



## Recovery from a Drug or Alcohol Use Problem or a Mental Health Issue among Adults

Recovery from a problem with drug or alcohol use among adults aged 18 or older in the National Survey on Drug Use and Health (NSDUH) refers to adults who ever had a problem with their use of drugs or alcohol and considered themselves (at the time they were interviewed) to be in recovery or to have recovered from their drug or alcohol use problem. Similarly, recovery from a problem with mental health among adults refers to adults who ever had a problem with their mental health and considered themselves (at the time they were interviewed) to be in recovery or to have recovered from their mental health issue. For brevity, reference to the subpopulations of adults who ever had a problem with their use of drugs or alcohol or who ever had a problem with their mental health are not repeated everywhere, but readers are reminded that percentages and odds ratios are among these specific subpopulations.

This report uses pooled data from the 2022, 2023, and 2024 NSDUHs to improve the precision of estimates. Estimates are presented as annual averages. NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services. The survey includes residents of households and people in noninstitutional group settings (e.g., shelters, boarding houses, college dormitories, halfway houses). The survey excludes people with no fixed address (e.g., people who are experiencing homelessness and not in shelters), military personnel on active duty, and residents of institutional group settings (e.g., jails, nursing homes, mental health institutions, long-term care facilities). The 2022-2024 NSDUHs used multimode data collection, in which respondents completed the survey in person or via the web.

### ■ Highlights: Recovery from a Problem with Drug or Alcohol Use

Among adults aged 18 or older who ever had a problem with their use of drugs or alcohol, 72.8% considered themselves to be in recovery or to have recovered from their drug or alcohol use problem. All statistically significant differences for adult characteristics described in this report remained significant even after adjusting for selected sociodemographic and geographic factors using multivariable logistic regression models. Among adults who ever had a problem with their use of drugs or alcohol, adjusted odds of being in recovery or having recovered were lower among adults aged 26 to 49 and young adults aged 18 to 25 (odds of 0.8 and 0.6, respectively) than among adults aged 50 or older.

### ■ Highlights: Recovery from a Mental Health Issue

Among adults aged 18 or older who ever had a problem with their mental health, 66.4% considered themselves to be in recovery or to have recovered from their mental health issue. Most statistically significant differences for adult characteristics described in this report remained significant even after adjusting for selected sociodemographic and geographic factors using multivariable logistic regression models. Among adults who ever had a problem with their mental health, adjusted odds of being in recovery or having recovered were

- lower among young adults aged 18 to 25 and adults aged 26 to 49 (odds of 0.7 each) than among adults aged 50 or older; and
- higher among Hispanic adults (odds of 1.1) than among White adults.

Among adults who ever had a problem with their mental health, the percentage of males who considered themselves to be in recovery or to have recovered from their mental health issue was lower than the percentage among females. However, the adjusted odds of being in recovery or having recovered did not differ significantly between males and females. Thus, differences in the percentages between males and females can be explained by differences in other characteristics in the models.

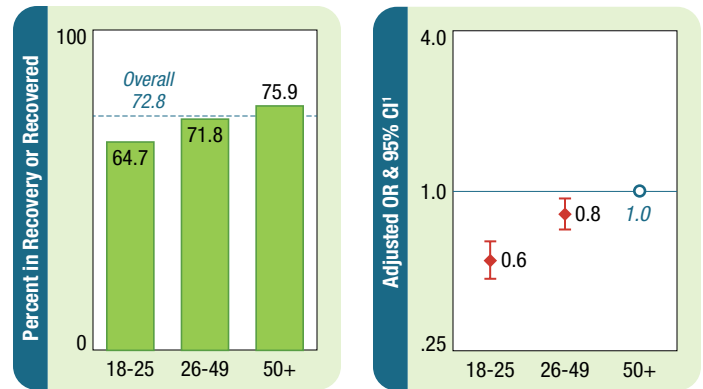
## Recovery from a Problem with Drug or Alcohol Use

### Adults Aged 18 or Older

Among adults aged 18 or older who **ever had a problem** with their **use of drugs or alcohol**, an annual average of **nearly three fourths (72.8%) considered themselves to be in recovery** or to have recovered from their problem.

