

# Spiritual & Physical Impacts of Faith-Based Recovery

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# The Meros Center

- Mission: Meros is a research and training community where relationships and resources come together to measure, innovate, and share impact in Christian health ministry.
- Create a hub of discovery that reflects the ministry and mission Jesus
- Research as ministry

THE MEROS CENTER  
A research and training community for Christian health ministry

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## Strengthening Research in Faith-Based Organizations

Jason Paltzer and Keyanna Taylor describe the opportunities to strengthen the evidence coming from faith-based health organizations to improve outcomes and credibility.

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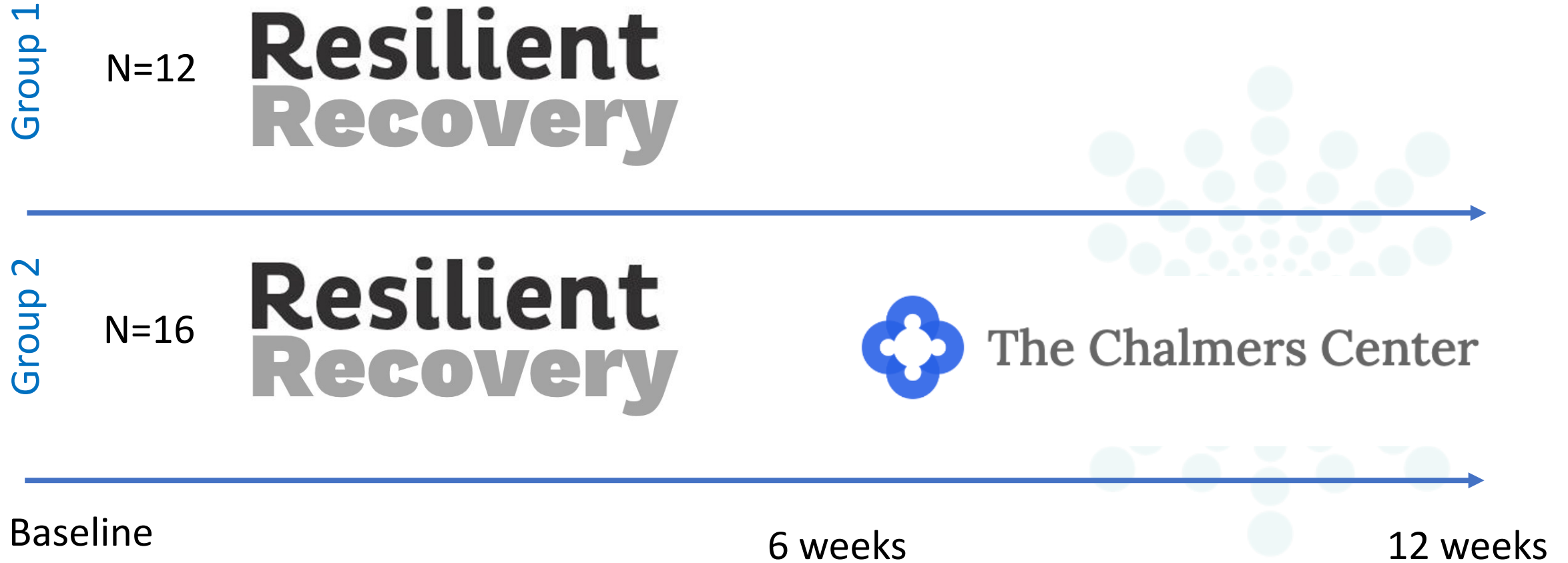
# Significance

“Despite our current knowledge, more research is needed to understand the **complex relationship(s) religion/spirituality have to alcohol use** in various contexts at the individual and community level, across religious and spiritual belief systems, in different populations and communities, and across the lifespan.” NIAAA, May 2023



National Institute on Alcohol  
Abuse and Alcoholism

# Study Design



# Outcome Measures

Short Inventory of Problems – Alcohol/Drugs

Spiritual Wellbeing

Forgiveness Long Form

God – 10

RCOPE

Financial Health



# Recovery Measures

SIP-AD ...because of drinking/drug use	Resilient Recovery			Resilient Recovery and Faith & Finances		
	T1 N=16	T2 N=12	T3 N=3	T1 N=17	T2 N=16	T3 N=9
Unhappy	1.5	0.8	1	1.5	1.1	0.8
Not eaten properly	0.9	0.8	1.5	1.1	0.8	0.8
Failed expectations	1.4	0.8	1	1.5	0.6	0.9
Changed personality	1.5	1.3	1.5	1.6	1.1	0.9
<b>Foolish risks</b>	1.3	1.4	1.5	1.6	1.1	0.8
Said cruel things	1	1	1.5	1.2	1.1	0.8
<b>Impulsive regrets</b>	1.4	1.1	1	1.6	1.2	0.7
<b>Money problems</b>	1.4	1.3	1.5	1.6	1.2	0.8
Harmed appearance	1.4	1	1.5	1.2	1.2	0.7
<b>Hurt family</b>	1.7	1.3	1.5	1.8	1.3	0.9
Damaged friendships	1.7	1.4	1	1.6	1.3	0.8
Lost interest hobbies	1.5	1.1	1	1.5	1.1	0.7
<b>Barrier to growth</b>	1.7	1.3	0.5	1.8	1.1	0.8
Damaged reputation	1.7	1.4	0.5	1.6	1.1	0.8
<b>Spent too much \$</b>	1.3	1.4	0.5	1.8	1.2	0.9

