

Bibliography of SMART Recovery Publications¹

Peer Reviewed Publications

Aslan, L., Parkman, T. J., & Skagerlind, N. (2016). An Evaluation of the Mutual Aid Facilitation Sessions Pilot Program, "You do the MAFS". *Journal of Groups in Addiction & Recovery*, 11(2), 109-124. <https://doi.org/10.1080/1556035X.2016.1153441>

Atkins, R. G., Jr., & Hawdon, J. E. (2007). Religiosity and participation in mutual-aid support groups for addiction. *Journal of Substance Abuse Treatment*, 33(3), 321-331. <https://doi.org/10.1016/j.jsat.2007.07.001>

Beck, A. K., Baker, A., Kelly, P. J., Deane, F. P., Shakeshaft, A., Hunt, D., Forbes, E., & Kelly, J. F. (2016). Protocol for a systematic review of evaluation research for adults who have participated in the 'SMART recovery' mutual support programme. *BMJ open*, 6(5), Article e009934. <http://dx.doi.org/10.1136/bmjopen-2015-009934>

Beck, A. K., Forbes, E., Baker, A. L., Kelly, P. J., Deane, F. P., Shakeshaft, A., Hunt, D., & Kelly, J. F. (2017). Systematic review of SMART Recovery: Outcomes, process variables, and implications for research. *Psychology of Addictive Behaviors*, 31(1), 1. <https://doi.apa.org/doi/10.1037/adb0000237>

¹ An earlier version of this bibliography was compiled in 2018 by Rita Chaney and William White, with the assistance of Dr Joe Gerstein, Dr F Michler Bishop, Dr Tom Hovarth and Shari Allwood. Huge thanks for bringing the existing SMART research together. Recent updates have been made on behalf of the SMART Recovery Australia Research Advisory Committee (RAC) and the SMART SRI Global Research Advisory Committee (GRAC). The references in pale blue still need to be located. [To update or amend this list, please email aargent@srau.org.au](mailto:aargent@srau.org.au)

Bennett, A., Hunter, M., & Delgadillo, J. (2016). Implementing evidence-based psychological substance misuse interventions in a high secure prison based personality disorder treatment service. *Advances in Dual Diagnosis, 9*(2/3).

<https://doi.org/10.1108/ADD-02-2016-0002>

Best, D., Manning, V., Allsop, S., & Lubman, D. (2020). Does the effectiveness of mutual aid depend on compatibility with treatment philosophies offered at residential rehabilitation services? *Addictive behaviors, 103*, Article 106221.

<https://doi.org/10.1016/j.addbeh.2019.106221>

Best, D. W., Haslam, C., Staiger, P., Dingle, G., Savic, M., Bathish, R., Mackenzie, J., Beckwith, M., & Lubman, D. I. (2016). Social networks and recovery (SONAR): characteristics of a longitudinal outcome study in five therapeutic communities in Australia.

Therapeutic communities: The international journal of therapeutic communities, 37(3), 131-139. <https://doi.org/10.1108/TC-04-2016-0012>

Blatch, C., O'Sullivan, K., Delaney, J. J., & Rathbone, D. (2016). Getting SMART, SMART recovery© programs and reoffending. *Journal of Forensic Practice, 18*(1), 3-16.

<http://dx.doi.org/10.1108/JFP-02-2015-0018>

Brooks, A. J., & Penn, P. E. (2003). Comparing treatments for dual diagnosis: Twelve-step and self-management and recovery training. *The American Journal of Drug and Alcohol Abuse, 29*(2), 359-383.

<https://doi.org/10.1081/ADA-120020519>

Campbell, W., Hester, R. K., Lenberg, K. L., & Delaney, H. D. (2016). Overcoming Addictions, a web-based application, and SMART Recovery, an online and in-person mutual help group for Problem drinkers, part 2: six-month outcomes of a randomized controlled trial and qualitative feedback from participants. *Journal of Medical Internet Research, 18*(10), Article e262.

<https://www.jmir.org/2016/10/e262/>

Chou, C.-C., Robb, J. L., Clay, M. C., & Chronister, J. A. Social Support as a Mediator Between Internalized Stigma and Coping Behaviors of Individuals With Substance Abuse Issues. *Rehabilitation Research Policy and Education*(2), 104-107.