#### Recovery from a Problem with Drug or Alcohol Use among Adults Aged 18 or Older; by Age Group, Annual Averages and Adjusted Odds Ratios, 2022-2024

Adults aged 26 to 49 (71.8%) and young adults aged 18 to 25 (64.7%) who ever had a problem with their use of drugs or alcohol were less likely than adults aged 50 or older (75.9%) to consider themselves to be in recovery or to have recovered from their problem. These differences by age remained in multivariable logistic regression models that adjusted for sex, race/ethnicity, education level, region, county type, and poverty level. Thus, the differences in the percentages by age were not explained by other characteristics in the models. Among adults in this subpopulation, the adjusted odds of adults considering themselves to be in recovery or to have recovered continued to be lower among adults aged 26 to 49 and young adults (odds of 0.8 and 0.6, respectively) than among adults aged 50 or older.

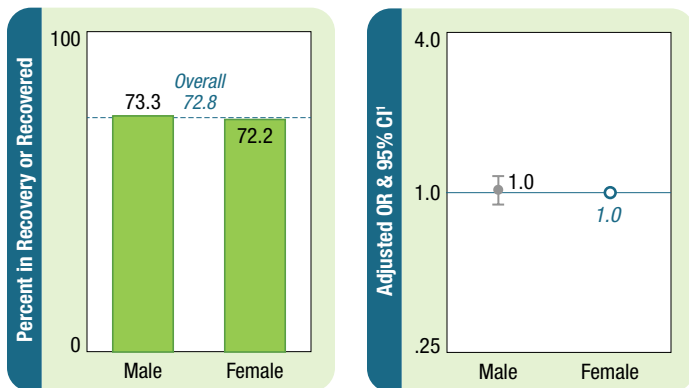


CI = confidence interval; OR = odds ratio.

<sup>1</sup> Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

#### Recovery from a Problem with Drug or Alcohol Use among Adults Aged 18 or Older; by Sex, Annual Averages and Adjusted Odds Ratios, 2022-2024



CI = confidence interval; OR = odds ratio.

<sup>1</sup> Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

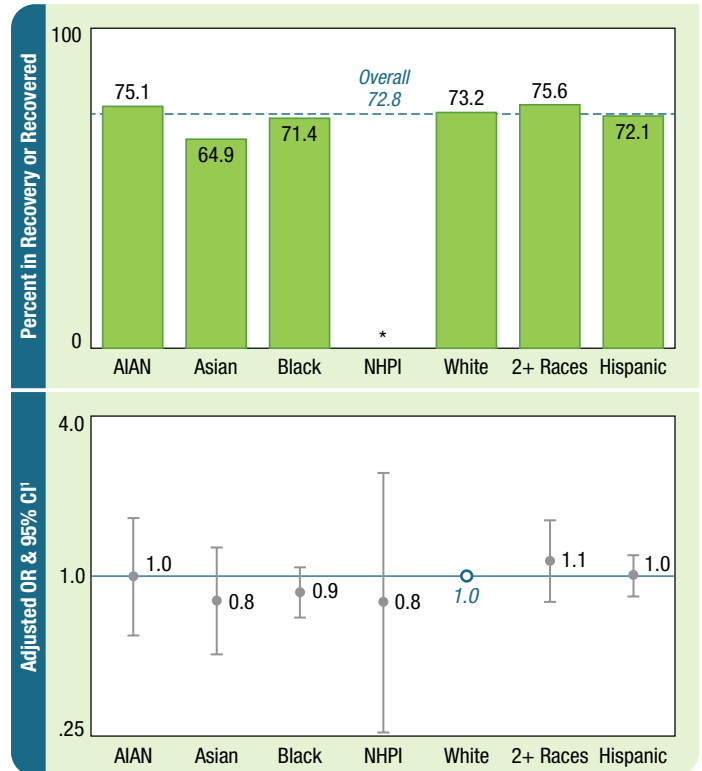
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

Among adults aged 18 or older who ever had a problem with their use of drugs or alcohol, percentages of adults who considered themselves to be in recovery or to have recovered from their problem did not differ significantly by sex. The adjusted odds also did not differ significantly by sex. Thus, the nonsignificant difference in the percentages by sex was not explained by other characteristics in the models.