0=never; 1=once or a few times; 2=once or twice a week; 3=daily or almost daily

# Financial Health

<b>Church Giving</b>	<b>Overall</b>	<b>RR</b>	<b>RR_FF</b>
T1	32%	25%	38%
T2	36%	17%	50%
T3	42%	33%	67%
<b>Bank Account</b>	<b>Overall</b>	<b>RR</b>	<b>RR_FF</b>
T1	61%	50%	69%
T2	68%	67%	69%
T3	83%	100%	78%
<b>Spending Plan</b>	<b>Overall</b>	<b>RR</b>	<b>RR_FF</b>
T1	50%	50%	50%
T2	39%	42%	38%
T3	42%	67%	33%
<b>Emergency Fund</b>	<b>Overall</b>	<b>RR</b>	<b>RR_FF</b>
T1	29%	33%	25%
T2	25%	25%	25%
T3	33%	33%	33%

# Spiritual Measures

RR	RR_FF
RCOPE-Seek God's love	RECOPE-God strengthened me
RCOPE-God abandoned me	RCOPE-God abandoned me
RCOPE-Questioned God's love	RCOPE-Church abandoned me
RCOPE-Feeling punished for what I did	RCOPE-Punished for lack of devotion
SWB-Identity, origin, destiny	SWB-Identity, origin, destiny
SWB-Prayer	SWB-God is concerned
SWB-God is personal, connected	SWB-Feel fulfilled in communion with God

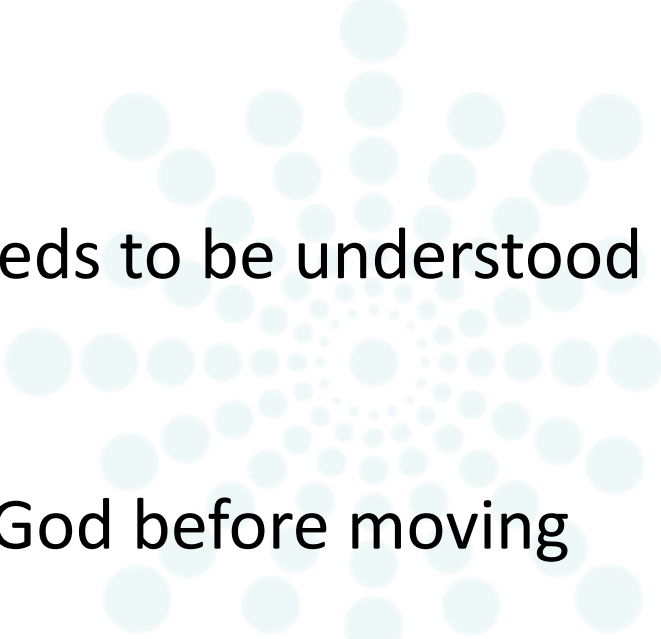


# Limitations & Strengths

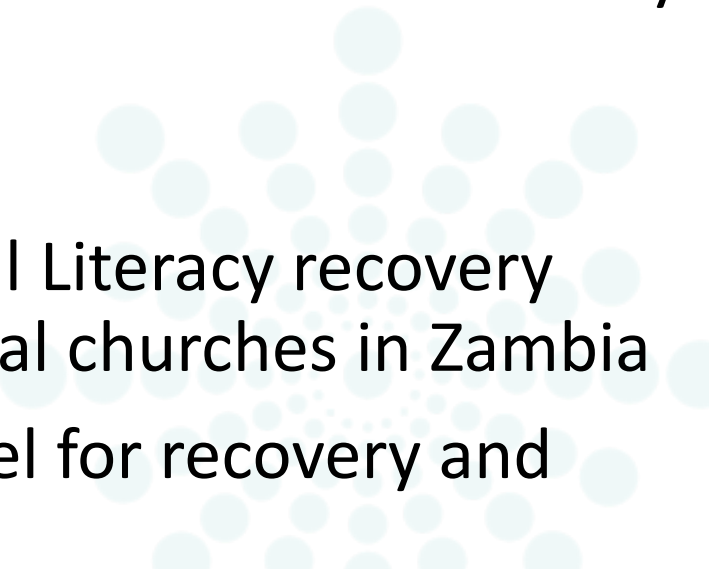
- Attrition bias / selection bias
- Small sample size and recruitment
- Confounding
  
- Breadth of spiritual measures
- Integration of financial literacy



# So What?

- Lower effectiveness of community-based programs because of substance use in many lower-income settings.
  - Few behavioral health services available
  - Substance use is often rooted in shame and needs to be understood within the cultural context.
    - What are other cultural/social roots?
  - Individuals may have negative feelings toward God before moving toward a grace-centered relationship with Him
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# So What?

- Combining recovery groups with other initiatives like financial literacy and savings groups has potential.
  - **Next step:** Test an integrated Resilient/Financial Literacy recovery model in a university-setting in Uganda and local churches in Zambia
  - **Objective:** Develop a global gospel-based model for recovery and prevention.
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