<https://doi.org/10.1891/2168-6653.27.2.104>

Dale, E., Kelly, P. J., Lee, K. S. K., Conigrave, J. H., Ivers, R., & Clapham, K. (2019). Systematic review of addiction recovery mutual support groups and Indigenous people of Australia, New Zealand, Canada, the United States of America and Hawaii. *Addictive behaviors*, 98, Article 106038. <https://doi.org/10.1016/j.addbeh.2019.106038>

Dale, E., Lee, K., Conigrave, J.H., Ivers, R., Clapham, K, and Kelly, P.J (2021). A multi-methods yarn about SMART Recovery: First insights from Australian Aboriginal facilitators and group members. *Drug and Alcohol Review*

<https://onlinelibrary.wiley.com/doi/full/10.1111/dar.13264>

Dale, E., Lee, K., Kelly, P.J., Ivers, R., Clapham, K, & Conigrave, J.H. (2021b). A Delphi yarn: Applying Indigenous knowledges to enhance the cultural utility of SMART Recovery Australia. *Addiction Science & Clinical Practice*. 16, 2.

<https://doi.org/10.1186/s13722-020-00212-8>

Frings, D., Collins, M., Long, G., Pinto, I. R., & Albery, I. P. (2016). A test of the Social Identity Model of Cessation Maintenance: The content and role of social control. *Addictive Behaviors Reports*, 3, 77-85. <https://doi.org/10.1016/j.abrep.2016.02.003>

Galanter, M., Egelko, S., & Edwards, H. (1993). Rational Recovery: Alternative to AA for Addiction? *The American Journal of Drug and Alcohol Abuse*, 19(4), 499-510.

<https://doi.org/10.3109/00952999309001638>

Galvani, S. (2017). Responding to child-to-parent violence: the experiences of family support group providers. *Journal of Substance Use*, 22(1), 71-76.

<https://doi.org/10.3109/14659891.2016.1144802>

Gray, R. M., Kelly, P. J., Beck, A. K., Baker, A. L., Deane, F. P., Neale, J., Treloar, C., Hides, L., Manning, V., Shakeshaft, A., Kelly, J., Argent, A., & McGlaughlin, R. (2020). A qualitative exploration of SMART Recovery meetings in Australia and the role of a digital platform to support routine outcome monitoring. *Addictive behaviors, 101*, Article 106144. <https://doi.org/10.1016/j.addbeh.2019.106144>

Hester, R., Campbell, W., Lenberg, K., & Delaney, H. (2013a). Claiming Positive Results From Negative Trials: A Cause for Concern in Randomized Controlled Trial Research - Author's Reply. *J Med Internet Res, 15*(8), Article e180. <https://doi.org/10.2196/jmir.2884>

Hester, R. K., Delaney, H. D., & Campbell, W. (2012). The College Drinker's Check-Up: Outcomes of two randomized clinical trials of a computer-delivered intervention. *Psychology of Addictive Behaviors, 26*(1), 1-12. <https://psycnet.apa.org/doi/10.1037/a0024753>

Hester, R. K., Lenberg, K. L., Campbell, W., & Delaney, H. D. (2013b). Overcoming Addictions, a Web-Based Application, and SMART Recovery, an Online and In-Person Mutual Help Group for Problem Drinkers, Part 1: Three-Month Outcomes of a Randomized Controlled Trial. *J Med Internet Res, 15*(7), Article e134. <https://doi.org/10.2196/jmir.2565>

Hiance, D., Doogan, N., Warren, K., Hamilton, I. M., & Lewis, M. (2012). An Agent-Based Model of Lifetime Attendance and Self-Help Program Growth. *Journal of Social Work Practice in the Addictions, 12*(2), 121-142. <https://doi.org/10.1080/1533256X.2012.669702>

Horvath, A. T. (2000a). SMART recovery. *International Journal of Self-Help & Self-Care, 1*(2), 163-169. https://triggered.edina.clockss.org/ServeContent?url=http://baywood.stanford.clockss.org%2FBWSH%2FBWOOD_BWSH_1_2%2FCKUWKLU0U7VL6C0R.pdf

