

## **Examining the Social Recovery Factors in Drug Addiction Using Systematic Review Process**

Maryam Qistina Nur-Rahman Ahmad Nazri, Wan Shahrazad Wan Sulaiman, Abdul Rahman Ahmad Badayai, Ezarina Zakaria, Salina Nen, Fauziah Ibrahim & Mohammad Rahim Kamaluddin

Centre for Research in Psychology and Human Well-Being, Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia, 43600 UKM Bangi, Selangor

Corresponding Author's Email: shara@ukm.edu.my

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### **Abstract**

There have been many studies conducted on drug rehabilitation focusing on the individual but only a few studies are related and include the role of the family and community. In the context of this study, the researchers have selected social factors as determinants of social recovery among drug addicts. This study aims to systematically review the role of family and community in the social recovery process of drug addicts. This systematic review will focus on the role of family, peers, and community. This study was guided by the Reporting Standards for Systematic Evidence Syntheses (ROSES) review protocol. There are three main processes in the systematic searching strategies process namely identification, screening, and eligibility. The search process involved two databases, namely Scopus and Web of Science, which resulted in 25 selected articles. Four main themes were identified which are family functioning, the role of partner/significant other, emotional support and social network. Social recovery should be seen as a process of facilitating recovery within individuals, families and communities which enables them to maintain their recovery and avoiding relapse after successfully recovering from drug addiction. Identifying these factors can strengthen the recovery process of individuals and encourage successful integration into the community.

**Keywords:** Social Recovery, Drug Addiction, Emotional Support, Social Network, Systematic Review

### **Introduction**

Many comprehensive, multidisciplinary, and diverse strategies have been implemented under the Malaysian National Drug Policy such as prevention, treatment and rehabilitation,

enforcement, harm reduction and international cooperation, but statistics of drug addiction in Malaysia still shows an increasing trend every year. The number of Methamphetamine addicts showed an increase from 8,698 in 2018 to 10,559 in 2019, although opiate drugs showed a decrease from 5,773 in 2018 to 5,301 in 2019 (National Anti-Drug Agency, 2020). The number of drug addicts in Malaysia in 2019 showed that the highest number is among men which is 19,179 (95.8%), Malay ethnicity which are 15,864 (99.34%), and youth aged 19-39 years which is 15,033 (69.3%). A report issued by the National Anti-Drug Agency (National Anti-Drug Agency, 2020) showed that a total of 20,157 drug addicts were detected in 2019, the average number of new addicts detected was 17,439 while the number of repeat addicts or relapse addicts was 2,718.

These statistics cause concern among the community because the effects of drug addiction not only result in various deviant issues but also crimes such as burglary, robbery, looting, theft and gangsterism. In addition, this phenomenon is also worrying because individuals involved in drug abuse include primary school children, teenagers and youth who are the country's human capital. Drug addiction is also very difficult to treat, and addicts usually relapse because it is difficult to maintain recovery and integrate themselves into society after receiving treatment and rehabilitation (Wan Shahrazad et al., 2022).

Many studies found the combined role of psychological factors such as self-efficacy, self-control, self-determination (Kamarudin et al., 2020), family, peers, and environmental factors (Sofiana et al., 2018) as well as religious and spiritual factors (Schoenthaler et al., 2015) influence the individual recovery process from drug abuse and addiction. There is also research showing that social stigma affects the willingness to change and recovery from drug abuse (Cropanzano et al., 2019). However, recovery is often studied from the perspective of individual recovery which includes self-determination, self-control, motivation, and willingness to change. Besides these psychological factors, demographic and social factors also play a role such as poverty, school dropout, social support, community stigma and social integration. This is supported by a recent change in understanding recovery, particularly in the UK, US, and Australia (Best et al., 2017), which considers recovery as lifestyle change characterised by sobriety, health, and citizenship (Betty Ford Institute Consensus Panel, 2007). Neale et al (2016) concurs with this definition by saying that recovery may also be indicated by improvements in quality of life, health, relationships, housing, and employment.

