

## **Abstynencja i długość pobytu w ruchu samopomocy a dobrostan psychiczny osób uzależnionych od alkoholu Mediacyjna rola Programu Dwunastu Kroków (1)**

Abstinance and the length of time spent in a self-help group  
and mental wellbeing of alcohol dependent persons  
The Twelve-step Program mediating role (1)

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**Abstract – Introduction.** The aim of both studies was to examine whether the involvement in the 12-step Program mediates two relationships: between the length of abstinence and mental wellbeing and between the length of time spent in a self-help group and mental wellbeing.

**Method.** In the first study the sample consisted of 70 participants in Alcoholics Anonymous from Poznań. The following tools were used: the Cantril Ladder, the Positive and Negative Affect Schedule (PANAS), questions about the length of abstinence and the length of time spent in a self-help group, and the question how many steps from the 12-step Program have been completed.

In the second study the sample consisted of 93 participants in Alcoholics Anonymous from Poznań. The following tools were used: the Cantril Ladder, the Beck Hopelessness Scale, questions about the length of abstinence and the length of time spent in a self-help group, and the question how many steps from the 12-step Program have been completed.

**Results.** In the first study regression analysis indicated that the involvement in the 12-step Program mediates in the following relationships: between the length of time spent in a self-help group and satisfaction with life, between the length of time spent in a self-help group and negative affect, and between the length of abstinence and negative affect.

In the second study regression analysis indicated that involvement in the 12-step Program mediates in the relationship between the length of time spent in a self-help group and satisfaction with life, as well as between the length of time spent in a self-help group and feeling of hopelessness, and between the length of abstinence and the feeling of hopelessness.

**Key words:** mental wellbeing, Alcoholics Anonymous, abstinence, mediating variable, Twelve-step Program

**Streszczenie – Wstęp.** Celem przeprowadzonych projektów badawczych było sprawdzenie, czy realizacja Programu 12 Kroków pełni pośredniczącą rolę zarówno pomiędzy długością abstynencji i dobrostanem psychicznym, jak również pomiędzy długością pobytu w ruchu samopomocy i dobrostanem psychicznym.

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