- Horvath, A. T. (2000b). Smart Recovery®: Addiction Recovery Support from a Cognitive-Behavioral Perspective. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 18(3), 181-191. <https://doi.org/10.1023/A:1007831005098>
- Horvath, A. T., & Yeterian, J. (2012). SMART Recovery: Self-Empowering, Science-Based Addiction Recovery Support. *Journal of Groups in Addiction & Recovery*, 7(2-4), 102-117. <https://doi.org/10.1080/1556035X.2012.705651>
- Humphreys, K., & Lembke, A. (2014). Recovery-oriented policy and care systems in the UK and USA [<https://doi.org/10.1111/dar.12092>]. *Drug and Alcohol Review*, 33(1), 13-18. <https://doi.org/10.1111/dar.12092>
- Humphreys, K., Mankowski, E. S., Moos, R. H., & Finney, J. W. (1999). Do enhanced friendship networks and active coping mediate the effect of self-help groups on substance abuse? *Annals of Behavioral Medicine*, 21(1), 54-60. <https://doi.org/10.1007/BF02895034>
- Humphreys, K., Wing, S., McCarty, D., Chappel, J., Gallant, L., Haberle, B., Horvath, A. T., Kaskutas, L. A., Kirk, T., Kivlahan, D., Laudet, A., McCrady, B. S., McLellan, A. T., Morgenstern, J., Townsend, M., & Weiss, R. (2004). Self-help organizations for alcohol and drug problems: Toward evidence-based practice and policy. *Journal of Substance Abuse Treatment*, 26(3), 151-158. [https://doi.org/10.1016/S0740-5472\(03\)00212-5](https://doi.org/10.1016/S0740-5472(03)00212-5)
- Kelly, J. F. (2003). Self-help for substance-use disorders: history, effectiveness, knowledge gaps, and research opportunities. *Clinical Psychology Review*, 23(5), 639-663. [https://doi.org/10.1016/S0272-7358\(03\)00053-9](https://doi.org/10.1016/S0272-7358(03)00053-9)
- Kelly, J. F., Bergman, B., Hoepfner, B. B., Vilsaint, C., & White, W. L. (2017). Prevalence and pathways of recovery from drug and alcohol problems in the United States population: Implications for practice, research, and policy. *Drug and Alcohol Dependence*, 181, 162-169. <https://doi.org/10.1016/j.drugalcdep.2017.09.028>

Kelly, J. F., Stout, R., Zywiak, W., & Schneider, R. (2006). A 3-Year Study of Addiction Mutual-help Group Participation Following Intensive Outpatient Treatment. *Alcoholism: Clinical and Experimental Research, 30*(8), 1381-1392. <https://doi.org/10.1111/j.1530-0277.2006.00165.x>

Kelly, J. F., & White, W. L. (2012). Broadening the Base of Addiction Mutual-Help Organizations. *Journal of Groups in Addiction & Recovery, 7*(2-4), 82-101. <https://doi.org/10.1080/1556035X.2012.705646>

Kelly, P. J., Beck, A. K., Baker, A. L., Deane, F. P., Hides, L., Manning, V., Shakeshaft, A., Larance, B., Neale, J., Kelly, J., Oldmeadow, C., Searles, A., Treloar, C., Gray, R. M., Argent, A., & McGlaughlin, R. (2020). Feasibility of a Mobile Health App for Routine Outcome Monitoring and Feedback in Mutual Support Groups Coordinated by SMART Recovery Australia: Protocol for a Pilot Study. *JMIR Res Protoc, 9*(7), Article e15113. <https://doi.org/10.2196/15113>

Kelly, P. J., Deane, F. P., & Baker, A. L. (2015). Group cohesion and between session homework activities predict self-reported cognitive-behavioral skill use amongst participants of SMART recovery groups. *Journal of Substance Abuse Treatment, 51*, 53-58. <https://doi.org/10.1016/j.jsat.2014.10.008>

Kelly, P. J., Raftery, D., Deane, F. P., Baker, A. L., Hunt, D., & Shakeshaft, A. (2017). From both sides: Participant and facilitator perceptions of SMART Recovery groups. *Drug and Alcohol Review, 36*(3), 325-332. <https://doi.org/10.1111/dar.12416>

Li, E. C., Feifer, C., & Strohm, M. (2000). A pilot study: Locus of control and spiritual beliefs in Alcoholics Anonymous and SMART Recovery members. *Addictive behaviors, 25*(4), 633-640. [https://doi.org/10.1016/S0306-4603\(99\)00052-0](https://doi.org/10.1016/S0306-4603(99)00052-0)

Liese, B. S., & Monley, C. M. (2021). Providing addiction services during a pandemic: Lessons learned from COVID-19. *Journal of Substance Abuse Treatment*, 120, Article 108156. <https://doi.org/10.1016/j.jsat.2020.108156>

