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]

RESULTS

<table>
<thead>
<tr>
<th>Levels of Evidence</th>
<th>No. of Articles</th>
</tr>
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<tbody>
<tr>
<td>6 Qualitative</td>
<td>29%</td>
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<td>3 Quasi Experimental</td>
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<table>
<thead>
<tr>
<th>Articles Examined</th>
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<tbody>
<tr>
<td>Articles Included</td>
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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

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REFERENCES