This review aims to identify indicators of social recovery from the perspective of the family and community in providing support and encouragement to individuals involved with drug abuse. This is because recovery needs to be seen not only from an individual perspective but also from a social perspective that is by identifying factors that can reduce social stigma and indicators that enhance social recovery. This is consistent with Lookatch et al.'s (2019) study which showed that a supportive social network leads to the effectiveness of recovery. Respondents who undergo treatment for drug addiction and at the same time receive social support can reduce substance use and increase their willingness to change. The present paper attempts to contribute to the existing body of knowledge by developing a systematic literature review on social recovery of drug addiction that focuses on the role of family, peers, and local community.

**Methods**

The review was guided by the ROSES (Reporting Standards for Systematic Evidence Syntheses). ROSES is a system for systematic review and mapping in the realm of environmental management (Haddaway et al., 2018). ROSES is designed to increase and maintain high standards in the conduct of systematic reviews and maps through increased transparency, and to facilitate the quality assurance of systematic reviews and maps (Haddaway et al., 2018). The authors next go into the systematic search technique, which is divided into three parts: identification, screening (inclusion and exclusion criteria), and eligibility. The authors also used this technique to assure the quality of the articles under review. Finally, the authors explained how the data were abstracted for the review and how the abstracted data were analysed and validated.

In the first phase, it is necessary to determine the research question for this study. This study formulated the research questions using PICO. PICO is a model the helps to create searchable research questions before searching for the literature. PICO is based on three main concepts namely Population or Problem, Interest and Context. Based on these concepts, the authors have included three main aspects in the review namely family and community (Population), role of community in determining drug recovery (Interest), and social recovery (Context) which then guide the authors to formulate its main research question: What are the factors that determined the success of social recovery in drug addiction?

**Systematic Searching Strategies**

There are three main processes in the systematic searching strategies process namely identification, screening, and eligibility.

**Identification**

The process of identifying synonyms, related terms, or variations of the study's major keywords, which are family and community, social recovery, and drug, is known as identification. Its purpose is to provide a database with more alternatives for finding similar articles to review. The keywords were created based on Okoli's (2015) study question, and the identification method relied on an online thesaurus and expert-suggested terms. The authors managed to enrich the existing keywords and developed fill search string (based on Boolean operator, phrase searching, truncation, wild card, and field code functions) on main databases namely Scopus and Web of Science. The search process in these two databases, namely Scopus and Web of Science, has resulted in a total of 1,185 articles. The search string is as follows

Database	Search string
Scopus	TITLE-ABS-KEY (“social recovery” OR “community recovery” OR “social rehabilitation”) AND (“drug addiction” OR “substance abuse”)
Web of Science	TS = (“social recovery” OR “community recovery” OR “social rehabilitation”) AND (“drug addiction” OR “substance abuse”)

### **Screening**

The process of screening involves screening all the 1,185 selected articles by choosing the criteria for article selection. This process was done automatically based on the sorting function available in the database. The selection criterion is based on the research question as suggested by (Azhar et al., 2022; Kitchenham et al., 2017). Furthermore, as it is almost impossible for the researchers to review all the existing published articles, Okoli (2015) suggested the researchers should determine the range of period that they are able to review. According to Higgins et al. (2019), restriction on the timeline publication should be activated only if it is known that related studies could only have been reported during a specific time. Based on the search process on the selected data, it was realised that the number of studies related to social recovery have multiplied starting from 2019. Therefore, based on this, the timeline between 2019 to 2022 was selected as one of the inclusion criteria. Furthermore, to ensure the quality of the review, only articles with empirical data, and published in English and published in a journal were included.

### **Eligibility**

Eligibility is the third process in reviewing the articles. This process requires the authors to manually monitor the retrieved articles to ensure all the remaining articles (after the screening process) are in line with the criteria. This process was done by reading the title and abstract of the articles. This process excluded 426 articles due to the focus other than social recovery and drug addiction, focus on the model or theory, methodology section is not clearly defined, published in the form of chapter in book, editorial materials, proceeding papers and meeting abstract. Finally, only 25 selected articles were reviewed.

