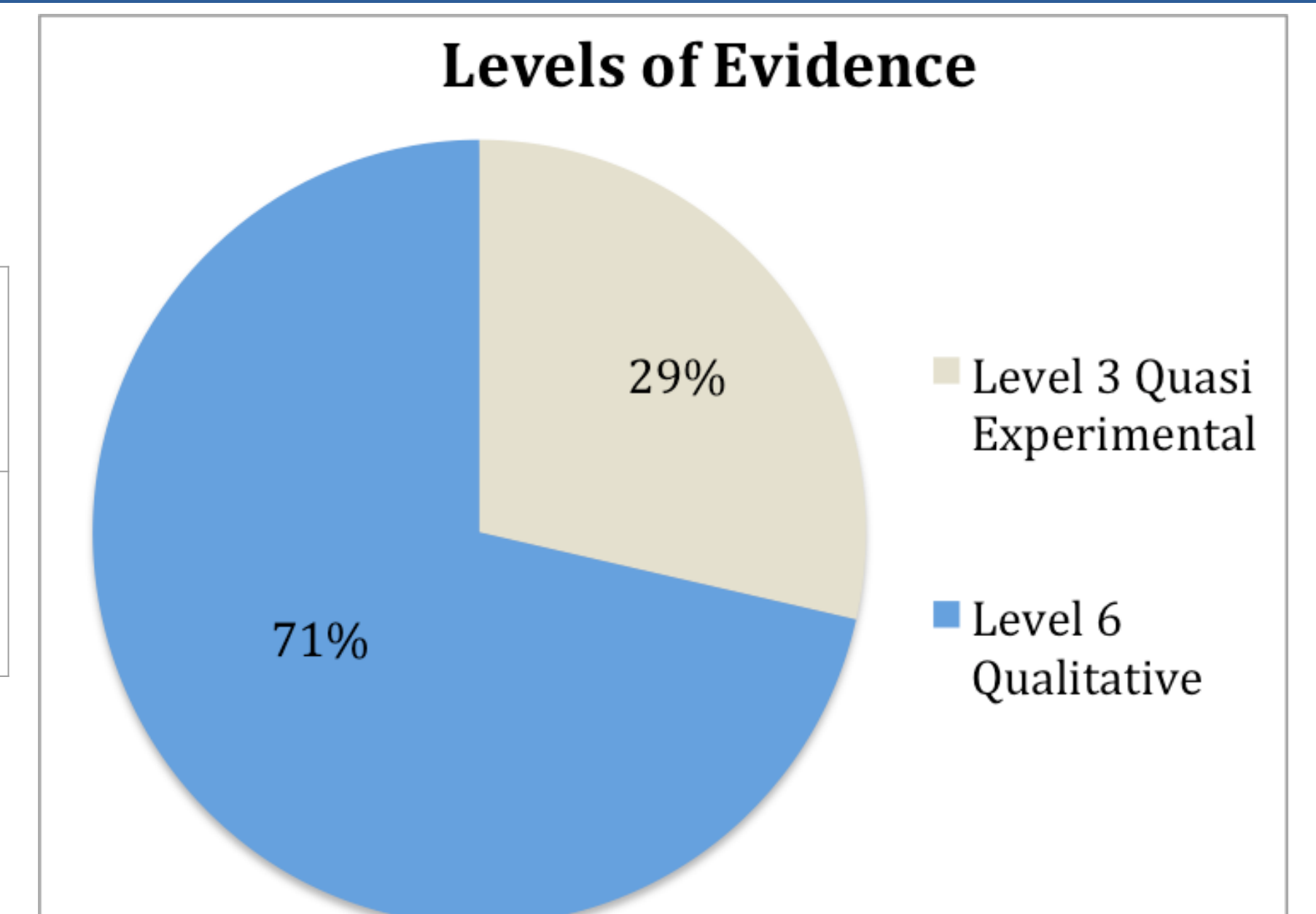
- Effectiveness of faith-based interventions depend on the client
- Clients in treatment due to court orders have lower recovery rates
- Clients voluntarily seeking treatment have higher recovery rates
- This particular facility's standard of care does not make an intentional effort to incorporate faith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

## METHODS

Keywords: Substance Abuse; Recovery; Nursing; Religion; Faith		Database Searched:	Date of Search:	Search Terms:	No. of Sources Found:
		CINAHL	10/8/2015	Substance Abuse <i>and</i> Recovery <i>and</i> Religion	18
Inclusion Criteria	Exclusion Criteria	PsychINFO	10/8/2015	Substance Abuse <i>and</i> Recovery	3,917
1. Written between 2000-2015	1. Title not related to PICO question	PsychINFO	10/8/2015	Substance Abuse <i>and</i> Recovery <i>and</i> Faith-Based	25
2. Published in English	2. Not available as free, full-text, online	PsychINFO	10/22/2015	Substance Abuse <i>and</i> Faith	233
3. Adult participants	3. Article content not relating to PICO question	PsychINFO	10/22/2015	Substance Abuse <i>and</i> Faith <i>and</i> Nursing	15
4. Research based off of a faith practice		OneSearch	11/1/2015	Religion as a Protective Factor Against	34,596
		OneSearch	11/18/2015	Substance Abuse <i>and</i> Faith	164,604

## RESULTS

Articles Examined	20
Articles Included	7



## SYNTHESIS 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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