Litwicki, T., & White, W. L. (2014). A Conceptual Review of the Integration of Professional Practices Within Mutual-Aid Organizations. *Journal of Groups in Addiction & Recovery*, 9(3), 237-256. <https://doi.org/10.1080/1556035X.2014.943553>

Manning, V., Kelly, P. J., & Baker, A. L. (2020). The role of peer support and mutual aid in reducing harm from alcohol, drugs and tobacco in 2020. *Addictive behaviors*, 109, Article 106480. <https://doi.org/10.1016/j.addbeh.2020.106480>

Marcovitz, D., Cristello, J. V., & Kelly, J. F. (2017). Alcoholics Anonymous and other mutual help organizations: Impact of a 45-minute didactic for primary care and categorical internal medicine residents. *Substance Abuse*, 38(2), 183-190. <https://doi.org/10.1080/08897077.2016.1214211>

Mendola, A., & Gibson, R. L. (2016). Addiction, 12-step programs, and evidentiary standards for ethically and clinically sound treatment recommendations: what should clinicians do? *AMA journal of ethics*, 18(6), 646-655. https://journalofethics.ama-assn.org/sites/journalofethics.ama-assn.org/files/2018-05/sect1-1606_0.pdf

O'Sullivan, D., Watts, J. R., Xiao, Y., & Bates-Maves, J. (2016). Refusal Self-Efficacy Among SMART Recovery Members by Affiliation Length and Meeting Frequency [https://doi.org/10.1002/jaoc.12018]. *Journal of Addictions & Offender Counseling*, 37(2), 87-101. <https://doi.org/10.1002/jaoc.12018>

O'Sullivan, D., Blum, J. B., Watts, J., & Bates, J. K. (2015). SMART recovery: Continuing care considerations for rehabilitation counselors. *Rehabilitation Counseling Bulletin*, 58(4), 203-216. <https://doi.org/10.1177%2F0034355214544971>

- O'Sullivan, D., Xiao, Y., & Watts, J. R. (2019). Recovery capital and quality of life in stable recovery from addiction. *Rehabilitation Counseling Bulletin*, 62(4), 209-221. <https://doi.org/10.1177%2F0034355217730395>
- Overstreet, E. (2014). A Review of "Addiction and Co-Occurring Disorders from A Smart Recovery Perspective: A Manual for Group Therapists". *Journal of Groups in Addiction & Recovery*, 9(1), 86-87. <https://doi.org/10.1080/1556035X.2014.870450>
- Parkman, J. T. (2014). "My actual mind and body is in a better place, I just feel better since coming here": recovery and mental wellbeing. *Advances in Dual Diagnosis*, 7(4), 194-204. <https://doi.org/10.1108/ADD-08-2014-0018>
- Parkman, T. J., Lloyd, C., & Splisbury, K. (2015). Self-Help Groups for Alcohol Dependency: A Scoping Review. *Journal of Groups in Addiction & Recovery*, 10(2), 102-124. <https://doi.org/10.1080/1556035X.2015.1034824>
- Penn, P., Brooks, A. J., Gallagher, S. M., & Brooke, D. (2014). SMART Recovery®: An effective group method for co-occurring conditions in community treatment. *Drug and Alcohol Dependence*, 140, Article e173. <https://doi.org/10.1016/j.drugalcdep.2014.02.486>
- Penn, P. E., Brooke, D., Brooks, A. J., Gallagher, S. M., & Barnard, A. D. (2016). Co-Occurring Conditions Clients and Counselors Compare 12-Step and Smart Recovery Mutual Help. *Journal of Groups in Addiction & Recovery*, 11(2), 76-92. <https://doi.org/10.1080/1556035X.2015.1104643>
- Penn, P. E., & Brooks, A. J. (2000). Five years, twelve steps, and REBT in the treatment of dual diagnosis. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 18(4), 197-208. <https://doi.org/10.1023/A:1007883021936>
- Raftery, D., Kelly, P. J., Deane, F. P., Baker, A. L., Dingle, G., & Hunt, D. (2020). With a little help from my friends: cognitive-behavioral skill utilization, social networks, and

psychological distress in SMART Recovery group attendees. *Journal of Substance Use*, 25(1), 56-61. <https://doi.org/10.1080/14659891.2019.1664654>

Rooke, C., Jones, B., & Thomas, M. (2014). Involving service users in delivering alcohol addiction therapy. *Nursing Standard*, 28(42).
<http://dx.doi.org/10.7748/ns.28.42.44.e8437>

