

‘Re-identification as an Occupational Transition in the Recovery of Iranian Men Experiencing Substance Abuse’

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Research Problem



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Substance abuse

Occupational therapy

Objectives



Methodology & Methods

Grounded Theory Methodology

In-depth unstructured interviews

Sixteen male abstinent drug users from three rehabilitation centers in Tehran

Data Analysis

(A constant comparative strategy)



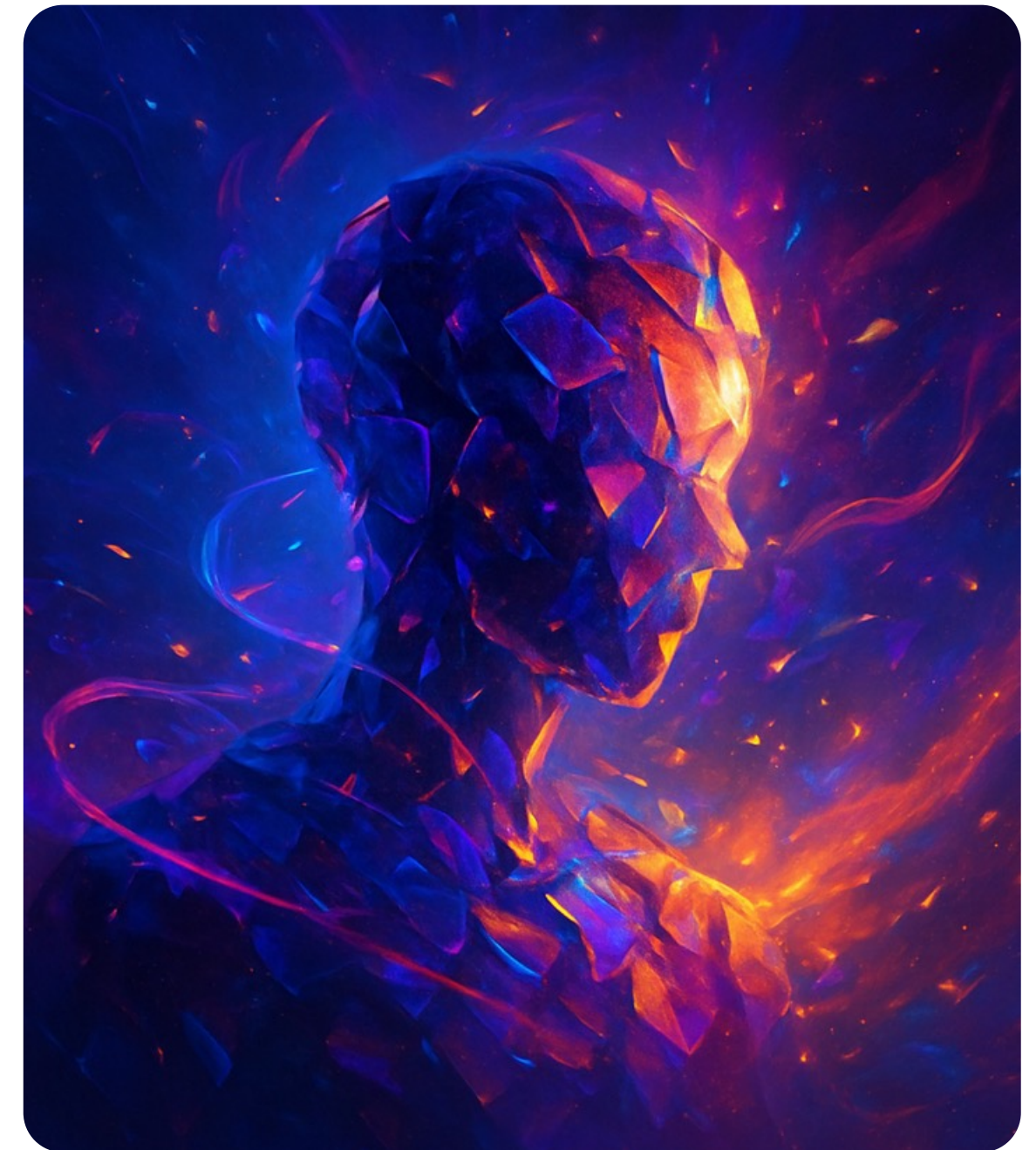
Key Findings

Two key identity processes:

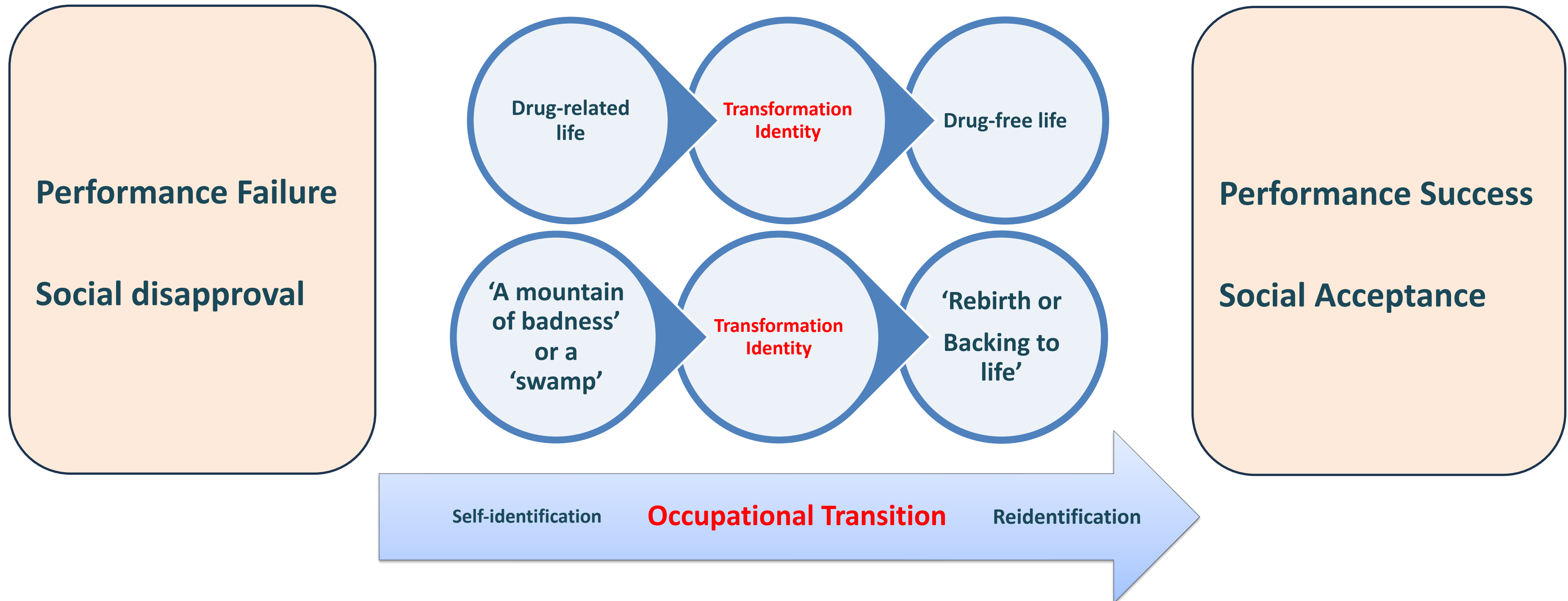
1. 'Self-identification'
2. 'Re-identification'

Self-identification occurs when individuals see themselves as 'addicts,' shaped by psychological and social factors that influence their occupational identity, including the impact of stigma on self-image.

Re-identification involves adopting the 'non-addict identity' to embrace new occupational roles, such as being a parent or productive community member.



