Presentation title**:** **Building Resilience: A Retrospective Analysis of Recovery Factors in an Addiction Treatment Program**

**Corresponding Author Name: Dr Chizoba F. Achor**

**Affiliation:** 1. Federal Medical Center, Umuahia Abia State, Nigeria

2. Abia State University Uturu, Abia State, Nigeria

3. Gregory University Uturu, Abia State, Nigeria.

**Ph. No:** +234 803 407 4570

**Email ID’s:** chizobafrank1@gmail.com

**WhatsApp No:** +234 803 407 4570

**Any alternative number:  
  
Twitter:**

**LinkedIn:** https://shorturl.at/bgi45 **Facebook: https://**www.facebook.com/chizoba.achor

**Other Authors, if any:** Uthman K. Abimbola, Chiamaka R. Nwaoru, Emmanuel A. Essien

**Presentation type:** (Oral presentation)

**Abstract (283 words):**

Addiction significantly impacts mental health resilience, complicating recovery in the presence of co-occurring mental health disorders. Understanding factors that contribute to recovery is critical for enhancing treatment approaches. This study aimed to identify factors that contribute to recovery among individuals undergoing addiction treatment. A retrospective review was conducted using medical records of 49 patients treated for addiction at the Downtown Specialist Clinics Annex over the past two years. Data collected included demographic information, primary addiction diagnoses, co-occurring mental health disorders, treatment outcomes, and resilience factors. Logistic regression analyses were performed to identify predictors of abstinence and relapse using SPSS version 23. The study included 49 patients with an average age of 28.43 years (SD= 7.91). Most were male (95.9%) and belonged to the middle-income category (65.3%). Schizophrenia was the most prevalent comorbid disorder (30.6%), while 42.9% had only substance use disorder (SUD). In regression analysis, having only SUD was protective against poorer abstinence compared to those with dual diagnoses (B = -3.654, p = 0.033, Exp(B) = 0.026). High adherence to treatment protocols (B = -4.089, p = 0.026, Exp(B) = 0.017) and effective coping (B = -4.181, p = 0.006, Exp(B) = 0.015) were also protective. Furthermore, having only SUD reduced the likelihood of relapse (B = -2.657, p = 0.045, Exp(B) = 0.070), as did high treatment adherence (B = -4.321, p = 0.021, Exp(B) = 0.013) and effective coping (B = -4.787, p = 0.011, Exp(B) = 0.008). Also, moderate income levels protected from a relapse compared to high income (B = -3.549, p = 0.022, Exp(B) = 0.029). These findings emphasise the role of dual diagnoses, treatment adherence, and coping strategies in predicting abstinence and relapse outcomes among this population.

**Biography (150-200 words):** Dr. Chizoba Achor is a consultant psychiatrist at the Federal Medical Center in Umuahia, Abia State, where she heads the Psychiatry Department. She also teaches at Abia State University and Gregory University Uturu, Nigeria. Dr. Achor is a fellow of the National Postgraduate Medical College, Faculty of Psychiatry, specialising in addiction disorders, her primary research focus.