Tavares, H. (2004). The gambling and other impulse control disorders outpatient unit in Sao Paulo, Brazil: integrating treatment and research. *Journal of Gambling Issues*, 11.
<http://jgi.camh.net/jgi/index.php/jgi/article/view/3664/3624>

Tsutsumi, S., Timko, C., & Zemore, S. E. (2020). Ambivalent attendees: Transitions in group affiliation among those who choose a 12-step alternative for addiction. *Addictive behaviors*, 102, Article 106143. <https://doi.org/10.1016/j.addbeh.2019.106143>

Velten, E. (1996). The Rationality of Alcoholics Anonymous and the Spirituality of Rational Emotive Behavior Therapy [<https://doi.org/10.1002/j.2164-4683.1996.tb00359.x>].
The Journal of Humanistic Education and Development, 35(2), 105-116.
<https://doi.org/10.1002/j.2164-4683.1996.tb00359.x>

White, W. L. (2004). Addiction recovery mutual aid groups: an enduring international phenomenon [<https://doi.org/10.1111/j.1360-0443.2004.00684.x>]. *Addiction*, 99(5), 532-538. <https://doi.org/10.1111/j.1360-0443.2004.00684.x>

Zemore, S. E., Kaskutas, L. A., Mericle, A., & Hemberg, J. (2017). Comparison of 12-step groups to mutual help alternatives for AUD in a large, national study: Differences in membership characteristics and group participation, cohesion, and satisfaction. *Journal of Substance Abuse Treatment*, 73, 16-26.
<https://doi.org/10.1016/j.jsat.2016.10.004>

Zemore, S. E., Lui, C., Mericle, A., Hemberg, J., & Kaskutas, L. A. (2018). A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and

12-step groups for those with AUD. *Journal of Substance Abuse Treatment*, 88, 18-26. <https://doi.org/10.1016/j.jsat.2018.02.004>

Books

Best, D. (2012). *Addiction recovery: a movement for social change and personal growth in the UK*. Pavilion Publishing Brighton.

Best, D. (2013). *Strength, support, setbacks and solutions: The developmental pathway to addiction recovery*. Pavilion Publishing.

Bishop, F. M. (1995). Rational-emotive behavior therapy and two self-help alternatives to the 12-step model. In A. M. Washton (Ed.), *Psychotherapy and substance abuse: A practitioner's handbook* (pp. 141-160). Guilford Press.

Gerstein, J. (1998). Rational Recovery, SMART Recovery, and non-twelve-step recovery programs. In A. W. Graham & T. K. Schultz (Eds.), *Principles of Addiction Medicine* (2nd ed., pp. 719-723). American Society of Addiction Medicine.

Horvath, A., & Sokoloff, J. (2011). Individuals seeking non-12-step recovery. In G. W. Lawson & A. W. Lawson (Eds.), *Alcoholism & substance abuse in diverse populations*. (2nd ed., pp. 75-90). PRO-ED.

Horvath, A. T. (2011). Alternative support groups. In P. Ruiz & E. C. Strain (Eds.), *Substance abuse: A comprehensive text* (5th ed., pp. 533–542). Wolters Kluwer.

Humphreys, K. (2003). *Circles of recovery: Self-help organizations for addictions*. Cambridge University Press.

Lemanski, M. (2001). *A history of addiction and recovery in the United States*. See Sharp Press.

Nowinski, J. (2003). Self-help groups. In J. L. Sorensen, R. A. Rawson, J. E. Zweben, & J. Guydish (Eds.), *Drug abuse treatment through collaboration: Practice and research partnerships that work* (pp. 55-70). American Psychological Association.

<https://doi.org/10.1037/10491-004>

PhD Dissertations

- Anderson, D. (2011). *Perceived therapeutic attributes of the SMART Program from persons in seasoned recovery* (Publication No 3410307) [Doctoral dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/366657178?pq-origsite=primo>
- Campbell, W. P. (2016). *A new kind of therapeutic relationship: Exploring factors that influence the effectiveness of computer-delivered interventions for alcohol use disorders*. (Publication No 10009070) [Doctoral dissertation, University of New Mexico]. University of New Mexico Digital Repository. https://digitalrepository.unm.edu/psy_etds/19/
- Carruthers, R. P. (2016). *Addiction professionals and SMART Recovery: Discriminants between referring to and not referring to this twelve-step alternative program*. (Publication No 10124831) [Doctoral dissertation, Capella University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/1807432597/1B038E543F164E40PQ/2?accountid=15112>
- Coronato, L. (2016). *Elements that help in the recovery process from the consumer's perspective: dual-diagnosed mental illness and substance use disorders*. (Publication No 10113349) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/results/5D362A32B004CEAPQ/1?accountid=15112>
- Crawford, M. (2016). *An analysis of substance-abuse treatment programs: Comparing the efficacy of treatment between SMART Recovery and Alcoholics Anonymous at the duration of 30, 60, and 90 days on the SASSI-3* (Publication No 10117357) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest->