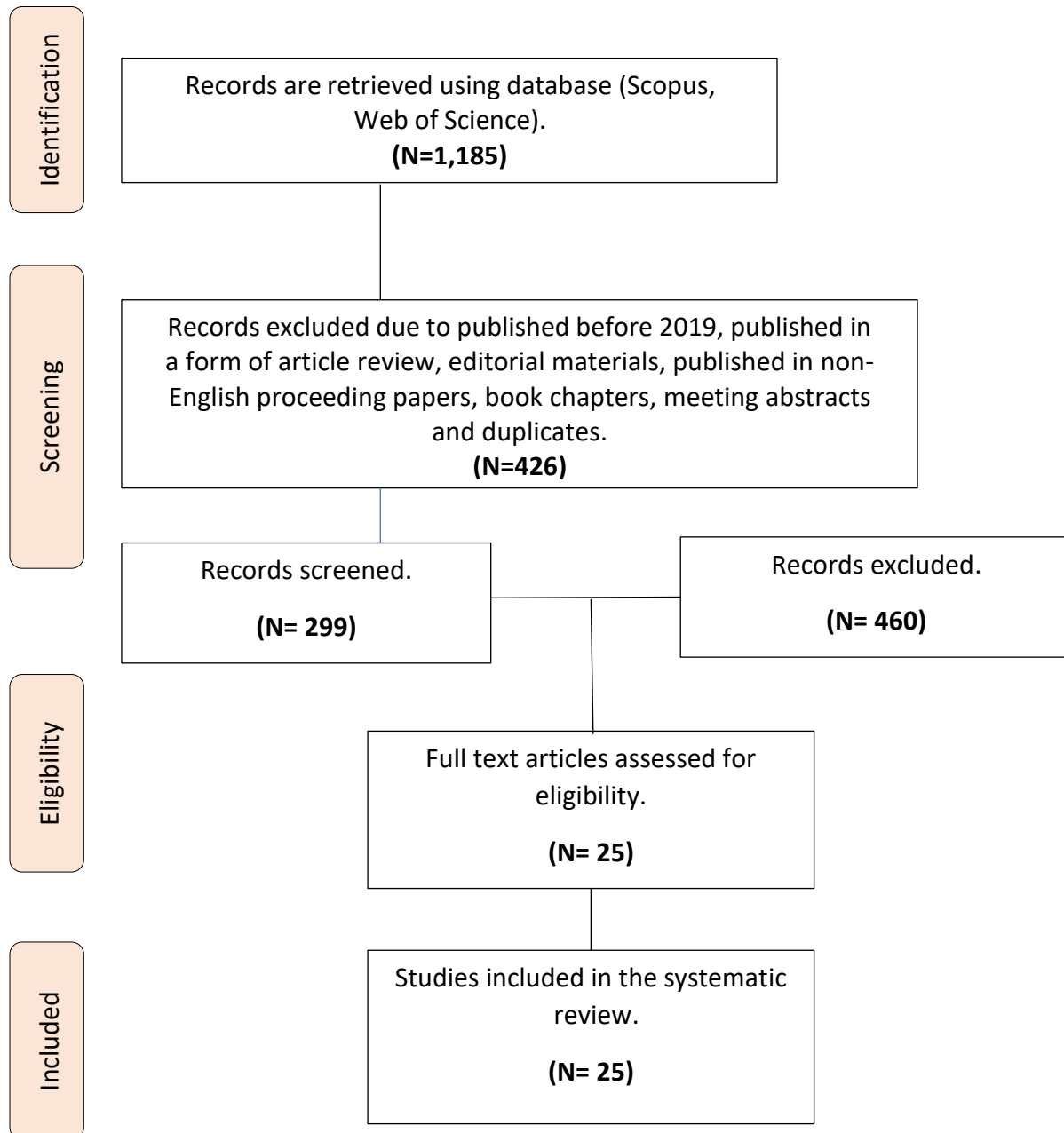


Figure 1. Flow chart showing the selection of the included studies for systematic review

