

Hai, Audrey Hang

Audrey Hai, Boston University School of Social Work Center for Innovation in Social Work & Health, audreyhh@bu.edu; Bill Wigmore, Sam Shoemaker Community; Cynthia Franklin, Clayton Shorkey, Kirk von Sternberg, Allan Cole, Diana DiNitto, University of Texas at Austin Steve Hicks School of Social Work

EFFICACY OF A SPIRITUAL INTERVENTION FOR THE PSYCHO-SPIRITUAL WELL-BEING OF PEOPLE WITH SUBSTANCE USE DISORDERS: A PILOT RANDOMIZED CONTROLLED TRIAL

Background: The study goal was to conduct a preliminary evaluation of a spiritual intervention called Two Way Prayer Meditation's (TWPM) efficacy on the psychological distress, self-esteem, and spiritual well-being of people with substance use disorders. We also explored racial/ethnic differences in participant's responses to TWPM.

Methods: This study employed a randomized controlled trial design with pretest and posttest. In total, 134 adults in residential recovery programs participated in the study and were randomly assigned to either the TWPM group or the waitlist control group. Primary and sensitivity analyses were conducted using linear mixed modeling. Hedges's g was used to estimate treatment effect sizes.

Results: Both primary and sensitivity analyses found significant treatment effects on daily spiritual experiences (Hedges's $g = .62$), reliance on God ($g = .49$), private religious practice ($g = .36$), and positive R/S coping ($g = .68$). Treatment effects on psychological distress ($g = .33$), self-esteem ($g = .41$), and overall spirituality self-ranking ($g = .32$) reached significance in the primary analysis but not in the sensitivity analysis. Race/ethnicity significantly moderated TWPM's effect on spiritual well-being in both primary and sensitivity analyses ($p < .050$). TWPM appeared to be more effective in improving spiritual well-being among Latinx participants (condition x time, $b = 1.27$, $SE = .38$, $t = 3.30$, $p < .010$) than White participants (condition x time, $b = -.04$, $SE = .25$, $t = -0.17$, $p = .868$).

Conclusion: This study found evidence of TWPM's efficacy in improving some aspects of the spiritual well-being of adults with substance use disorders. TWPM was also found to be promising in decreasing psychological distress and increasing self-esteem. Latinx participants appeared to be more responsive to TWPM compared to Whites.