DESCRIPTIVE DATABASE FOR COLLEGIATE RECOVERY PROGRAMS

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INTRODUCTION

Collegiate Recovery Programs (CRPs) support students recovering from substance use disorders (SUD) & other addictions. In collaboration with the Association of Recovery in Higher Education (ARHE), we continued developing a descriptive database of empirical research on CRPs, expanding the work by Vest et al. (2021) by including research from 2020 to present. Using a standardized coding approach, we categorized studies based on methodology, key findings, theoretical frameworks, and behavioral health connections. The database serves as a resource for ARHE members, researchers, and stakeholders, providing insights into CRP characteristics, effectiveness, and student outcomes. By tracking emerging trends, the database supports efforts to refine these unique programs and tailor interventions for diverse student populations.

Limitations include potential inconsistencies in subjective coding and reliance on access to published research, which may lead to publication bias. Addressing these challenges through continuous updates and broader data collection efforts will further enhance the database's impact and utility.
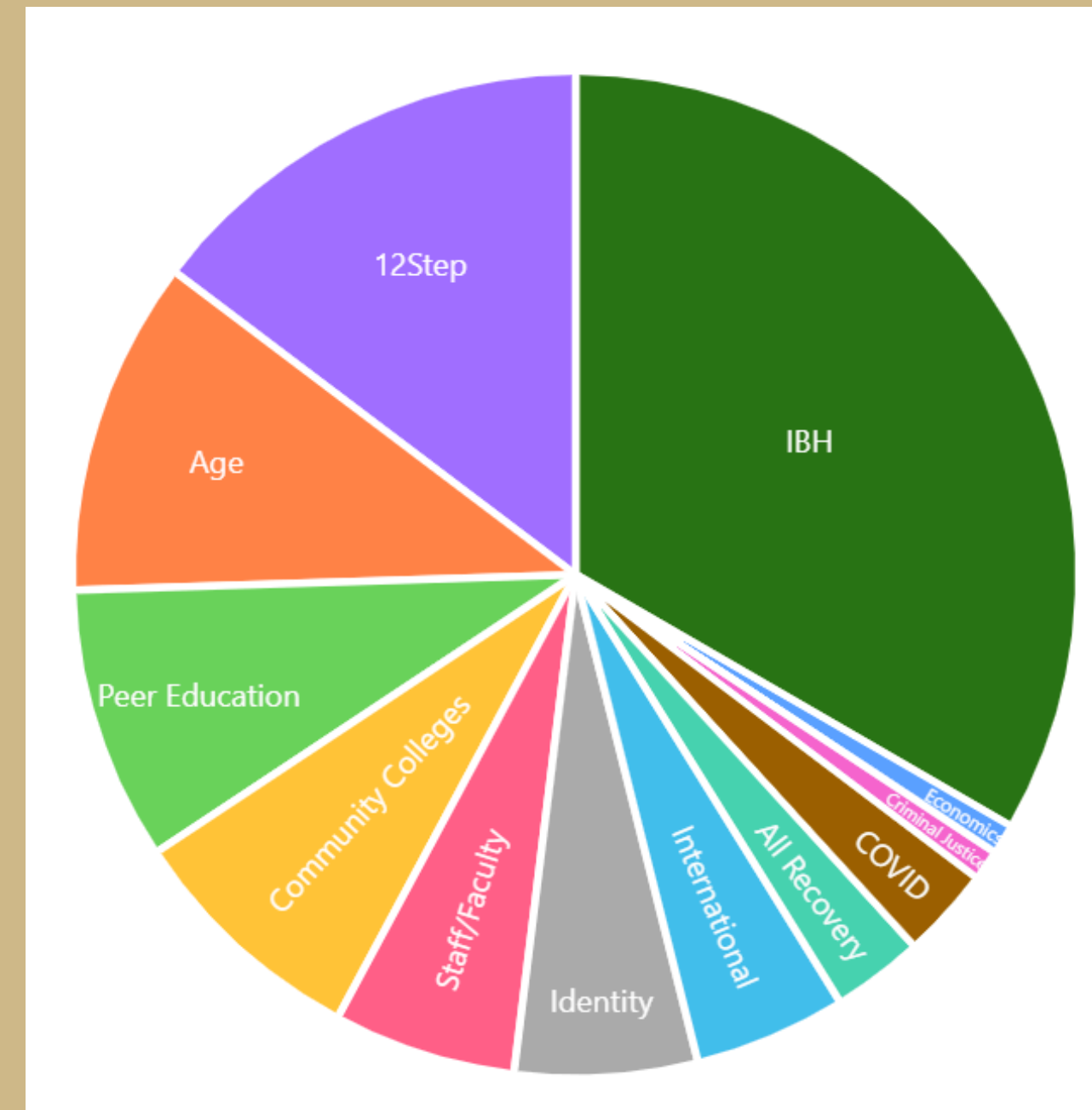
METHODS