[com.ezproxy.uow.edu.au/docview/1802302108/3A5502A1CE3C4130PQ/2?accountid=15112](https://search-proquest-com.ezproxy.uow.edu.au/docview/1802302108/3A5502A1CE3C4130PQ/2?accountid=15112)

Guarnotta, E. (2015). *A comparison of abstinence and perceived self-efficacy for individuals attending SMART Recovery and Alcoholics Anonymous* (Publication No 3681156) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/1655360787/14B5D575F6734ECDPQ/3?accountid=15112>

Kitzinger, R. H. (2013). *Experiences of individuals who maintain abstinence from mood altering substances using self-directed, cognitive-based recovery support groups*. (Publication No 3563187) [Doctoral Dissertation, University of North Carolina]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/1399180475/D6B6050FC4714B6APQ/4?accountid=15112>

LaBranche, G. J. (2011). *A mixed methods study evaluating aftercare outcomes for addiction treatment within spiritually based and non-spiritually based programs*. (Publication No 3475185) [Doctoral Dissertation, Capella University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/900250226/3FA6C94A8AF4F2APQ/3?accountid=15112>

Matthews, J. (2014). *Unconventional pathways to freedom: a multidimensional developmental theory of substance addiction, "recovery," and the transformative process* (Publication No 3669092) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/1648433464/57454ADAB6884BBFPQ/2?accountid=15112>

- McDowell, W. (2011). *The relationship between personality type and recovery group preference: a comparison of recovery models*. (Publication No 3494395) [Doctoral Dissertation, Northern Illinois University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/921491260/7A65724A8914470PQ/2?accountid=15112>
- Milin, M. (2007). *Which types of consequences of alcohol abuse are related to motivation to change drinking behavior?* (Publication No 3284505) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/304701371/CBBECB2FDE4942F9PQ/5?accountid=15112>
- Newman, P. J. (2017). *An examination of internal locus of control during self-empowering treatment for alcohol use disorders* (Publication No 10254501) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/1868414780/21B218382C934152PQ/2?accountid=15112>
- Potter, A. L. (2016). *Participants' drinking locus of control between Alcoholics Anonymous (AA) and Self Management and Recovery Training (SMART Recovery) mutual help groups: does drinking locus of control predict outcomes between these two groups?* (Publication No 10112029) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/1806531181/7A696CC5ABF24532PQ/2?accountid=15112>
- Simmons, J. (2020). *2017 SMART Recovery annual survey: online and in-person participation and progress in recovery* (Publication No 27994064) [Doctoral Dissertation, Alliant International University]. ProQuest Dissertations Publishing. <https://search->

[proquest-
com.ezproxy.uow.edu.au/docview/2416346540/A72B6517C56E4371PQ/7?accountid=15112](https://search-proquest-com.ezproxy.uow.edu.au/docview/2416346540/A72B6517C56E4371PQ/7?accountid=15112)

Trumble, R. G. (2015). *Comparison of drinking-related locus of control in Alcoholics Anonymous members and SMART Recovery participants*. (Publication No 3706541) [Doctoral Dissertation, The University of the Rockies]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/1695272758/53756155EE8C4B70PQ/1?accountid=15112>

Waite, L. V. (2018). *Motivation and self-efficacy in alcoholics anonymous and SMART Recovery participants in recovery from alcohol use disorder* (Publication No 10933145) [Doctoral Dissertation, Adler University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/2129612711/AF7F4305F06B4CACPQ/1?accountid=15112>

Wilmes, B. A. (1998). *Alcoholics Anonymous and Rational Recovery: a comparison of locus of control and its implications in treatment planning*. (Publication No 9830384) [Doctoral Dissertation, Adelphi University]. ProQuest Dissertations Publishing. <https://search-proquest-com.ezproxy.uow.edu.au/docview/304469972/B080FDA2F27B4FD7PQ/3?accountid=15112>