Key Findings



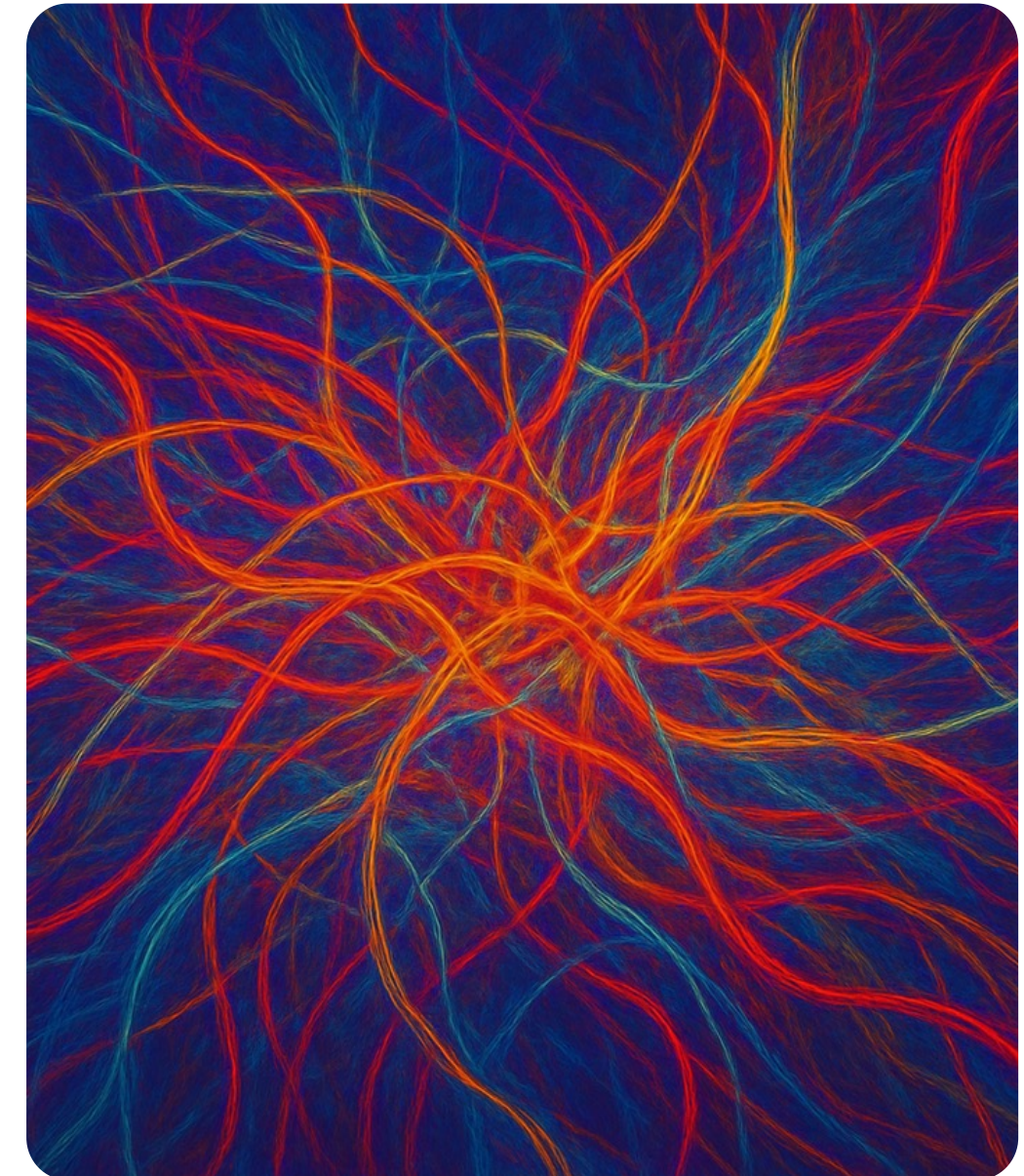
Human as an occupational being

'Occupational narratives' of individuals are linked to their **'occupational identity,'** which shapes **'occupational roles.'**

Kielhofner et al. (2004, 2002)

In the context of substance abuse recovery, these narratives provide valuable insights into the motivations that drive ongoing recovery, ultimately influencing an individual's occupational roles.

Recovery demonstrates an **occupational transition** and facilitates **occupational adaptation.**



Discussion



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Recovery demonstrates an **occupational transition**.

