



Onderzoek
naar welzijn,
zorg &
verslaving



Factors associated with problematic substance use before and during the COVID-19 pandemic among a drug addiction recovery cohort

A prospective study in the Netherlands, Belgium, and UK

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Rome, March 2020, Nadia Shira Cohen for The New York Times

Over een tijdje



Bildt

Nu alle kappers gesloten zijn



Expected and observed pandemic effects for people with drug addiction

- Impact on drug markets and drug use
- Access to treatment, support, work and meaningful activities
- From face-to-face to online

...more risks?



Expected and observed pandemic effects for people in recovery

- Craving, boredom, loneliness, financial stress, discontinuation of substitution therapy
- Canceled support meetings, lack of social support
- Coping through self-care, leisure activities, strengthening personal relationships

...more risks for relapse?



So far, **little impact** is observed

For example, **no increase in prevalence of alcohol relapse**
(Gilbert e.a., 2021)

However, the impact of the COVID-19 pandemic on people in drug addiction recovery is only **beginning to emerge..**



REC-PATH: an international study into **recovery pathways**

- Multi-method: **quantitative**, qualitative and policy analyses
- Sample: 'In recovery' or 'don't have a problem with drugs anymore' for at least 3 months
- Persons in different recovery stages
- Established recovery markers: e.g. socio-economic, (mental) health, treatment and support use, social network, recovery capital, motivation

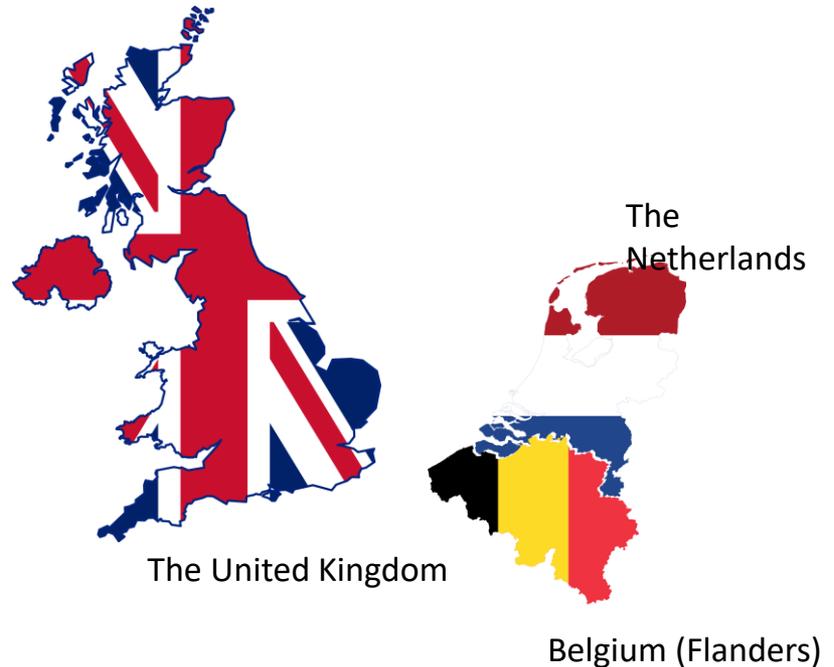
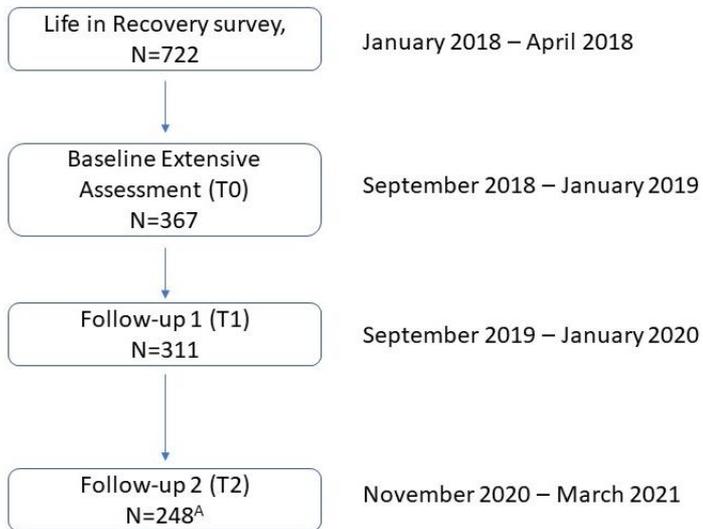