### Data Abstraction and Analysis

This study used an integrative review. This approach accepts diverse research designs. The research designs included quantitative, qualitative, and mixed-method studies. An integrative review is a specific review method that summarizes past empirical or theoretical literature to provide a more comprehensive understanding of a particular phenomenon or healthcare problem (Whittemore & Knafl, 2005). The authors read the 25 articles exhaustively specifically in the abstract, results and discussion sections. The data abstraction was guided based on the research question; it indicated any data from the reviewed studies to answer the research question. Next, the data were abstracted and placed in a table. The researchers then carried out

a thematic analysis to identify the themes and sub-themes based on efforts related to noting the patterns and themes, clustering, counting, noting similarities, and relationship that existed within the abstracted data (Azhar et al., 2022). Thematic analysis is considered the most suitable in synthesizing an integrative research design (Azhar et al., 2022). It is explained as a descriptive method that reduces the data in a flexible mode that merges with other data analysis techniques (Azhar et al., 2022). The development of themes was done using this technique by reading in-depth, top to bottom and comparing the articles to find consistency, inconsistency, similarities, differences, and keywords. Then, all the information would be gathered until themes could be developed.

Table 1

*Descriptive data of the literature included in this systematic review*

No	Author(s)	Location	Study type	Sample N	Age range/ mean	Substance
1.	Freisthler et al (2021)	United States of America	Quasi-experimental	250	0-18 years old	Opiod
2.	Yeung (2022)	Hong Kong, China	Quantitative Longitudinal	199	42.3	Drugs
3.	Chan et al (2019)	Hong Kong, China	Quantitative	103	11.51	Drugs
4.	Liu et al (2020a)	China	Quantitative	1830	36.01	Drugs
5.	Kabore et al (2019)	Ghana	Photovoice	10	42	Substances
6.	Zeng et al (2021)	China	Quantitative	817	17.62	Drugs
7.	Von Greiff & Skogens (2019)	Sweden	Qualitative	81	25.71	Drugs
8.	Almanza-Avenidaño (2021)	Mexico	Qualitative	7	23-51 years old	Hallucinogens Opiates
9.	Bjornestad et al (2019)	United States of America	Qualitative	30	25.9	Drugs
10.	Hreish et al (2019)	Palestine	Quantitative	500	20-30 years old	Drugs
11.	Ashford et al (2019)	United States of America	Quantitative	729	46-83 years old	Drugs
12.	Brousseau et al (2020)	United States of America	Qualitative	19 patients 15 caregivers	13-67 years old	Drugs

13.	Travis et al (2021)	United States of America	Quantitative	3,649	65 or NA older	
14.	Xu Xiaomin et al (2021)	China	Quasi-experimental	20	20-50 years	Substances
15.	Suiter (2019)	United States of America	Ongoing ethnographic	27	NS	Substance
16.	Robertson & Nesvag (2019)	Norway	Qualitative	148	35-68 years old	Heroin Methadone
17.	Anderson et al (2021)	United Kingdom	Cross-sectional, mixed-methods social network analysis	10	31-53 years old	Drugs
18.	Staiger et al (2020)	Australia	Longitudinal cohort Study	166	18 years and over	Drugs
19.	Devlin & Wight (2021)	Scotland	Qualitative	6	11-38 years old	Drugs
20.	Parlier- Ahmad et al (2021)	United States of America	Secondary data analysis of a cross-sectional study	130	42.4	Opioid Buprenorphine
21.	Itzick et al (2019)	Israel	Qualitative	12	20-33 years old	Drugs
22.	Aderibigbe (2022)	Canada	Cross-sectional Quantitative	48,118	12-18 years old	Substances



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23.	Liu et al (2020b)	China	Retrospective analysis	2171	NS	Opiod
24.	Collinson & Hall (2021)	United Kingdom	Secondary analysis	33	25-54 years old	Substances
25.	Best et al (2021)	<ul style="list-style-type: none"> <li>i. Netherlands</li> <li>ii. Belgium</li> <li>iii. United Kingdom</li> <li>iv. Bosnia</li> <li>v. Poland</li> <li>vi. Serbia</li> <li>vii. Herzegovina</li> <li>viii. Spain</li> <li>ix. Croatia</li> <li>x. Sweden</li> <li>xi. Montenegro</li> <li>xii. Portugal</li> </ul>	Quantitative	1,363	40.3	Drugs

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**Results and Discussion**

Based on the systematic review, the findings of the study specify that there are four major themes identified as indicators of social recovery in drug addiction.