## Recovery from a Problem with Drug or Alcohol Use: Adults Aged 18 or Older (continued)

### Recovery from a Problem with Drug or Alcohol Use among Adults Aged 18 or Older; by Race/Ethnicity, Annual Averages and Adjusted Odds Ratios, 2022-2024

Among adults aged 18 or older who ever had a problem with their use of drugs or alcohol, percentages and adjusted odds ratios for adults considering themselves to be in recovery or to have recovered from their problem did not differ significantly between adults in this subpopulation who were not White and those who were White.



\* Low precision; no estimate reported. AIAN = American Indian or Alaska Native; CI = confidence interval; NHPI = Native Hawaiian/Pacific Islander; OR = odds ratio.

<sup>1</sup> Reference values are indicated by an open circle (○) in the graph. Significant  $p$  values ( $p < 0.05$ ) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

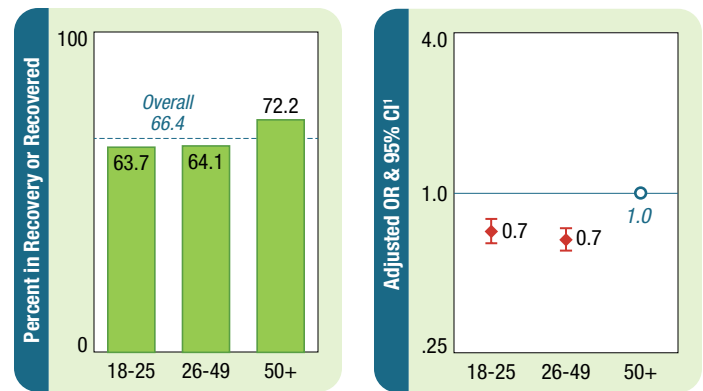
## Recovery from a Mental Health Issue

### Adults Aged 18 or Older

Among adults aged 18 or older who **ever had a problem** with their **mental health**, an annual average of **about two thirds** (66.4%) **considered themselves to be in recovery** or to have recovered from their mental health issue.

### Recovery from a Mental Health Issue among Adults Aged 18 or Older; by Age Group, Annual Averages and Adjusted Odds Ratios, 2022-2024

Adults aged 26 to 49 (64.1%) and young adults aged 18 to 25 (63.7%) who ever had a problem with their mental health were less likely than adults aged 50 or older (72.2%) to consider themselves to be in recovery or to have recovered from their mental health issue. These differences by age remained in multivariable logistic regression models that adjusted for sex, race/ethnicity, education level, region, county type, and poverty level. Thus, the differences in the percentages by age were not explained by other characteristics in the models. Among adults in this subpopulation, the adjusted odds of adults considering themselves to be in recovery or to have recovered continued to be lower among adults aged 26 to 49 and young adults (odds of 0.7 each) than among adults aged 50 or older.

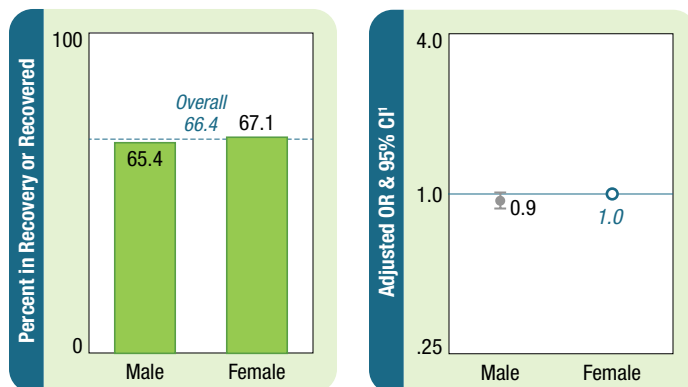


CI = confidence interval; OR = odds ratio.

