
**A Holistic Perspective towards Perils of and Pathways to Addiction Recovery in Pakistan:
Exploring Indigenous Factors**

Muhammad Yasir Masood Afaq^{1*}, Tasnim Rehna², Arif Nadeem³

Abstract

A multi-angled approach and formation of a holistic body of insights about drug addiction relapse and recovery is the key objective of this qualitative study. Based on a Constructivist Grounded Theory methodology, a total 40 semi-structured interviews were conducted from 10 recovering persons, 10 relapsed person and 10 chief caregivers of each set of recovering and relapsed persons. Out 20 recovering and relapsed persons, 7 were within age of 18-25, 10 were within 26-35 years of age and 3 respondents were over 35 years of age. Their respective 20 chief caregivers included their parents, siblings, spouses and case managers. Furthermore, 2 Focus Group Discussions (FGDs) were conducted having 4 participants i.e., Psychiatrists, Psychologists, Psychotherapists and Case Managers hailing from Drug Rehab Centers in each group. The digitally recorded interviews were transcribed/translated and further analyzed in NVIVO – Windows. Following the processes of Open, Axial and Selective Coding, five core categories of Familial, Personal, Socio-cultural, Psycho-emotive and Treatment Factors emerged to form the theoretical framework of the substantive grounded theory titled as *Perils of and Pathways to Addiction Recovery*. The theory connects various dimensions of the causal factors and recovery-assuring remedial measures. This framework serves as an indigenous work for developing policy, interventions and treatment. This study reveals contributing factors for the efficacy of different treatment approaches and practices in Pakistan. This five factor theoretical model has high-resolution data driven insights collected from all possible stakeholders of the eco system of falling prey to addiction and recovering from it.

Keywords: Addiction Recovery, Addiction Relapse, Addiction Treatment, Relapse Prevention

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¹*PhD Scholar, Department of Psychology,
National University of Modern Languages,
Islamabad, Pakistan.

²Assistant Professor, Department of
Psychology, National University of Modern
Languages, Islamabad, Pakistan.

³Assistant Professor, Department of Applied
Psychology, Government College
University, Faisalabad, Pakistan.

***Corresponding Author Email:**
yasir@houseofwellness.pk

Introduction

A comprehensive understanding of substance addiction necessitates an examination of its psychological, biological, and societal dimensions. Addiction is influenced by brain mechanisms, including cognitive reinforcement and dopamine modulation, in addition to environmental and inherent character traits (Brody, 2014). The data indicate that substance addiction is a significant global issue, with urban areas being particularly affected.

The prevalence of addiction issues in Pakistan is influenced by socioeconomic status, education, and social attitudes, among other factors. However, addiction is rooted in sociocultural factors that are more profound. Stress, cultural expectations, and familial ties

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all contribute to behavior formation. Although collectivistic family structures in Pakistan foster a sense of unity, they frequently restrict individual freedoms and, in the case of addiction, can lead to familial strife, thereby increasing the likelihood of relapse.

Additionally critical are geodemographic and family unit factors. The prevalence of substance abuse can be attributed, in part, to the absence of social connections and neighborhood support systems. Low-income regions are disproportionately impacted negatively by the drug trade, which in turn affects generations of adolescents whose socioeconomic status makes them more susceptible to substance abuse. Their socioeconomic status does not determine the presence or absence of substance misuse in an individual; factors such as tension, access to resources, and coping mechanisms can influence individuals of high socioeconomic status (National Institute on Drug Abuse, 2019). Particularly in high-stakes industries such as healthcare or aviation, workplace stress is a significant factor in substance abuse.

Addiction engenders enduring mental and physical health complications, thereby demanding the implementation of a comprehensive approach to rehabilitation. In Pakistan, the availability of effective treatments remains an issue. The intricate web of personal, occupational, and social factors all profoundly influences remission, development, and maintenance of an addiction. Incorporating family members into treatment decision-making processes, implementing group therapy, and exploring novel models that prioritize a biopsychosocial approach are all imperative in light of Pakistan's distinctive cultural milieu (Kalavana et al., 2013).

Objectives

The aforementioned research questions paved path for setting the objectives of the study as follows:

- Investigate the correlation between sociocultural elements and the likelihood of successful and long-lasting recovery among individuals recovering from addiction.
- Identify factors that may impede or precipitate relapse among those in recovery.
- Assess the efficacy of different therapeutic interventions, both medicinal and non-medical, implemented in treatment programs throughout the detoxification and recovery phases.
- Comprehend the significance and utility of these interventions.