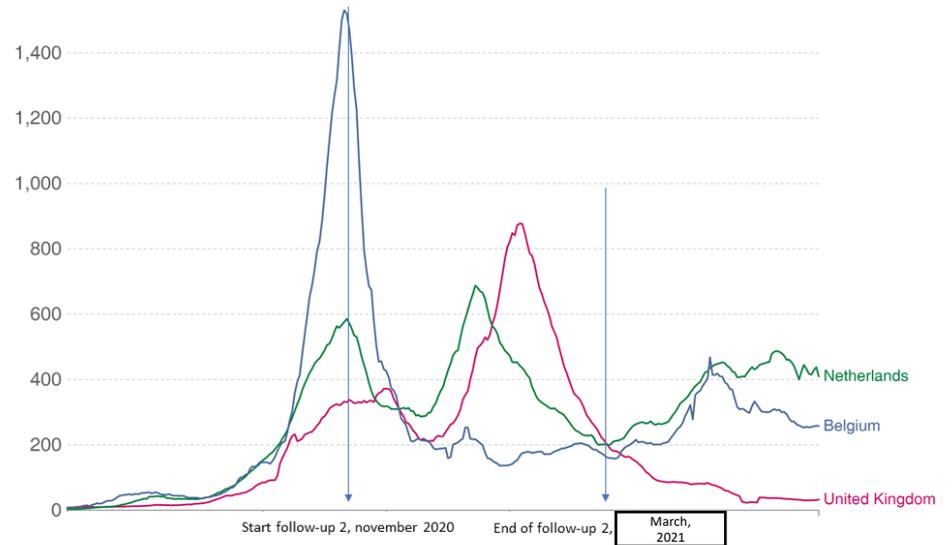


Figure 1: Flow chart of data collection of the REC-PATH study



Daily new confirmed COVID-19 cases per million people

Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.



Source: Johns Hopkins University CSSE COVID-19 Data

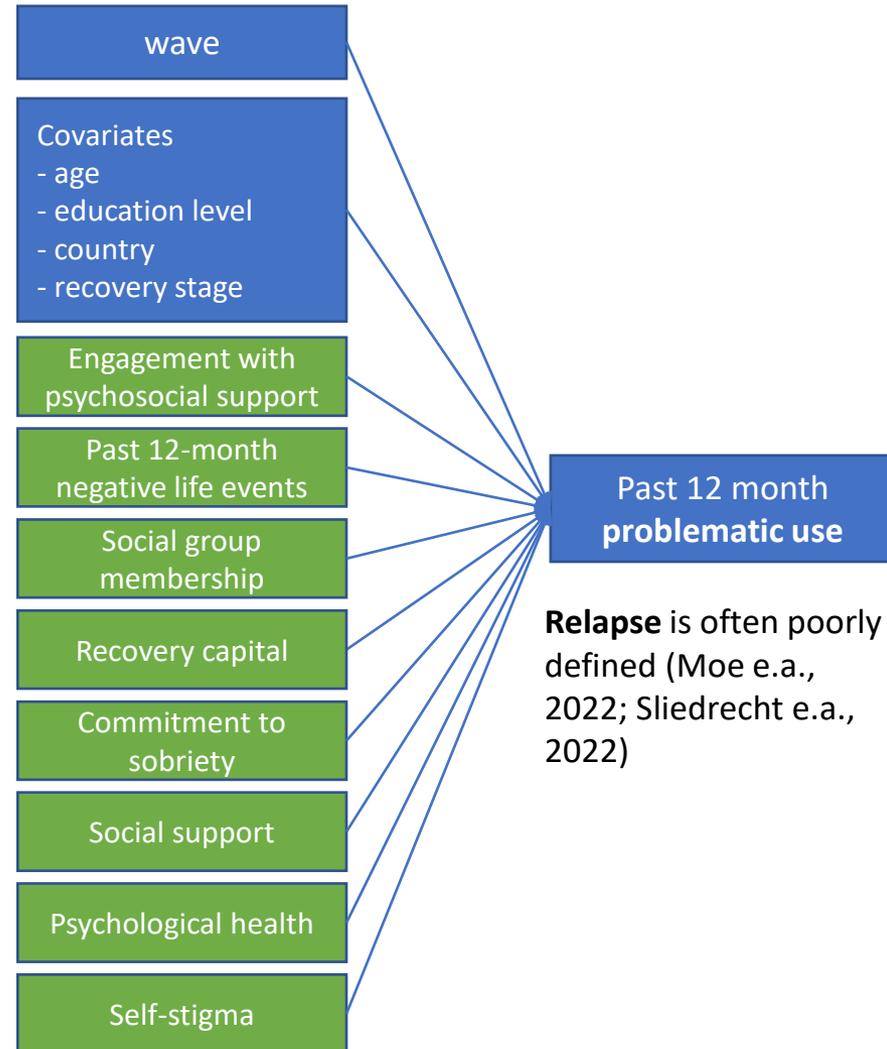
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What are the rates and predictors of **problematic substance use**..