***Family functioning***

Family plays a crucial role, especially in the case of a well-functioning family. According to Zeng et al (2021), individuals from families with good family functioning experience a better emotional environment, clear role allocation, and effective problem-solving skills. This shows that individuals from well-functioning families are less likely to engage in problem behaviors, particularly drug abuse. Additionally, such families can offer stronger family social support and, most importantly, reduce the tendency for relapse. The research by Freisthler et al. (2021) also found that families who complete family treatment drug court (FTDC) are more likely to successfully complete treatment. They also tend to reunite and take care of their children. This shows that the social network provided by parents will influence the drug user's ability to recover. Based on Anderson et al.'s (2021) research, participants emphasized the significant role of family in the recovery process. Some participants described their recovery journey as intertwined with their role as parents, who aspired to be better mothers. Additionally, they expressed a strong desire to improve uncomfortable relationships with their families after experiencing difficult times. Therefore, family support played a crucial part in their recovery, and participants were motivated to make amends and repay their families by becoming better individuals.

The study by Liu Shaokun et al (2020) reported that participants who lived with their families during Methadone Maintenance Treatment (MMT) were more likely to experience improvement in the quality of family relationships. Furthermore, this also increased their sense of well-being, and participants managed to gain employment while living with their families. Moreover, participants also practiced healthy and safe sex, which can further enhance the quality of their relationships while living with their families. In addition, according to Best et al (2021), individuals who have children and live with their families reported that they find it easier to refrain from substance use and have a successful recovery because they feel a greater sense of responsibility to be good parents. This is similar to the study by Aderibigbe (2022) who found that a strong clinical predictor of drug addiction is family. Surprisingly, mental disorders and addiction problems are connected to family issues and genetics simultaneously. However, the presence of family is extremely helpful for someone to recover and stay away from drugs, as the presence of family motivates someone to continue and improve their life.

Regrettably, while a functional family can positively impact drug users, it is important to recognise that drug users themselves can contribute to family dysfunction. Almanza-Avendaño (2021) documented that families with drug abusing members endured difficult years marked by chaos. They often experienced frustration and had to plead with the drug user to stop their addictive behavior. However, during the treatment phase, female family members displayed a stronger emotional connection and demonstrated a higher level of concern about discontinuing drug use. Throughout this phase, both drug dependents and their families are seen as jointly responsible for maintaining recovery and preventing relapse. While many research studies primarily focus on men, Itzick et al.'s (2019) research centers on women's perspectives. When examining the role of family as a key factor in recovery, this

study reveals that trauma within their families worsens their addiction. Difficult relationships with their families both before and during addiction, as well as after addiction, make sustaining recovery challenging. Caregivers too, who are often the primary source of support, frequently experience a lack of support themselves, but according to Brousseau et al (2020), consistent support from family, friends, and faith communities helps caregivers view the treatment process from a more positive perspective. A strong support system from the environment benefits both caregivers and the individuals they are supporting in overcoming drug addiction, enabling caregivers to provide better assistance to their children.

### ***Role of partner/significant other***

Partners or significant others are important human beings in our lives. Based on the studies and journal articles selected by the authors, it clearly shows that the partner or significant other has a great impact on the individual. Poor relations with a significant other can drive individuals with drug abuse issues to resort to drugs, as noted by (Chan et al., 2019). In their study, 17 participants revealed that their troubled relationships acted as a temptation for drug use. Moreover, some individuals turn to drug abuse as a coping mechanism when their partners fail to provide warmth and comfort, ultimately due to a lack of care and support. Issues such as infidelity or a partner leaving them are major factors contributing to drug abuse. The absence of unconditional love can also lead them to seek comfort in drugs. Furthermore, the loss of a significant other increases the risk of relapse. Chan et al (2019) observed a case where a participant, who had successfully completed drug treatment, relapsed after his wife cheated on him. Additionally, dysfunction in a partner's role plays a significant factor in their journey through addiction. Partners often introduce drugs, and women seek validation, love, and security from them, which can lead to addiction and hinder recovery. Itzick et al.'s (2019) research, focusing on women, further reveals that respondents facing addiction-related difficulties often find it challenging to leave their partners due to the discomfort and unfamiliarity of such a decision.