Conference Presentations

- Beck, A. K., Baker, A. L., Kelly, P.J. Shakeshaft, A., Deane, F. P., Hunt, D. (2015, November 8-11). Exploring the evidence; a systematic review of SMART Recovery evaluations. In *SMART Recovery Australia Treatment Symposium* [Symposium]. Australian Professional Society on Alcohol and other Drugs Conference, Perth, Australia.
- Blatch, C., O'Sullivan, K., Rathbone, D., & Delaney, J. J. (2014). The impact of the custody-based getting smart and smart recovery programs on re-offending. *Drug and Alcohol Review*, 33(S1), 8. <https://doi.org/10.1111/dar.12222>
- Henry-Edwards, S. (2009, March). Getting SMART: Enabling offenders in the NSW Department of Corrective Services to understand SMART Recovery. In *Making a Difference: Responding to Need in Developing, Implementing and Evaluating Correctional Programmes* [Symposium]. Australian Institute of Criminology Conference, Melbourne, Australia.
- Hunt, D. (2014). SMART Recovery Australia: New innovations for a new era of community 'mutual-aid' in the addictions. *Drug and Alcohol Review*, 33(S1), 32-33. <https://doi.org/10.1111/dar.12222>
- Hunt, D., Freeman, J., Kelly, P. J., Deane, F. P., Baker, A. L., & Shakeshaft, A. (2015). *Putting the 'mutual' in mutual-aid: How stakeholder feedback informed SMART Recovery Australia's new developments in 2015*. In SMART Recovery Australia Treatment Symposium [Symposium]. Australian Professional Society on Alcohol and other Drugs Conference, Perth, Australia.
- Hynoski, T., Kelly, P. J., Deane, F., & Baker, A. L. (2014). Intentions and use of therapeutic homework plans amongst smart recovery group facilitators. *Drug and Alcohol Review*, 33(S1), 8-9. <https://doi.org/10.1111/dar.12222>

- Kelly, P. J. (2017, November 12-15). *SMART Recovery Australia: A national survey of participants* [Paper presentation]. Australian Professional Society on Alcohol and other Drugs Conference, Melbourne, Australia.
- Kelly, P. J., Baker, A., & Deane, F. P. (2015, May). Understanding the active ingredients of SMART Recovery: Perceptions of group members and group facilitators. In *Alcohol, Other Drugs, Behavioural Addictions: Prevention, Treatment and Recovery* [Symposium]. The Australian & New Zealand Addiction Conference, Gold Coast, Australia.
- Kelly, P. J., Baker, A. L., Deane, F. P., Shakeshaft, A., Hunt, D., & Raftery, D. (2015, November 8-11). SMART Recovery facilitators: Attitudes and use of SMART Recovery tools. In *SMART Recovery Australia Treatment Symposium* [Symposium]. Australian Professional Society on Alcohol and other Drugs Conference, Perth, Western Australia.
- Kelly, P. J., Blatch, C., Deane, F. P., & Baker, A. L. (2014). SMART Recovery: New research directions. *Drug and Alcohol Review*, 33(S1), 7-8. <https://doi.org/10.1111/dar.12222>
- Kelly, P. J., Deane, F. P., & Baker, A. L. (2014). Predicting the use of cognitive and behavioral skills by participants attending SMART Recovery groups. *Drug and Alcohol Review*, 33(S1), 8. <https://doi.org/10.1111/dar.12222>
- McHale, S., & Ryan, S. (2015). *Continuing care: improving wellbeing* [Paper presentation]. Australian Professional Society on Alcohol and other Drugs Conference, Perth, Western Australia.
- Zemore, S. E. (2016, June). *Is AA Best?: Comparing the nature and effectiveness of 12-Step groups to Women for Sobriety, LifeRing, and SMART Recovery in a large, national study* [Paper presentation]. Annual Convention of the Research Society on Alcoholism, New Orleans, LA, United States.

Other

Aydin, E., Kevin, M., Xie Z. and Perry, V. (2011). *Evaluation of the Getting SMART Program. Study One: Factors impacting on program completion*. NSW Department of Corrective Services. <https://correctiveservices.dcj.nsw.gov.au/csnsw-home/resources/research-and-reports/corrections-research-evaluation-and-statistics/research-publications.html>

Best, D., Albertson, K., Irving, J., Lightowlers, C., Mama-Rudd, A., & Chaggar, A. (2015). *The UK Life in Recovery Survey 2015: The first national UK survey of addiction recovery experiences*. Project Report. Sheffield, UK: Sheffield Hallam University, Helena Kennedy Centre for International Justice.