Research Questions

The literature review identified a certain gap in the area which drove the researcher to come up with following research questions. These research questions are the building blocks of the intellectual framework for this exploratory study.

- In Pakistan, what indigenous factors contribute to an individual's susceptibility to developing a substance addiction?
- Which variables function as "triggers" or "inhibitors" of the recurrence of addiction?
- To what extent do addiction treatment programs in the country utilize treatment approaches that are socially or culturally sensitive, both in formal and informal settings?
- To what extent do different treatment approaches contribute to the success of rehabilitation programs for substance addicts and the recovery process?
- In the context of aftercare scenarios, what are some common conditions that a recovering individual commonly encounters, including both protective and risk factors, and how do these factors affect the recovery process?

Method

Research Design

In pursuit of a profound and contextually rich analysis, this research strategically integrates symbolic interactionism, and employs Strauss and Corbin's (1990) systematic process version of Grounded Theory (GT). The selection of this specific research design is driven by its unique suitability for exploring the complex sociocultural factors influencing addiction and the recovery process in the context of Pakistan.

The chosen research design assures a comprehensive understanding and an in-depth investigation of subjective realities and participant-centric perspectives within the distinctive sociocultural milieu of Pakistan. The adoption of the systematic procedural version of GT reflects the researcher's deliberate choice for a robust and iterative approach to data analysis. This strategic choice enables the study to unravel the intricate dynamics associated with addiction and recovery in a manner that aligns with the nuances of the chosen sociocultural context.

Researcher Description

The researchers' credentials in this study are impeccable in addiction therapy and research, making them an ideal match for the subject matter. Their profound expertise and experience in addiction significantly influenced the research's methodology and design. The researchers utilized their deep understanding and experience in addiction treatment to assist in developing interview aides, thereby guaranteeing participant sensitivity and relevance (Lauridsen & Higginbottom, 2014; Lincoln & Guba, 1985). Their profound prior knowledge and extensive academic and practical experience in addiction and rehabilitation significantly influenced the course of the study. Extreme caution was exercised during data collection and analysis to mitigate the influence of these preconceived notions. A deliberate effort was exerted to maintain objectivity and prevent

the formation of assumptions that may have impeded the investigation of the narratives provided by the participants.

Despite possessing considerable expertise, the researchers maintained an impartial perspective throughout the investigation. They recognized the significance of refraining from imposing their views on the participants and allowing their experiences to shape the outcomes. The objective of this approach was to prevent the researchers' preconceived conceptions from constraining or overpowering the diversity of perspectives articulated by the participants, thereby facilitating the collection of more comprehensive and nuanced data.

Sample and Recruitment Process

In qualitative research, the concept of theoretical saturation significantly impacted the decision to cease data collection. Shaheen and Pradhan (2019) state that implementing this method ensured that the data collected during the iterative coding process of Grounded Theory (GT) would not produce any new insights or information. Additional data collection on the investigated phenomenon would not contribute to our understanding of it now. By employing this methodology, it was evident that the research had conducted an extensive examination of the subject matter, leading to a profound understanding of addiction and recovery as they pertain to the cultural and social context of Pakistan. To reach a robust sample, 10 in-depth interviews were conducted each from recovering and relapsed persons and 10 in-depth interviews were conducted with their Following is the sample structure and size for this study:

- 10 IDIs {in-depth interviews} with recovering persons
- 10 IDIs with relapsed persons
- 10 IDIs with care providers of recovering persons
- 10 IDIs with care providers of relapsed persons