<sup>1</sup> Reference values are indicated by an open circle (○) in the graph. Significant  $p$  values ( $p < 0.05$ ) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

### Recovery from a Mental Health Issue among Adults Aged 18 or Older; by Sex, Annual Averages and Adjusted Odds Ratios, 2022-2024



CI = confidence interval; OR = odds ratio.

<sup>1</sup> Reference values are indicated by an open circle (○) in the graph. Significant  $p$  values ( $p < 0.05$ ) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

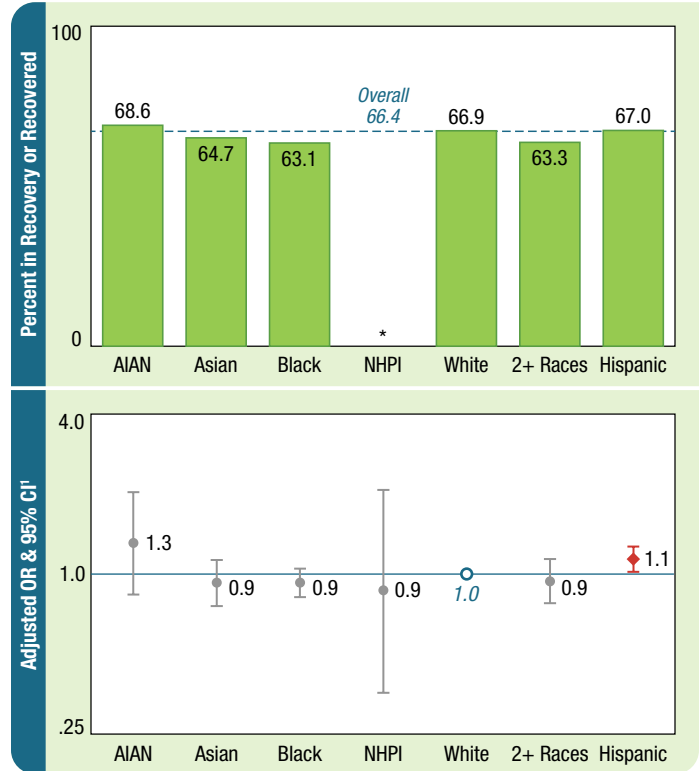
Among adults aged 18 or older who ever had a problem with their mental health, males were less likely than females to consider themselves to be in recovery or to have recovered from a mental health issue (65.4% vs. 67.1%). However, the adjusted odds of being in recovery or having recovered did not differ significantly between males and females after adjustments were made for sociodemographic and geographic characteristics. Thus, differences in the percentages between males and females can be explained by differences in other characteristics in the models.

## Recovery from a Mental Health Issue: Adults Aged 18 or Older *(continued)*

### Recovery from a Mental Health Issue among Adults Aged 18 or Older; by Race/Ethnicity, Annual Averages and Adjusted Odds Ratios, 2022-2024

Among adults aged 18 or older who ever had a problem with their mental health, Black adults were less likely than White adults to consider themselves to be in recovery or to have recovered from a mental health issue (63.1% vs. 66.9%). Except for Native Hawaiian/Pacific Islander (NHPI) adults, the percentages for the remaining racial or ethnic groups did not differ significantly from the percentage for White adults. Percentages among NHPI adults are not shown due to low precision. The significant difference between Black and White adults in this subpopulation did not remain after adjustments were made for sociodemographic and geographic characteristics. Thus, the significant difference in percentages between Black and White adults in this subpopulation can be explained by differences in other characteristics in the models.

Except for Hispanic adults in this subpopulation, the nonsignificant differences remained after adjustments were made. Hispanic adults (odds of 1.1) had higher odds than White adults of being in recovery or having recovered from a mental health issue. The nonsignificant difference in the percentage among Hispanic adults compared with the percentage among White adults can be explained by differences in other characteristics in the model. When adjustments were made for potential confounding effects of other characteristics, Hispanic adults were more likely than White adults in this subpopulation to be in recovery or to have recovered from a mental health issue.



\* Low precision; no estimate reported. AIAN = American Indian or Alaska Native; CI = confidence interval; NHPI = Native Hawaiian/Pacific Islander; OR = odds ratio.