Bishop, F., Tate, P., Horvath, A., & Robb, H. (1995). SMART Recovery/Rational/Recovery update. *The Addictions Newsletter*, 2(2).

Goemans, D.J. (2015). Self-Management and Recovery Training: A SMART humanistic approach to addiction recovery. *The Humanist*, 75(3), 12-17.

Hester, R.K. (2002). The Drinker's Check-up: A brief motivational intervention for problem drinkers. *Smart Recovery News & Views*, 8(4), 8-9.

Kevin, M. (2011). *Corrections Treatment Outcome Study (CTOS) on offenders in drug treatment: Results from the Drug Summit demand reduction residential programs*. NSW Department of Corrective Services. <https://correctiveservices.dcj.nsw.gov.au/content/dam/dcj/corrective-services-nsw/documents/research-and-statistics/rb31-corrections-treatment-outcome-study.pdf>

Konopa, J. B., Chiauzzi, E., Portnoy, D., & Litwicky, T. M. (2002). Recovery from the inside out: A cognitive approach to rehabilitation. *Corrections Today Magazine*, 64(5), 56-112.

Korsmeyer, P & Kranzler, H.R. (ed.), (2009). 'Smart Recovery and Rational Recovery' *Encyclopedia of Drugs, Alcohol and Addictive Behavior*, 3(4), 37-39.

Lemanski, M. (2000). Addiction alternatives for recovery. *The Humanist*, 60(1), 14-17.

Li, E., Strohm, M., & Feifer, C. (1998). A cross-sectional comparison of locus of control in Alcoholics Anonymous & SMART Recovery treatment groups. *Journal of Addictive Diseases*, 17(2), 153.

MacGregor, S., & Herring, R. (2010). *The alcohol concern SMART recovery pilot project final evaluation report*. Middlesex University Drug and Alcohol Research Group.
http://www.alcohollearningcentre.org.uk/library/Alcohol_Concern_SMART_Project_-_Final_Evaluation_Report_2010.pdf

Powis, B., Walton, C., & Randhawa, K. (2014). *Drug Recovery Wings set up, delivery and lessons learned: Process study of First Tranche DRW Pilot Sites*. United Kingdom Ministry of Justice Analytical Series, National Offender Management Service, Operational Services and Interventions Group.

Ross, F. (n.d.). *Recovery and change from offending behavior using a recovery management model under a recovery-oriented systems of care*. Personal submission to the Prison's Commission, Government of Scotland.

Silva, J. A. (2012). *A proposal for a compassion-based recovery program for chemical dependence*. [Master's Thesis, University of Texas]. University of Texas Libraries.
<http://hdl.handle.net/2152/19911>

Stidham, A. (2013). *A review of the matrix model of intensive outpatient treatment, SMART recovery program, and alcoholics anonymous* [Honors Thesis, Pennsylvania State University]. Electronic Theses for Schreyer Honors College.

<https://honors.libraries.psu.edu/catalog/17985>

White, W. (2013). *History of SMART recovery: An interview with Tom Litwicky, M.Ed., LISAC*. Selected Papers of William White.

http://www.williamwhitepapers.com/recovery_mutual_aid_history/smart_recovery

White, W. (2013). *The history of SMART recovery: An interview with Richard Phillips*. Selected Papers of William White.

http://www.williamwhitepapers.com/recovery_mutual_aid_history/smart_recovery

White, W. (2012). *The history of SMART recovery: An interview with Joe Gerstein, M.D.* Selected Papers of William White.

http://www.williamwhitepapers.com/recovery_mutual_aid_history/smart_recovery

White, W. (2012). *The history of SMART recovery: An interview with Tom Horvath, PhD*. Selected Papers of William White.

http://www.williamwhitepapers.com/recovery_mutual_aid_history/smart_recovery

Werner, M. (2015). Smart thinking: The humanist approach to addiction and our heritage in psychology. *The Humanist*. [https://thehumanist.com/magazine/may-june-](https://thehumanist.com/magazine/may-june-2015/features/smart-thinking/)

[2015/features/smart-thinking/](https://thehumanist.com/magazine/may-june-2015/features/smart-thinking/)