The influence of the partner or significant other is evident in providing solid support and brings positive impact to drug addicts (Yeung, 2022). Individuals who do not have a partner are more likely to experience loneliness and hopelessness in moving on with life (Yeung, 2022). Not only that, they also do not feel connectedness with others who do not have attachment with them, causing these individuals to face difficulty in the recovery process and vulnerable to relapse. This will further encourage them to continue their addiction to drugs because there is no one to provide support to them.

This contrasts with individuals who have a partner or significant other because the partner will always support them in any decision in their life especially in the process of recovery from drug addiction. Additionally, marriage serves as a protective factor against drug addiction (Liu et al., 2020a). The research also found that single drug dependents have lower mean scores. This is because individuals with partners can communicate effectively, learn responsibility, and build functional families. In contrast, single drug abusers often experience loneliness, a lack of connection, both with a partner and within themselves. Individuals with a partner or significant other will not feel lonely, have hope in life, have a strong sense of attachment, as well as get strong support from their partner (Liu et al., 2020a). Having hope to get on with life is also one of the factors for them to avoid taking drugs. Moreover, maintaining good relationship with their partner also strengthen their determination to stop their addiction to

drugs (Liu et al., 2020a). This clearly shows that the partner or significant other is closest to the addict and has a great impact in determining the recovery of the drug addict. In fact, not only recovery, retention of recovery is also influenced by the partner or significant other (Liu et al., 2020a). Thus, it can be concluded that having a partner or significant other is the most important factor in the social recovery of drug addicts.

Anderson et al (2021) found that the positive impact of personal relationships on recovery extends beyond the family domain. Specifically, individuals who have a significant other, such as a partner or spouse, showed significant improvements in their journey to recovery from addiction. The presence of a supportive and understanding partner played a crucial role in providing emotional and practical assistance throughout the recovery process. Participants with significant others often reported increased motivation and a sense of accountability, as their partners served as strong supports. This finding emphasizes the deep influence of having a caring and committed partner on an individual's ability to successfully navigate the challenges of recovery. This is supported by Collinson (2021) who indicates that women who date new partners after separating from previous partners involved in addiction feel empowered. Additionally, drugs are often used as a coping mechanism to deal with grief when a partner passes away, highlighting the negative impact of losing a spouse. Furthermore, among partnered individuals, both female respondents and their partners show positive indicators of recovery from addiction and mental illness simultaneously. Once again, relationship status provides benefits in recovery and its sustainability. The results of the study by Best et al. (2021) show that those who are married have higher recovery strength and face fewer challenges in maintaining recovery.

### ***Emotional Support***

Emotional support is another important theme in ensuring the success of social recovery. People around the drug addicts play an important role in providing them with emotional support. A sense of loneliness will cause them to easily relapse (Zeng Xiaoqing et al., 2021). Not only that, when former drug addicts start showing positive signs to change, the surrounding community should not give a negative perception and stigma to them. When drug addicts get ridiculed and receive negative perception from the community, they will experience emotional instability such as anger, aggression, hostility, depression, and anxiety, and this will eventually lead them to return to addiction (Xiaoqing et al., 2021).

This negative perception and stigma can come in many forms such as difficulty in getting job opportunities, not included in social events, and being blamed for any problems occurring in the community. Close emotional support such as family members and friends play an important role in buffering these negative experiences (Travis et al., 2021). This is because apart from the community, family and friends are the closest people to them. When individuals are constantly alone, it is quite difficult for them to have emotional stability and develop positive self-worth. Emotional support from people in the community will change their perspective to self-acceptance, clear expectations, as well as opening opportunities for them. In addition, this will give them a chance and belief that they can be better than before. As a result, social recovery can be achieved, and relapse can be prevented.

There are several changes in emotional disposition. The critical role of emotional support provided by family members is important. This support involves showing affection and concern, setting necessary boundaries, and actively participating in the treatment trajectory. The family emerges as a significant influencer, capable of nurturing and reinforcing recovery

through actions and emotional engagement and emotional support (Alamanza-Avendano, 2021).