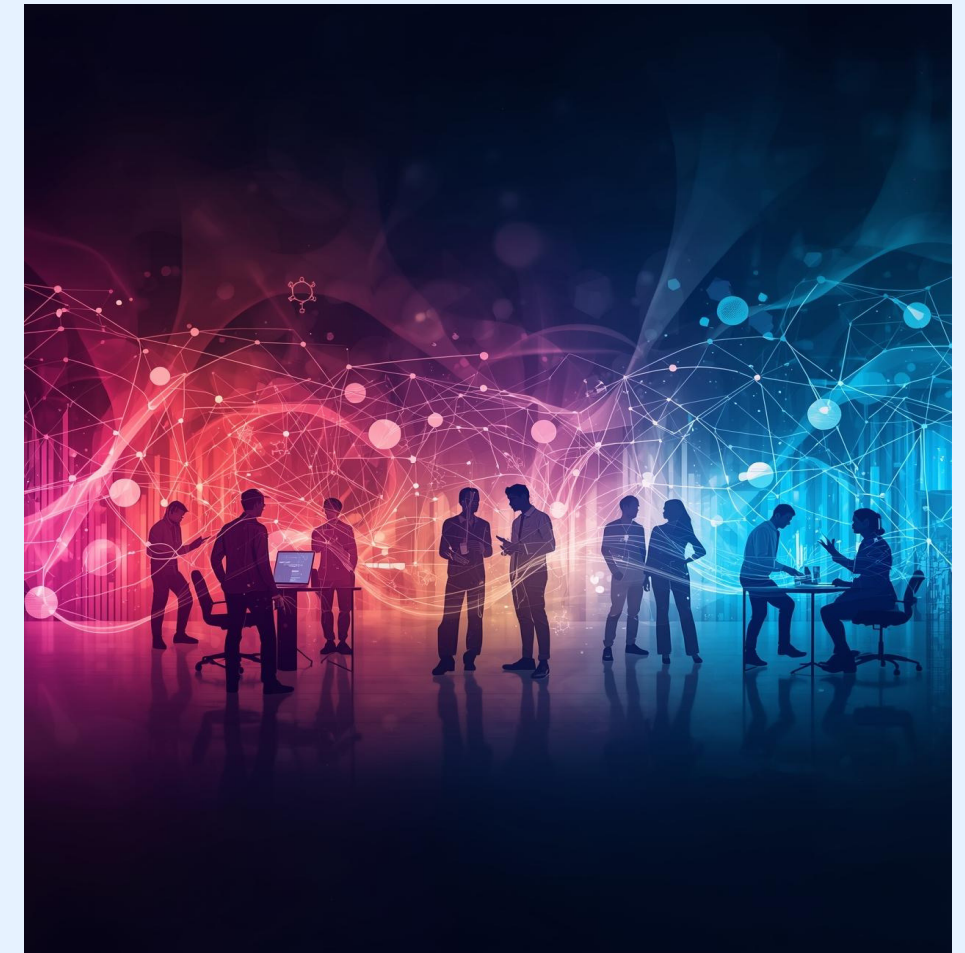
(Rogers et al. 2025; Nhunzvi, Galvaan, & Peters 2019)

Re-identification is profoundly involved with **stigma**, while those studies do not directly address the stigma surrounding addiction in any of the phases of initial addiction or recovery. Particularly, stigma is deeply rooted in the **sociocultural context** (Smith, 2002) and is characterized as a barrier to recovery in mental illness and addiction (Krupa & Kirsh, 2024, p. 86).

“The process of re-identification is a **restorative practice** that rests alongside the abstinence stage,” (Momeni, 2021, p. 163).

Research consistently demonstrates that the evolution of one’s identity are fundamental for the development of effective adaptive strategies. (Christiansen, 1999; Monks, 1995; Charmaz, 1994; Ville, Ravaud, Marchal, Paichéler, & Fardeau, 1992; Estroff, 1989; Weinberg & Sterrit, 1986).

In this sense, the re-identification process is somewhat relevant to the concept of **occupational adaptation** within the **Model of Human Occupation**. Occupational adaptation is the “construction of a positive identity and achieving competence over time in the context of one’s environment” (Kielhofner, 2004, p. 152).



Conclusion



This study contributes to the literature on occupational narratives in substance abuse recovery by highlighting the importance of occupational identity and stigma surrounding substance abuse in recovery.

In occupational therapy, we promote activities that support re-identification and encourage a less stigmatizing identity.

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Thank You!

We appreciate your attention today



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