The Collegiate Recovery Database was constructed through a systematic analysis of scientific literature on CRPs. Expanding the work from previous UROP cohorts for the database, we searched Google Scholar for studies published from 2020-present, including peer-reviewed papers, theses, and dissertations, and conference presentations when available.

Included studies focused on CRP effectiveness, participant experiences, program characteristics, behavioral health and academic outcomes. Articles were imported into Airtable, assigned to research assistants for screening, and coded for:
- Bibliographic details
- Methodology
- Theoretical orientation
- Key findings
- Relevance to behavioral health
- Journal publication scope, discipline, and impact

To ensure coding reliability, research assistants conducted initial screenings, followed by reviews from the principal investigator. The database continues to grow, enhancing access to CRP research and supporting program development.


A pie chart organizing the different tags used within the descriptive database, in order to organize articles by defining subjects.

The literature in the descriptive database includes various types of research methods, which are compiled into this pie chart.
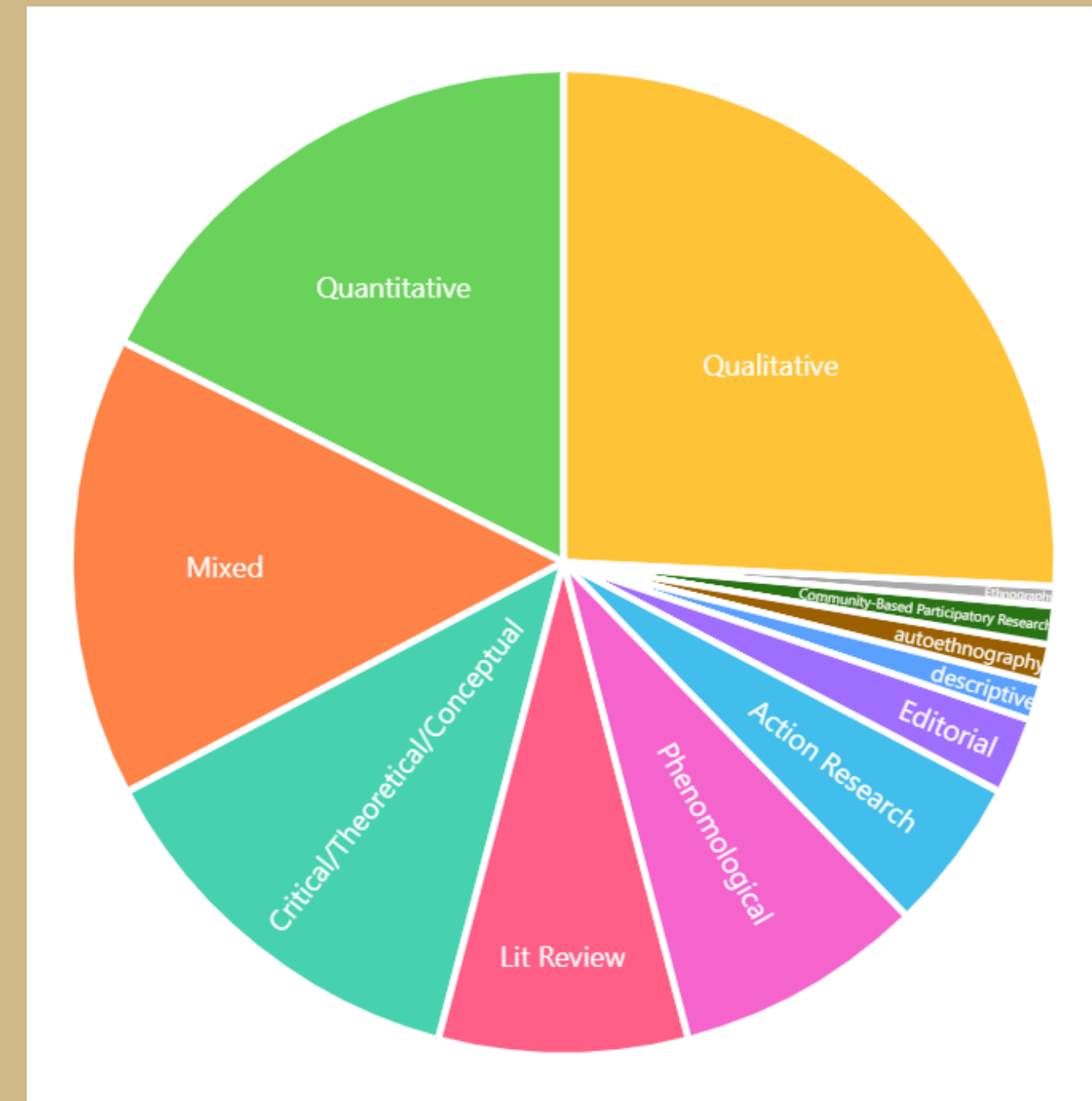
The articles in the descriptive database include various unique demographics, which are displayed in a line graph showing how often each was recorded. Around 17 types of demographics were covered.
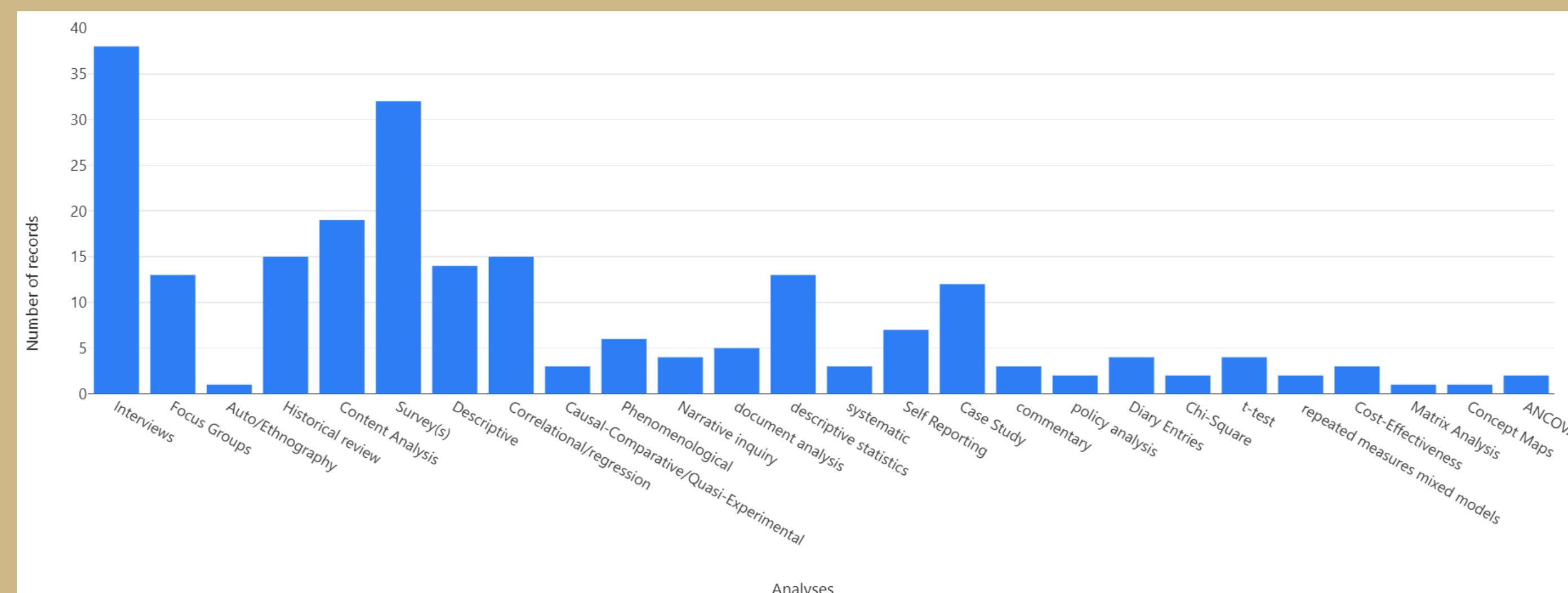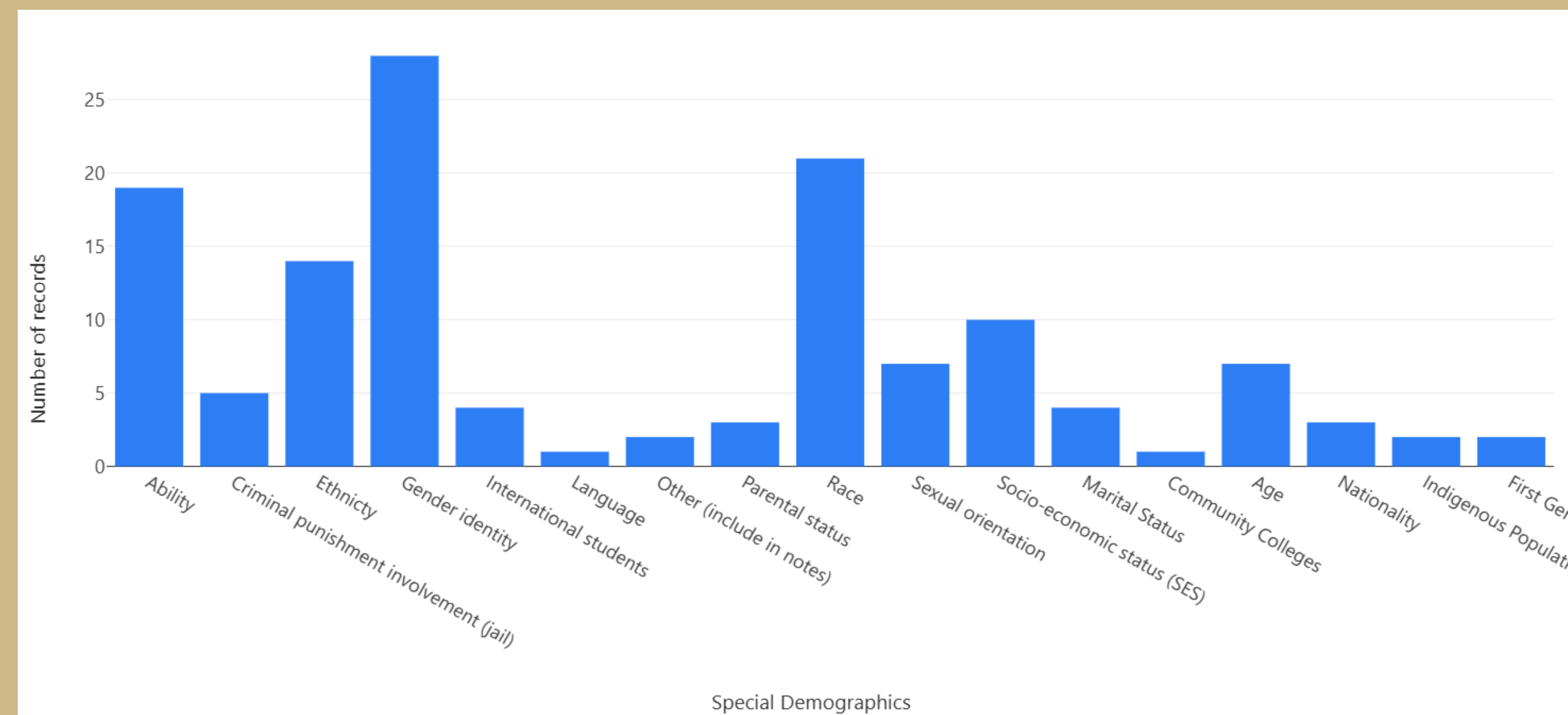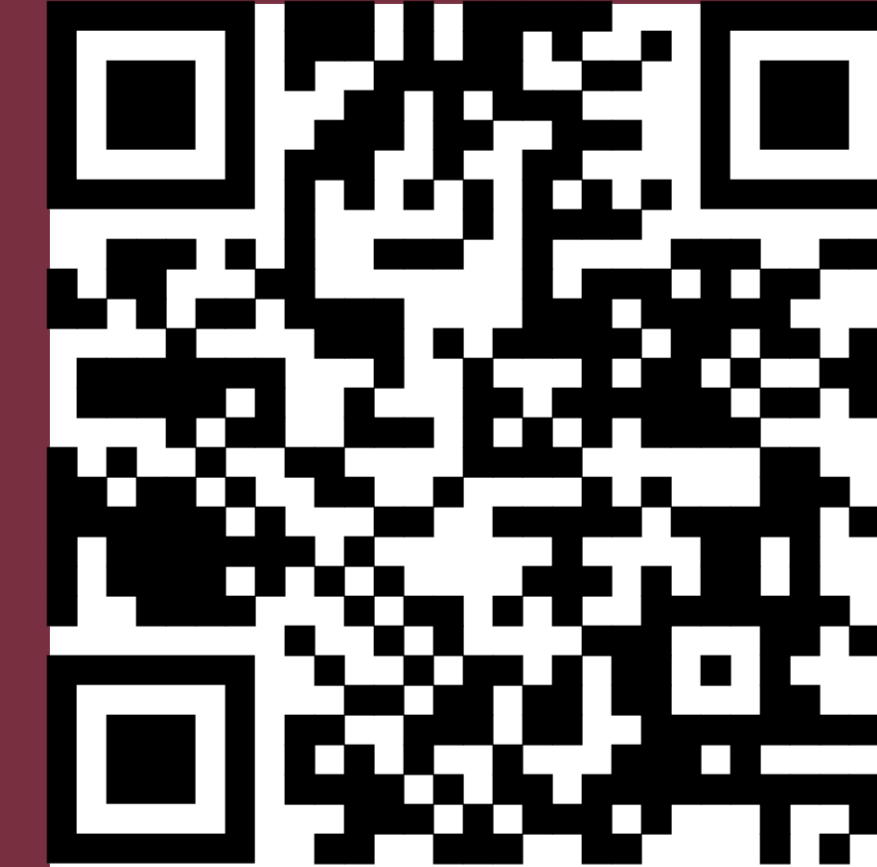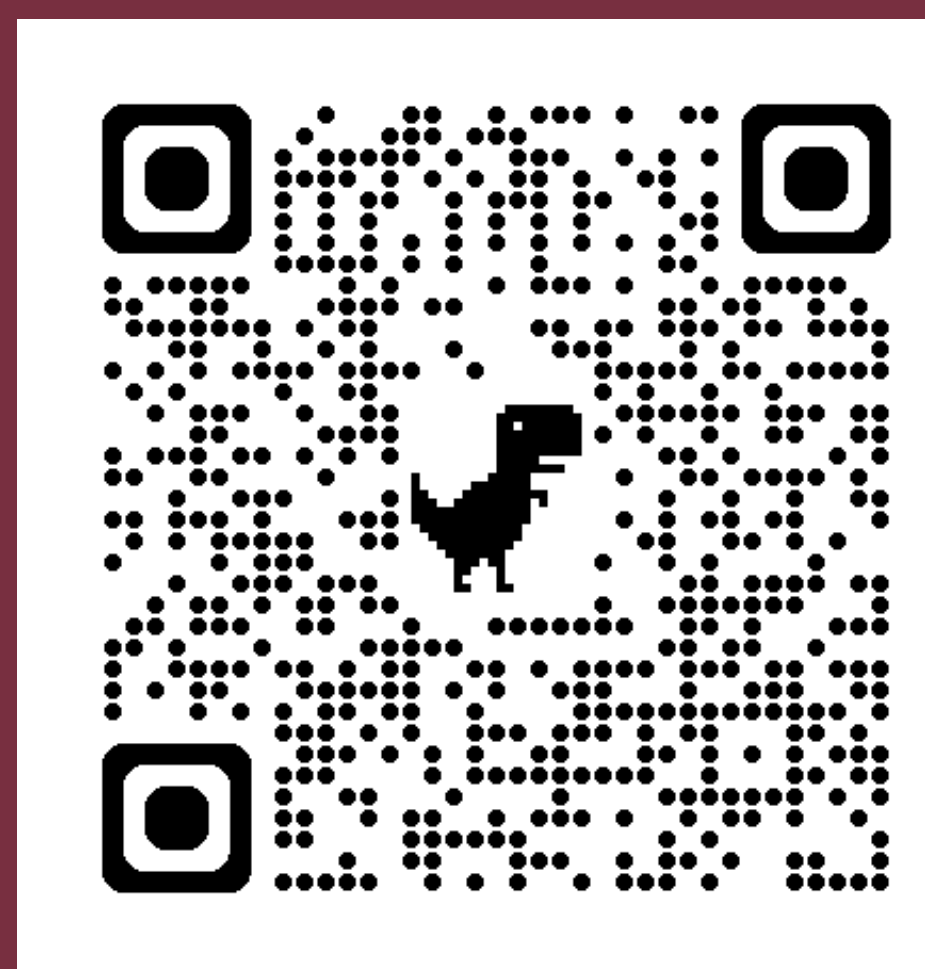