At the same time, a big challenge in recovery is when drug addicts are often viewed negatively because of the pessimistic point of view in society which considers that drug addicts cannot recover and they will easily return to their habit of addiction (Ashford et al., 2019). Therefore, the determination and self-confidence of the addicts themselves are insufficient in ensuring that they successfully recover. The researchers also want to emphasize that self-determination alone is not enough, emotional support from others especially from the closest people will determine their recovery. The emotional support can be observed by not leaving the addicts during their recovery phase, always supporting what they are doing, and always spending time doing activities with them (Robertson & Nesvag, 2019). Other forms of emotional support are by providing financial support in terms of their daily needs like food, clothing, and shelter.

Emotional support becomes a crucial factor in the treatment journey. For example, research by Von Greiff and Skogens (2019) stated that the MW (Marginalized Woman) group emphasizes the value of feeling acknowledged and genuinely "seen" by the staff, while the IM (Integrated Man) group places higher importance on professional expertise. The study stresses the crucial role of the therapeutic relationship between clients and staff in achieving successful treatment outcomes. It particularly emphasizes the importance of managing negative feelings to build a positive connection. Finally, the study highlights how emotional support and the treatment staff function to create a positive environment that encourages transformative change in treatment groups.

Next, faith communities have the potential to offer valuable emotional support through activities fostering a nurturing environment for addressing such challenges. A study by Travis et al. (2021) found that groups of people who share faith can help others change their behavior, especially those struggling with addiction. After leaving a program to stop using drugs, people can feel lonely and alone. Even though treatment programs offer support, these feelings can come back when they rejoin the world outside. This makes it important for them to get emotional support to succeed in staying drug-free. People who work in these programs are important during this time. They can help individuals make friends and find support. To make the transition easier, treatment programs should keep helping people even after the main treatment is over. This way, people can learn how to live without drugs (Robertson & Nesvag, 2019).

### ***Social Network***

The fourth theme obtained in this study is social networking. Drug addicts have reported that having direct or indirect contact with support groups gives them space to realize their potential and abilities (Ashford et al., 2019). For example, when they befriend individuals who also have addiction problems, there are many things that they will have in common. In turn, they can both provide support and can relate to each other. They can recount their experiences and subsequently support each other. This will determine that successful recovery is achieved.

The environment significantly influences drug abusers, as observed by Chan et al. (2019). Their research highlights how peer pressure plays a key role in drug use, with individuals often feeling compelled to participate in drug-related activities to avoid offending their friends. Moreover, those lacking social support find it harder to quit drugs and are more prone to relapse. This highlights the critical role of one's social network in drug use and recovery. Additionally, according to Bjornestad (2019), drugs serve as a powerful social bond, connecting users through shared activities, including criminal ones, emphasizing the importance of drugs in their social lives. Peer recovery supporters or coaches are crucial, as highlighted in a study by (Freisthler et al., 2021). These individuals, former substance users who have been drug-free for at least 3 years, play a fundamental role in providing the necessary support, access to essential resources, motivation, and relapse prevention monitoring. This support leads to drug dependents feeling understood and well-supported.

In social networks, religious groups, found in holy places like churches and mosques, play a crucial role in protecting individuals from substance abuse (Kabore et al., 2019). They hold activities during weekends and provide religious teachings that effectively prevent drug use among teenagers and youth. Schools also play a valuable role in raising awareness about this issue through their structured curriculum and expert guidance from counselors or health professionals. Additionally, in the study by Travis et al (2020), it becomes evident that while community groups contribute to assisting drug abusers in their recovery, the significance of religious communities often goes overlooked, necessitating efforts to encourage their involvement. The research also affirms that when religious groups participate, the programs produce positive results, further highlighting the crucial role of religious groups in social recovery (Kabore et al., 2019). Moreover, in a study conducted by Yeung (2022), it was observed that religious involvement played a significant role in helping recovering addicts. This assistance is evident in aspects such as finding life meaning and purpose and improving interpersonal relationships. What is most important in this study is the involvement of a supportive network and social participation. Undoubtedly, with the participation of religious individuals or preachers with the right supportive network, drug abusers are more willing to recover and maintain abstinence. Schools also play a significant role in educating about the dangers of drugs and implementing measures to prevent drug misuse and addiction. On the other hand, schools play a significant role in raising awareness about the dangers of drug abuse and implementing preventive measures (Hreish et al., 2019). The study conducted by Hreish et al (2019) in Palestine focused on the significance of social networks in the recovery process, that reveals the difficulties faced by those who are reintegrating into society after addiction. Here, social networks can become both sources of potential rejection due to stigma and provide ways for destigmatization and reintegration.

