

## Zaangażowanie w ruch samopomocy a poczucie jakości życia osób uzależnionych od alkoholu Mediacyjna rola poczucia sensu życia

### **Involvement in self-help groups and the quality of life among alcohol dependent persons. Meaning in life mediating role**

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**Abstract – Introduction.** The aim of the study was to examine if the involvement in Alcoholics Anonymous community and length of being in self-help group are related to subjective quality of life of alcohol dependent persons.

**Methods.** The sample consisted of 93 participants of Alcoholics Anonymous groups from Poznań. The following tools were used: Beck Hopelessness Scale, Cantril Ladder, Purpose in Life Test, Alcoholics Anonymous Involvement Scale, one item scale concerning length of being in Alcoholics Anonymous.

**Results.** Statistically significant positive correlations were found between involvement of Alcoholics Anonymous community, length of being in Alcoholics Anonymous community and subjective quality of life. Regression analysis indicated that meaning in life is mediating variable between involvement in Alcoholics Anonymous community and subjective quality of life. The same variable mediates between length of being in Alcoholics Anonymous and subjective quality of life.

**Key words:** quality of life, self-help groups, Alcoholics Anonymous, alcoholism