<sup>1</sup> Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

## Methods

The final sample size for analyses of the pooled 2022, 2023, and 2024 NSDUH data included approximately 166,264 adults aged 18 or older. Within the respective subpopulations of adults who ever had a problem with their use of drugs or alcohol or with their mental health, descriptive analyses were conducted to estimate the annual average prevalence and corresponding standard errors of recovery from a drug or alcohol use problem or a mental health issue first overall and then within selected sociodemographic or geographic subgroups of adults. Bivariate logistic regression modeling was applied to test the association between a given sociodemographic or geographic characteristic and recovery from a drug or alcohol use problem or a mental health issue regardless of other confounding characteristics. Multivariable logistic regression modeling was applied to test the association between a given sociodemographic or geographic characteristic and recovery from a drug or alcohol use problem or a mental health issue when adjustments were made for the potential confounding effects of the other sociodemographic or geographic characteristics. Results of bivariate modeling are shown as unadjusted odds ratios, and results of multivariable modeling are shown as adjusted odds ratios. Results of bivariate and multivariable modeling include corresponding 95% confidence intervals and  $p$  values. All analyses used the final analysis weights and SUDAAN<sup>®</sup> software to account for NSDUH's complex sample design.<sup>1</sup>

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## Endnote

1. RTI International. (2020). *SUDAAN<sup>®</sup> language manual, Release 11.0.4*.

**Data Source:** The **National Survey on Drug Use and Health** (NSDUH) is a household survey of people aged 12 or older. NSDUH collects information on substance use, mental health, and receipt of substance use and mental health treatment in the United States. NSDUH uses a complex sampling method. Interviews are conducted in person and via the web. Estimates presented are weighted to represent the noninstitutionalized, civilian U.S. population.

## Appendix

**Table A.1 Recovery from a Problem with Drug or Alcohol Use among Adults Aged 18 or Older, by Sociodemographic and Geographic Characteristics: Annual Averages, 2022-2024 NSDUHS**

