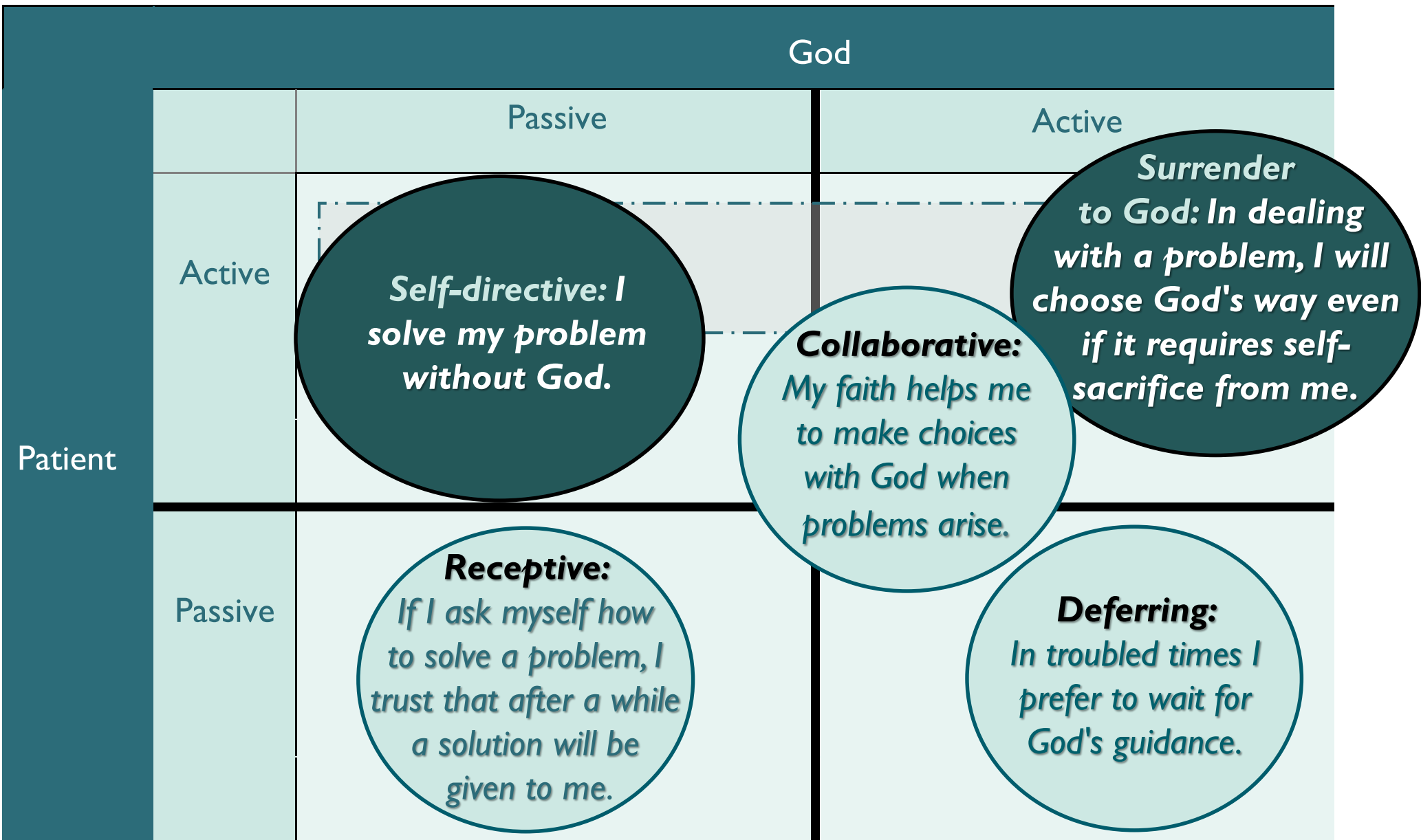


# My way, God's way or both? Religious Coping and Addiction

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## Background

- Five ways of religious coping (RC):



Religious Coping	Receptive	Collaborative	Deferring	Self-directive	Surrender to God
SUD Symptoms	-,167*	-,168*	-,103	,208**	-,084
Craving	-,232**	-,169*	-,275**	,225**	-,202**
Religious struggle	-,299**	-,182**	,023	,165*	-,145*
Presence MiL	,416**	,377**	,291**	-,398**	,350**

\*\*Correlation is significant at the 0,01 level (1-tailed). \*Correlation is significant at the 0,05 level (1-tailed).

Aim 2: Strong self-directive RC (>75 percentile) is a moderator of SUD symptoms, Craving, Meaning in Life and religious struggle

- Practising surrender to God: Giving God authority during cravings concerning alcohol and drugs has a long tradition in Christianity<sup>1</sup>
- Being self-directive: Standard treatment approaches aim to give the person authority during cravings without involving the patient's experience of God
- Clinical observations with RC suggested that patients who surrender to God present more religious struggles if they also have high scores on self-directive RC (>75 percentile), a possible conflict in the meaning-making process.

