

Poster

📅 Sat. Sep 27, 2025 3:00 PM - 4:10 PM JST | Sat. Sep 27, 2025 6:00 AM - 7:10 AM UTC 🏛️ Poster Session (Foyer 2)

Poster 24

[P-24-07] Aspects of Experiential Knowledge Accompanying Recovery among Survivors of Substance Use Disorder: A phenomenological study

*Ayako Yamashita¹, Yasuaki Akasaki¹ (1. School of Health Sciences, Faculty of Medicine, Kagoshima University (Japan))

Keywords : Substance use disorder、 Recovery、 Survivor

Background: Individuals with substance use disorders may continue to experience difficulties with daily life, even after overcoming drug dependency, making recovery support necessary to maintain a stable community life.

Purpose: This study aimed to clarify the experiential knowledge gained by survivors of substance use disorders during their recovery and contribute to the establishment of recovery support systems.

Methods: This qualitative study used a phenomenological design. Participants were recruited with the help of a self-help group representative for substance use disorders who introduced us to potential participants. Semi-structured interviews were conducted between October and November 2024. The survey items included personal characteristics: age, participation in self-help groups, age at diagnosis, treatment duration, and factors perceived as necessary for recovery. Data were analyzed using Colaizzi's phenomenological method. This study was approved by the Kagoshima University Epidemiological Research Ethics Committee.

Results: The participants had a mean age of 41.8 ± 10.1 years. The following five themes were identified as triggers for recovery: encounters with role models; crisis management against relapse; healing through natural environments experienced sensorially; experiences that enhance self-esteem; and pursuit of new value systems for living.

Conclusion: Our findings indicate that recovery from substance use disorders requires encounters with role models and trustworthy healthcare professionals as well as spiritual healing of the mind and body in safe and secure environments.