Characteristics	Percentage	SE of Percentage	Unadjusted Odds Ratio			Adjusted Odds Ratio			Adjusted OR & 95% CI		
			OR	95% CI OR	P Value	OR	95% CI OR	P Value	0.25	1.0	4.0
<b>Overall</b>	72.8	0.56	—	—	—	—	—	—			
<b>Age</b>											
18-25	64.7	1.21	0.58	(0.50-0.68)	0.0000	<b>0.55</b>	<b>(0.47-0.65)</b>	<b>0.0000</b>			
26-49	71.8	0.68	0.81	(0.71-0.92)	0.0011	<b>0.82</b>	<b>(0.72-0.94)</b>	<b>0.0035</b>			
50 or Older	75.9	1.02	1.00	-	—	1.00	-	—			
<b>Sex</b>											
Male	73.3	0.76	1.05	(0.94-1.18)	0.3712	1.02	(0.90-1.15)	0.7711			
Female	72.2	0.85	1.00	-	—	1.00	-	—			
<b>Race/Ethnicity</b>											
NH AIAN	75.1	4.62	1.11	(0.68-1.81)	0.6893	1.00	(0.60-1.65)	0.9922			
NH Asian	64.9	5.12	0.68	(0.44-1.05)	0.0849	0.81	(0.51-1.28)	0.3718			
NH Black or African American	71.4	2.13	0.92	(0.74-1.13)	0.4208	0.87	(0.70-1.08)	0.2118			
NH NHPI	*	*	0.82	(0.28-2.42)	0.7220	0.80	(0.26-2.44)	0.6914			
NH White	73.2	0.62	1.00	-	—	1.00	-	—			
NH Two or More Races	75.6	3.15	1.13	(0.81-1.59)	0.4709	1.14	(0.80-1.62)	0.4684			
Hispanic or Latino	72.1	1.69	0.95	(0.80-1.13)	0.5481	1.01	(0.84-1.20)	0.9553			
<b>Education Level</b>											
Less Than High School	74.9	2.08	0.97	(0.75-1.24)	0.7831	0.95	(0.73-1.22)	0.6763			
High School Graduate	75.6	1.13	1.00	-	—	1.00	-	—			
Some College/Associate's Degree	75.2	0.93	0.98	(0.84-1.14)	0.7678	1.01	(0.87-1.18)	0.8675			
College Graduate	67.6	0.94	0.67	(0.58-0.78)	0.0000	<b>0.73</b>	<b>(0.62-0.85)</b>	<b>0.0001</b>			
<b>Region</b>											
Northeast	71.6	1.33	1.02	(0.87-1.21)	0.7861	1.06	(0.90-1.25)	0.4684			
Midwest	73.3	1.11	1.11	(0.95-1.30)	0.1727	1.07	(0.91-1.25)	0.4071			
South	74.5	0.97	1.19	(1.02-1.37)	0.0225	1.16	(1.00-1.35)	0.0515			
West	71.1	1.11	1.00	-	—	1.00	-	—			
<b>County Type</b>											
Large Metro	70.1	0.83	1.00	-	—	1.00	-	—			
Small Metro	74.6	0.89	1.25	(1.11-1.41)	0.0003	<b>1.18</b>	<b>(1.05-1.34)</b>	<b>0.0070</b>			
Nonmetro – Urbanized	79.8	1.88	1.68	(1.33-2.14)	0.0000	<b>1.52</b>	<b>(1.19-1.94)</b>	<b>0.0007</b>			
Nonmetro – Less Urbanized	75.9	1.84	1.34	(1.08-1.66)	0.0069	1.16	(0.93-1.45)	0.1757			
Nonmetro – Completely Rural	84.9	4.44	2.39	(1.20-4.73)	0.0130	1.91	(0.96-3.80)	0.0640			
<b>Poverty Level</b>											
Less Than 100%	75.8	1.32	1.27	(1.08-1.49)	0.0035	1.15	(0.97-1.37)	0.1110			
100-199%	76.2	1.33	1.29	(1.10-1.52)	0.0016	1.17	(0.99-1.38)	0.0639			
200% or More	71.2	0.71	1.00	-	—	1.00	-	—			
Aged 18-22 in College Dorm <sup>1</sup>	*	*	2.20	(0.25-19.27)	0.4748	2.81	(0.28-27.94)	0.3773			

\* Low precision; — = not applicable; no estimate reported.

AIAN = American Indian or Alaska Native; CI = confidence interval; NH = Not Hispanic or Latino; NHPI = Native Hawaiian/Pacific Islander; OR = odds ratio; SE = standard error.

Note: Reference values are in italics and indicated by an open circle (○) in the table. Significant p values (p < 0.05) of adjusted ORs are in bold and indicated by a solid diamond (◆) with marked CIs (±) in the table.

<sup>1</sup> Outcome has a CI value that falls outside the range of values shown in the table.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

**Table A.2 Recovery from a Mental Health Issue among Adults Aged 18 or Older, by Sociodemographic and Geographic Characteristics: Annual Averages, 2022-2024 NSDUHs**