## Aims

- Exploring the usefulness of different RC styles in the treatment of SUD, which differ in the role of responsibility given to God or by oneself as patient
- Exploring the possible high-risk combination of surrender to God and high self-directive RC in Christian patients

## Methods

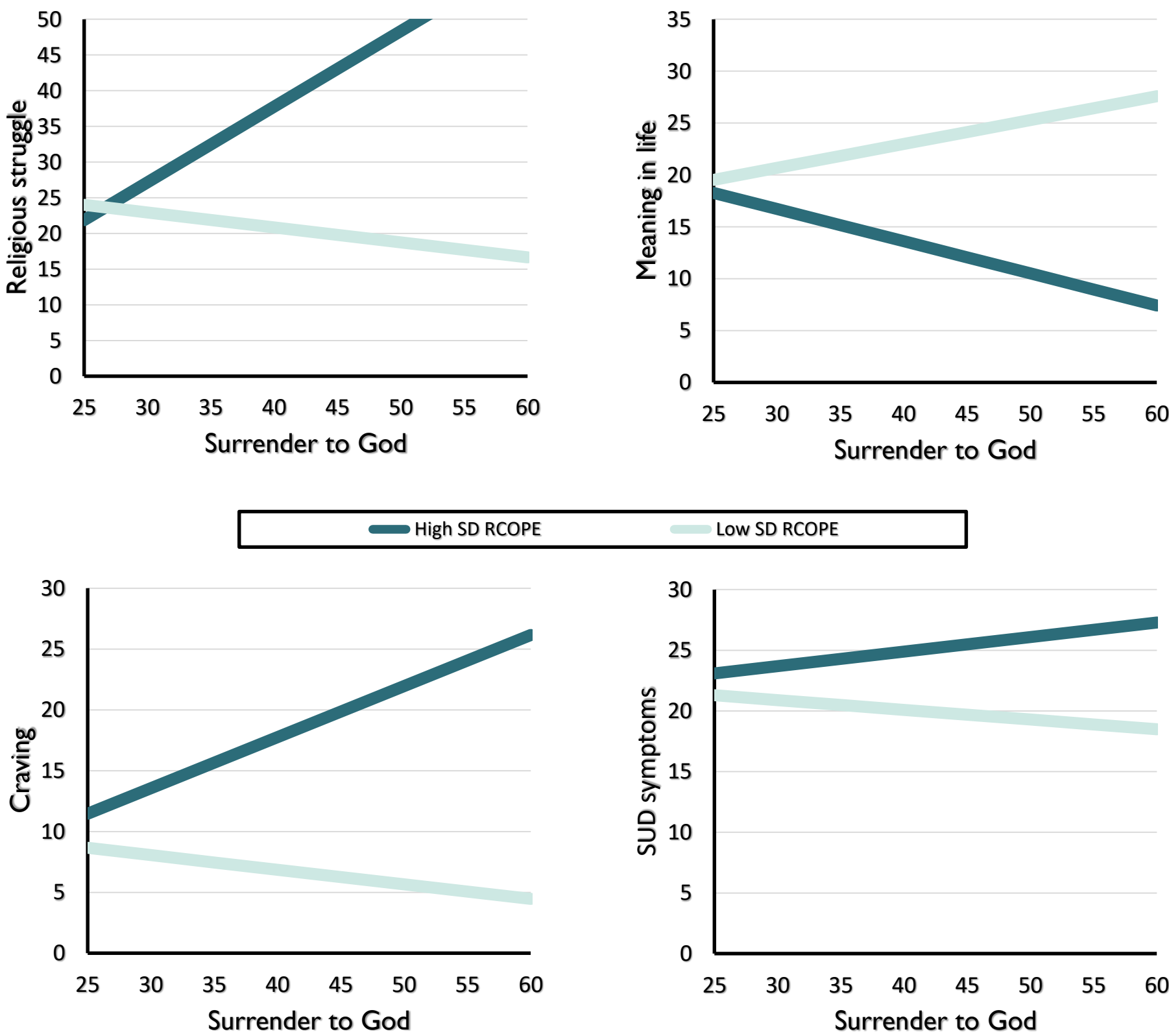
- Participants: 186 Christian patients in clinical care for SUD
- Measures:
  - Religious Coping Scales: Collaborative, Deferring, Self-directive (SD)<sup>2</sup>, Receptive<sup>3</sup> and Surrender to God<sup>4</sup>
  - SUD and well-being: SUD symptoms (LDQ)<sup>5</sup>, Craving (PACS)<sup>6</sup>, Presence of Meaning in Life<sup>7</sup> and Religious struggles (Negative religious coping)<sup>8</sup>

## Results

Aim 1: RC scales show relationships with SUD symptoms, Craving, Meaning in Life and religious struggle

- Surrender to God RC: Significant negative relation with craving and religious struggle, and positive relation with presence of Meaning in Life

- Self-directive RC: Significant positive relation with craving, SUD symptoms, religious struggle, and a negative relation with presence of Meaning in Life



- High SD religious coping (75 percentile) moderated the relation of surrender to God with craving, meaning in life and religious struggle, but not SUD symptoms

## Conclusions

- RC involving a role for God has significant relationships with health and well-being in Christian patients with SUD
- In line with the meaning making-model, this means that conflicting reappraisal may lead to distress expressing itself in less meaning in life, more religious struggle and stronger craving.
- Moderation effects are clinically significant, as it suggest attention to (conflicts in) RC in recovery from SUD may be important for some patients.

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