

Health-Related Quality of Life and Recovery Capital Among Recovery Residents Taking Medication for Opioid Use Disorder in Texas

Purpose: “To evaluate participants’ recovery capital and health-related quality of life (HRQOL) for residents entering OUD recovery.”

We conducted longitudinal studies across 14 recovery homes in Texas with 358 residents from April 2021-June 2023.

Baseline Characteristics of Residents Were:

35+

35 years/older
(50.7%)



Male (58.9%)



Non-Hispanic
White (68.4%)



Heterosexual
(82.8%)



Reported HRQOL
Problems
• mainly anxiety/
depression (78.4%)
• pain/discomfort
(55.7%).

Other Baseline Characteristics Of Residents:

- Older participants were more likely to self-report having mobility, pain, and discomfort.
- Female participants were more likely to self-report having pain and discomfort.
- Sexual minorities were more likely to self-report having anxiety and depression.
- Participants who were married or in committed relationships were more likely to report problems conducting self-care.

Recovery Capital:

Most participants reported high social, personal, and total recovery capital at baseline

Low personal recovery capital was most associated with HRQOL problems (mobility, self-care, usual activities, pain/discomfort, and anxiety/depression)

Low total recovery capital associated with problems conducting self-care, usual activities, pain/discomfort, and anxiety/depression

Report HRQOL Problems Among Participants:

7.8%

Self-care

78.4%

Anxiety and
depression

15.5%

Usual
activities

19.3%

Mobility

55.7%

Pain

Key Takeaways:

- Routine assessment of recovery capital is critical in helping residents improve their HRQOL.
- Personal and total recovery capital are predictors of HRQOL among individuals in recovery from an OUD.
- Residents with one or more comorbidity or disorder may need additional support from housing staff.

Support from policymakers and administrators is crucial for developing tailored treatments to enhance the Health-Related Quality of Life (HRQOL) for residents undergoing Medication for Opioid Use Disorder (MOUD).

References:

Okekpa, E., McCurdy, S., Schick, V., and Markham, C., and Wilkerson, J.M. 2023. Health-Related Quality of Life and Recovery Capital Among Recovery Residents Taking Medication for Opioid Use Disorder in Texas. Frontier to Public Health.