Characteristics	Percentage	SE of Percentage	Unadjusted Odds Ratio			Adjusted Odds Ratio			Adjusted OR & 95% CI		
			OR	95% CI OR	P Value	OR	95% CI OR	P Value	0.25	1.0	4.0
<b>Overall</b>	66.4	0.38	—	—	—	—	—	—			
<b>Age</b>											
18-25	63.7	0.54	0.67	(0.61-0.75)	0.0000	<b>0.72</b>	<b>(0.65-0.80)</b>	<b>0.0000</b>		◆	
26-49	64.1	0.50	0.69	(0.62-0.76)	0.0000	<b>0.67</b>	<b>(0.61-0.74)</b>	<b>0.0000</b>		◆	
50 or Older	72.2	0.90	1.00	.	—	1.00	.	—		○	
<b>Sex</b>											
Male	65.4	0.61	0.93	(0.87-0.99)	0.0278	0.94	(0.88-1.01)	0.0998		◆	
Female	67.1	0.47	1.00	.	—	1.00	.	—		○	
<b>Race/Ethnicity</b>											
NH AIAN	68.6	4.79	1.08	(0.70-1.67)	0.7405	1.31	(0.84-2.03)	0.2294		◆	
NH Asian	64.7	2.23	0.91	(0.75-1.10)	0.3201	0.93	(0.76-1.13)	0.4433		◆	
NH Black or African American	63.1	1.32	0.85	(0.75-0.95)	0.0053	0.93	(0.82-1.05)	0.2331		◆	
NH NHPi	*	*	0.71	(0.30-1.65)	0.4206	0.87	(0.36-2.07)	0.7509		◆	
NH White	66.9	0.45	1.00	.	—	1.00	.	—		○	
NH Two or More Races	63.3	2.21	0.85	(0.70-1.03)	0.0982	0.94	(0.78-1.14)	0.5399		◆	
Hispanic or Latino	67.0	1.05	1.00	(0.91-1.11)	0.9377	<b>1.14</b>	<b>(1.02-1.27)</b>	<b>0.0170</b>		◆	
<b>Education Level</b>											
Less Than High School	62.9	1.71	1.03	(0.88-1.20)	0.7060	1.03	(0.89-1.21)	0.6748		◆	
High School Graduate	62.2	0.86	1.00	.	—	1.00	.	—		○	
Some College/Associate's Degree	65.2	0.66	1.14	(1.04-1.25)	0.0058	<b>1.11</b>	<b>(1.01-1.22)</b>	<b>0.0305</b>		◆	
College Graduate	70.2	0.57	1.43	(1.30-1.56)	0.0000	<b>1.30</b>	<b>(1.18-1.43)</b>	<b>0.0000</b>		◆	
<b>Region</b>											
Northeast	68.1	0.83	1.12	(1.01-1.24)	0.0273	<b>1.11</b>	<b>(1.00-1.23)</b>	<b>0.0410</b>		◆	
Midwest	65.7	0.73	1.01	(0.92-1.11)	0.8529	1.04	(0.94-1.14)	0.4818		◆	
South	66.7	0.68	1.05	(0.96-1.16)	0.2796	1.09	(0.99-1.20)	0.0869		◆	
West	65.5	0.80	1.00	.	—	1.00	.	—		○	
<b>County Type</b>											
Large Metro	67.0	0.55	1.00	.	—	1.00	.	—		○	
Small Metro	65.7	0.59	0.94	(0.88-1.01)	0.1044	0.98	(0.91-1.06)	0.6092		◆	
Nonmetro – Urbanized	65.8	1.42	0.95	(0.83-1.08)	0.4298	1.04	(0.91-1.19)	0.5446		◆	
Nonmetro – Less Urbanized	66.3	1.36	0.97	(0.85-1.11)	0.6540	1.05	(0.92-1.20)	0.4633		◆	
Nonmetro – Completely Rural	64.5	4.98	0.90	(0.58-1.38)	0.6146	0.97	(0.63-1.48)	0.8704		◆	
<b>Poverty Level</b>											
Less Than 100%	60.6	1.01	0.69	(0.63-0.75)	0.0000	<b>0.75</b>	<b>(0.68-0.82)</b>	<b>0.0000</b>		◆	
100-199%	61.6	0.93	0.72	(0.66-0.79)	0.0000	<b>0.77</b>	<b>(0.70-0.84)</b>	<b>0.0000</b>		◆	
200% or More	69.0	0.44	1.00	.	—	1.00	.	—		○	
Aged 18-22 in College Dorm	*	*	0.80	(0.26-2.50)	0.7019	0.95	(0.31-2.94)	0.9341		◆	

\* Low precision; — = not applicable; no estimate reported.

AIAN = American Indian or Alaska Native; CI = confidence interval; NH = Not Hispanic or Latino; NHPi = Native Hawaiian/Pacific Islander; OR = odds ratio; SE = standard error.

Note: Reference values are in italics and indicated by an open circle (○) in the table. Significant p values (p < 0.05) of adjusted ORs are in bold and indicated by a solid diamond (◆) with marked CIs (I-I) in the table.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.