

# ROAD TO RECOVERY: R2AR PATIENT-REPORTED OUTCOMES MEASUREMENT<sup>1</sup>

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**For all questions:**

- 1 = Strongly agree
- 2 = Agree
- 3 = Neither agree nor disagree
- 4 = Disagree
- 5 = Strongly disagree
- 6 = I do not know
- 7 = I prefer not to answer
- 8 = This does not apply to me

1. There are more important things to me in life than using alcohol or drugs.
  - a. In general, how much do you agree? 1 2 3 4 5 6 7 8
  - b. Is this important for you to work on now? 1 2 3 4 5 6 7 8
2. I feel close to people (like friends, someone I met through recovery or recovery meetings).
  - a. In general, how much do you agree? 1 2 3 4 5 6 7 8
  - b. Is this important for you to work on now? 1 2 3 4 5 6 7 8
3. I can handle stress, conflict, and unexpected things without alcohol or drugs.
  - a. In general, how much do you agree? 1 2 3 4 5 6 7 8
  - b. Is this important for you to work on now? 1 2 3 4 5 6 7 8
4. I do things, even when I do not want to, because I know that I should.
  - a. In general, how much do you agree? 1 2 3 4 5 6 7 8
  - b. Is this important for you to work on now? 1 2 3 4 5 6 7 8
5. I have activities and hobbies that keep me busy.
  - a. In general, how much do you agree? 1 2 3 4 5 6 7 8
  - b. Is this important for you to work on now? 1 2 3 4 5 6 7 8
6. I feel safe in my living environment (i.e., home, shelter, street).
  - a. In general, how much do you agree? 1 2 3 4 5 6 7 8
  - b. Is this important for you to work on now? 1 2 3 4 5 6 7 8
7. I am taking care of my physical health.
  - a. In general, how much do you agree? 1 2 3 4 5 6 7 8
  - b. Is this important for you to work on now? 1 2 3 4 5 6 7 8

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<sup>1</sup> Okrant E, Reif S, Horgan CM. Development of an addiction recovery patient-reported outcome measure: Response to Addiction Recovery (R2AR). Subst Abuse Treat Prev Policy. 2023 Sep 1;18(1):52. doi: 10.1186/s13011-023-00560-z. PMID: 37658373; PMCID: PMC10474628.

- 8.** I feel like I am in control of what happens in my life.
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 9.** I am trying to improve myself (by learning a trade or skill, going back to school, or any kind of self-help).
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 10.** I am taking care of my mental health.
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 11.** Most times, I do not worry about what other people think of me (because of my past drug use).
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 12.** Through the recovery process, I realized that I have good qualities (e.g., I am a good person/parent/child/partner/friend, hard worker, help others).
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 13.** I am dealing with my legal problems (like custody, warrants, paying fines or child support).
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 14.** I try not to hurt other people with my actions.
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 15.** There are people who care about me who I trust (like my therapist or clinician, a sponsor, friends, family), who I can turn to for help during difficult times in my recovery
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 16.** I have what I need to work on future goals (such as money, a way to get around, housing, food).
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 17.** I feel less shame than I did before about my past.
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 18.** I feel like I am part of a larger community (such as people in my neighbourhood, at work, church).
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8
- 19.** I am hopeful.
- a.** In general, how much do you agree? 1 2 3 4 5 6 7 8
- b.** Is this important for you to work on now? 1 2 3 4 5 6 7 8