

# Career adaptability, hope, life satisfaction in individuals with Substance Use Disorder

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**State of the art:** According to the European and Italian anti-drug action plan (2013), work inclusion is a relevant element in the Substance Use Disorder interventions. Different studies have highlighted that employment in persons with Substance Use Disorder (SUD) is associated with several positive outcomes such as less relapses, reduced use of substance (e.g. Shepard et al. 2004; Richardson et al., 2012; Kim, 2013). Research and intervention programs that focus on career counseling with SUD individuals face many problems and challenges: treatment rigidity (Shepard & Reif, 2004), the employers' and colleagues' negative attitudes toward them (Natan et al., 2009; Brener et al., 2010; Graham, 2006; Earnshaw et al., 2013), the economic crisis that has contributed to a rate of unemployment of 50% in SUD individuals (European Observatory on Drugs, Lisbon, 2013). Moreover, individuals with SUD have many problems associated with future planning: they typically have lower self-efficacy beliefs and problem-solving skills, lower levels of social skills than individuals without SUD. Furthermore SUD individuals tend to set unrealistic career goals and to make maladaptive decisions (Richardson et al., 2012). At this regard, Alterman et al. (2010) showed that patients with SUD have lower levels of optimism and perceived ability to achieve life goals (hope) when compared to a control group. Finally, has been observed (e.g., Beenstock, Adams, & White, 2010; Sansone et al., 2013; Sgaramella et al., 2015) that individuals with SUD have lower levels of future orientation. Taking into account the work challenge that individuals with SUD experience and based on the Life Design approach, my Phd research project aims to analyze the role of some dimensions - such as Career Adaptability and Hope - considered relevant for career construction and work inclusion in individuals with SUD.

### FIRST PHASE: PILOT STUDY

- To verify if it is possible to make use of assessment instruments typically used with Italian adults without SUD also with persons with SUD;
- To verify if the data support the importance of studying and increasing constructs such as adaptability, hope, future orientation in this population;
- To verify if adaptability and hope predict quality of life in individuals with SUD.



### SECOND PHASE: 4 DIFFERENT STUDIES

- To test the validity of instruments to assess career adaptability, hope, life satisfaction in individuals with Substance use disorder;
- To test the mediational role of hope in the relationship between career adaptability and life satisfaction in individuals with SUD;
- To test the invariance of the structural model across individuals with and without SUD.

#### The Hope Scale (Snyder et al., 1989)

$\chi^2(19, n=119) = 32.96; p < .001; CFI = .94; NNFI = .92;$   
RMSEA = .08 (CI<sub>90</sub> = .03 - .12); SRMR = .06

#### The Satisfaction with Life Scale (Diener et al., 1985)

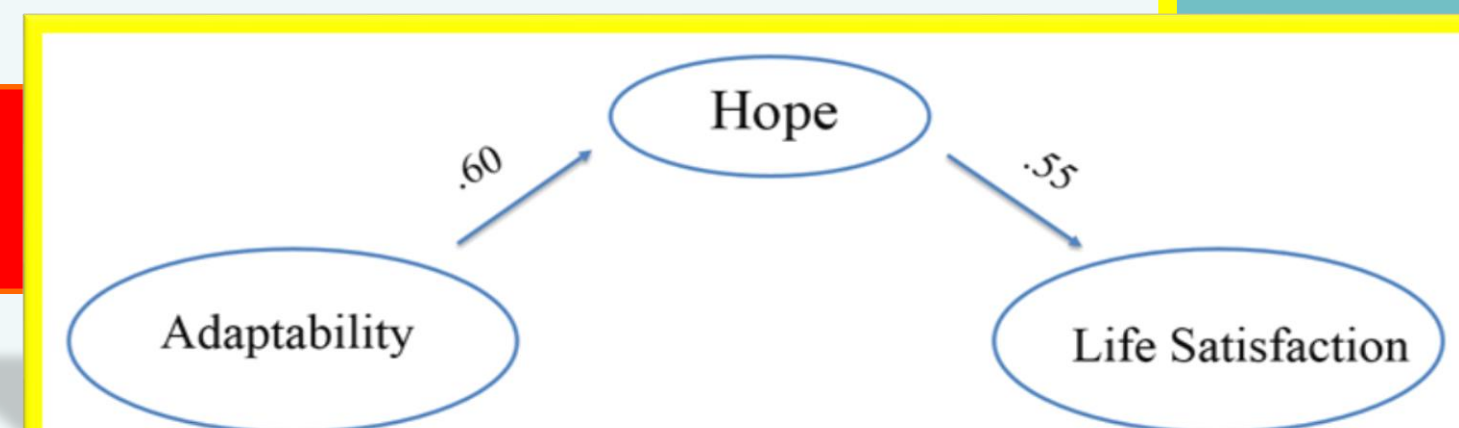
$\chi^2(5, n=137) = 9.46; p < .001; CFI = .98; NNFI = .96;$   
RMSEA = .08 (CI<sub>90</sub> = .00 - .16); SRMR = .04

#### Career Adapt-Abilities Scale (Savickas & Porfeli, 2012)

$\chi^2(248, n=136) = 470.08; p < .001; CFI = .94; NNFI = .94;$   
RMSEA = .08 (CI<sub>90</sub> = .07 - .09); SRMR = .07

### THIRTY PHASE: INTERVATION

- Based on the results of structural equation modeling (SEM) analyses a group career intervention for individuals with SUD will be developed and implemented based on the previous results analysis.



**Conclusion:** The results obtained in the first and in the second phase of my PhD programme show that some instruments development and adapted whit Italian adults can be also used with individuals with SUD in career counselling. Moreover, the results obtained show that persons with SUD have lower resources, in particular of career adaptability and hope, considered by the Life design approach as crucial variables in life and career planning. Finally, these dimensions play an important role in persons with addiction's quality of life. These results encourage to continue with the third step of my project.

