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## Continued Successful SA Recovery during the Maintenance Stage: Intra-Individual Resource Loss & Gain Predict Relapse

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### ABSTRACT

**Objectives:** We combine Hobfoll' s Conservation of Resources (COR) theory and key components of self-help group " step work" ideology to investigate how dynamic changes in key intra-individual resource loss and gains (self-esteem, abstinence self-efficacy, existential growth) influence relapse rates in a sample of individuals in the Maintenance Stage of substance abuse recovery. **Methods:** Participants (n = 579) completed two surveys over a nine month period that assessed baseline and changes in intra-individual loss and gain resources as well as relapse rates over study course. Multiple regression analyses were performed to predict whether baseline and dynamic changes in intra-individual scores predict relapse rates over time. **Results:** Individuals that reported lower levels of resource gain at baseline, as well as decreased gain trajectories and increased loss trajectories over time were more likely to relapse. **Conclusions:** Findings support self-help group " step work" models and the application of COR theory for relapse likelihood prediction in a sample of individuals in longer term substance abuse recovery. Research efforts should examine the complex relationship between these dynamic intra-individual resources, social cognition, self-regulation and relapse risk. Future interventions should address the importance of the continual development and protection of these valuable intra-individual resources to prevent relapse.

### KEYWORDS

Substance Abuse; Core; Maintenance

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