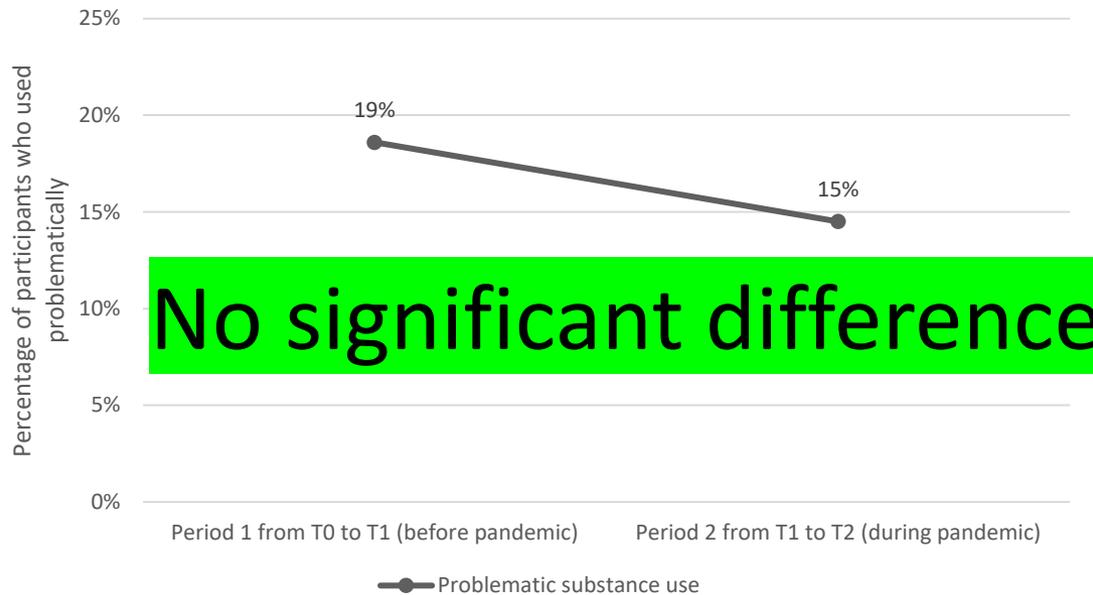
- **before** the pandemic;
- **during** the pandemic, and;
- which predictors **differ** between periods?

Analyses:

- Association of risk- and protective factors with subsequent problematic use (multivariate regression analyses)
- Differences in associations between waves (GEE-analyses)



Rates of problematic substance use of the total sample across both follow-up periods



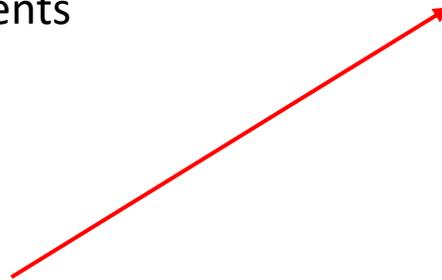
**Predictors of
problematic substance
use **before** the
pandemic**

- Not being engaged with psychosocial support
- Experienced past 12-months negative life events

**Predictors of
problematic substance
use **during** the
pandemic**

- Not being engaged with psychosocial support
- **Commitment to sobriety**

Which predictors have a different relation with problematic use between both periods?



Results (summarized)

- No increased rates of problematic use
- Factors associated with problematic use differed before and during the pandemic:
 - Before the pandemic: psychosocial support and negative life events
 - During the pandemic: psychosocial support and commitment to sobriety
- Different relation of commitment and problematic use





**before the
pandemic**

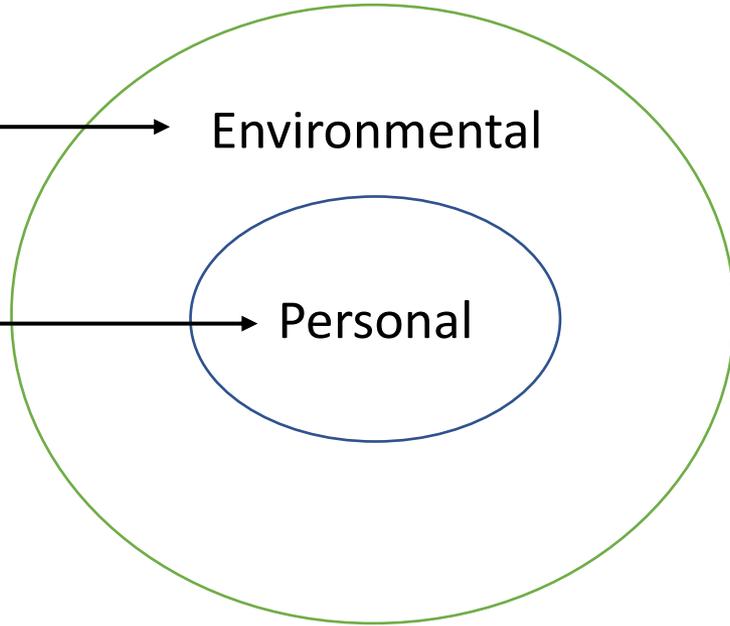


Environmental

**during the
pandemic**



Personal



Questions?

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