Rettie et al (2019) state that social roles based on social activities and relationship with the society and community have also been shown to be successful in increasing the recovery among individuals with drug abuse problems. This is supported by Visher and Travis (2003) and Capaldi and Patterson's (1996) studies who found that to reduce the risk of relapse and succeed in the social integration process, individuals need support and positive acceptance from existing social network in the community. Furthermore, the previous studies show that engaging with recovery-orientated networks and community supports, during which members shared experiences, resulted in the women beginning to form new identities which incorporated their 'recovering self' (Suiter, 2019). Women reported stigmatic barriers in

embracing recovery, such as feeling judged by others (Suiter, 2019). So it is clear that social networking is indeed an important indicator to the success of social recovery.

Robertson et al.'s (2019) research highlights that engaging in activities and taking on community roles significantly helps drug users in maintaining a healthy, drug-free lifestyle. Developing a new daily routine post-drug use is challenging, with maladjustment and alienation as major obstacles. Active community involvement, such as living in a residential treatment institution, assists drug abusers in transitioning to a normal life without relapse urges. This is supported by the findings of Staiger et al (2020) who found that participants living in residential therapeutic communities reported significantly improved outcomes in sustaining their recovery. In addition to the social support provided by the community, having a job in a positive environment is vital, as emphasized by (Devlin et al., 2021). Individuals with severe addictions often encounter challenges in seeking and maintaining employment, but effective communication and mentoring can assist them in finding satisfaction in their work, thereby promoting the crucial process of rebuilding a new and positive sense of identity.

Von Greiff and Skogens (2019) reported that a supportive social network can create positive connections and emotions during treatment. However, problems may emerge when social castes mix, leading to mutual disdain and potentially larger issues, including the presence of stereotypes. Therefore, when establishing social networks, factors like group categorisation and gender must be considered to ensure the success of social support and determine social recovery. The research by Parlier-Ahmad et al (2021) demonstrates that a strong social network and a positive sense of community belonging can sustain treatment and recovery outcomes. However, challenges such as stigma can weaken the motivation of former drug users (Parlier-Ahmad et al., 2021). Thus, overcoming stigma, such as involving partners and families in treatment, might enhance the recovery process.

### **Conclusion**

In conclusion, the main purpose of this study is to systematically review the role of family and community in social recovery. This review adds to the growing literature in the field of psychology studies and increases our understanding regarding the roles of family and community that bring a huge impact towards social recovery in drug addiction. There are limitations of the study while conducting the systematic review. The search criteria were purposefully broad to include a wide range of studies and maximize the generalizability of the findings. The importance of other study designs in complex interventions is well understood, but the large number of sources results in the use of a narrative synthesis method, which has significant drawbacks. With so many different study designs, assessing quality is challenging, and data extraction was strongly reliant on the researchers' interpretation of the literature, which might induce bias. Another limitation is the ability to access the article journals as some of the journals are not open access in nature.

This study suggested several recommendations for the consideration of future research. Future studies should concentrate on other forms of recovery that focus on specific models or theory. More studies are needed to review the role of community in social recovery. Future studies can also investigate the negative impact of stigma towards drug addicts. Other than that, future studies can improve the method in conducting the systematic review such as expanding the search strings and use more databases. Based on the systematic review, the

themes that were found in this systematic review were family functioning, the role of partner or significant other, emotional support and social network. Based on the findings, the community must be educated that their role is important in encouraging recovery. Furthermore, initiatives from the government can help in the form of social, economic, and environmental support to boost social recovery of drug addicts.

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