The literature review includes various analyses from the articles in the descriptive database. Over 20 different types of analyses are used in the research, with interviews being the most common.

RESULTS

A PRISMA-informed search identified 357 articles for abstract screening, 113 for full-text review, and 54 that met inclusion criteria. Studies were categorized into four primary domains:
- Clinical outcomes
- Recovery experiences
- Program characterization
- Stigma

Key findings from the included studies:
- 57% employed quantitative observational methods
- 41% used qualitative research approaches
- 11% were funded by government and foundation grants
- Studies addressed a range of topics, including student retention, mental health outcomes, and social support systems
- Theoretical frameworks varied, with some studies utilizing behavioral health models while others focused on social justice perspectives

These findings provide insights into prevailing research methodologies and dominant areas of interest in CRP research.

CONCLUSIONS

This project expanded the Collegiate Recovery Database, creating a structured collection of empirical research on CRPs. Key contributions include identifying trends in methodology, research focus, and funding sources, as well as offering insights into CRP effectiveness and participant experiences.

Limitations include subjective coding challenges and publication bias. Future directions involve broader data collection, improved accessibility, and continued support for evidence-based programs and policies. The database can be further expanded by including international studies and unpublished research, offering a more comprehensive view of CRP effectiveness across diverse campus & student populations. Additionally, developing user-friendly interfaces and open-access features would enhance accessibility, fostering collaboration among researchers, educators, and policymakers.

This initiative represents a meaningful step toward improving CRPs and supporting students in recovery through research-driven insights, ultimately strengthening institutional support systems for long-term success.

REFERENCE LIST FOR DESCRIPTIVE DATABASE

THE CRP AT FSU
lift
LIVING INTENTIONALLY, FINDING TOGETHERNESS
A COLLEGIATE RECOVERY PROGRAM

RESEARCH BRIEFS