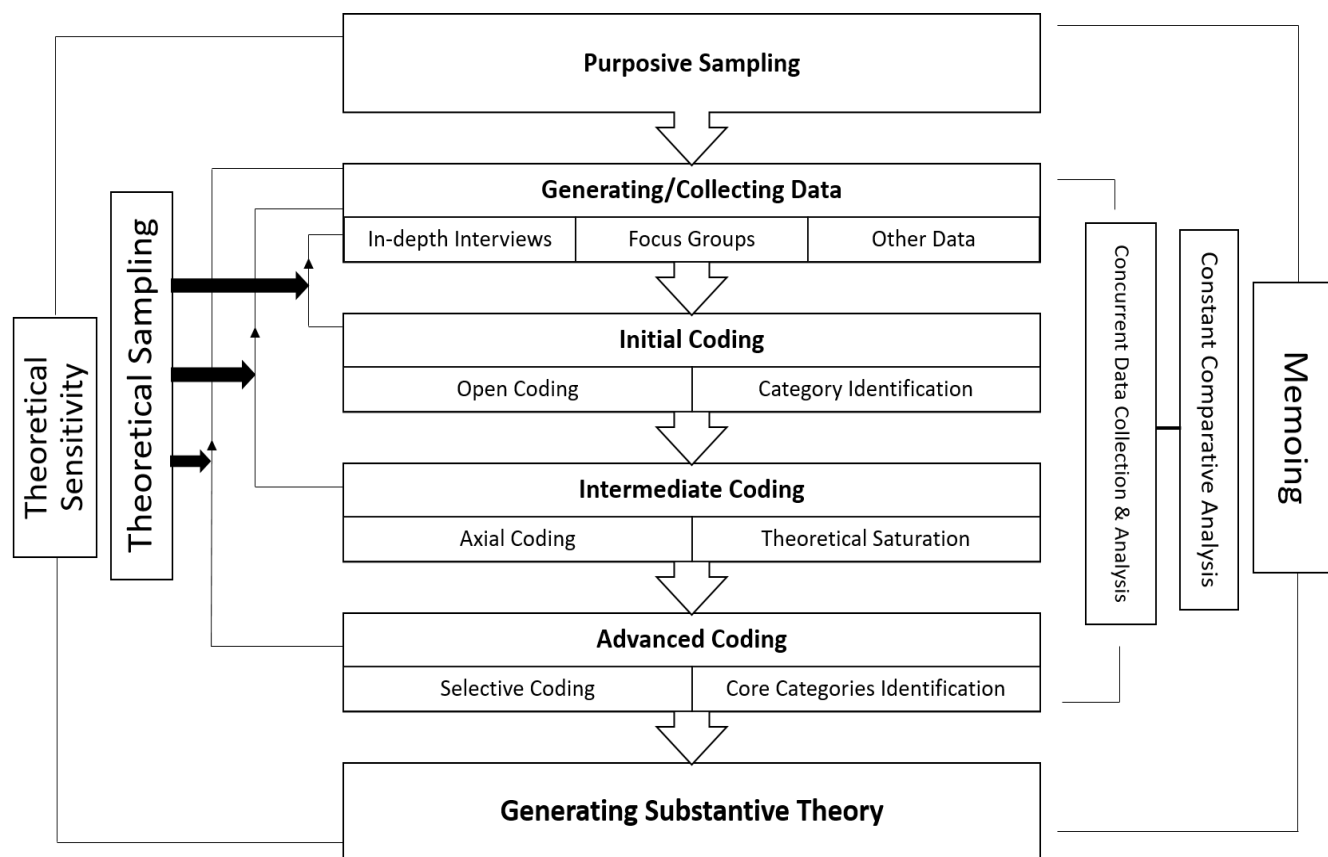
- 2 FGDs (Focus Group Discussions) with experts of addiction treatment process including psychologists, case managers, owners of rehabs, psychiatrists and medical officers.

The determination of the sample size was rooted in the goal of achieving theoretical saturation during the coding process within Grounded Theory. Specifically, the sample size aimed to comprehensively represent various populations involved in rehabilitation and addiction processes. To address the diversity of experiences associated with substance addiction and recovery in Pakistan, the inclusion criteria categorized participants into three distinct groups: individuals who had successfully recovered, those who had relapsed, and those who provided care.

To ensure the suitability and communication proficiency of all participants, exclusion

criteria were established, excluding individuals with severe intellectual disabilities, speech impairments, or drug-induced psychosis from the screening process (Morse, 2010). This strategic approach to participant selection aligns with the overarching research aim of capturing a nuanced and diverse range of perspectives within the sociocultural context of addiction and recovery in Pakistan.

Including case managers and clinicians in the treatment process was facilitated by the strategic application of theoretical sampling in situations where primary caregivers could not provide adequate insights. By incorporating a diverse array of viewpoints, this approach contributed to the improvement of the study's conclusions concerning addiction and recovery in Pakistan.

Figure 1*A Visual Representation of Grounded Theory Methods & Process***Respondents' Selection**

Participants for this study were selected using purposive sampling, a method that systematically divides individuals into three categories: those in recovery, those who have relapsed, and caretakers. The sample strategy was deliberately chosen to encompass a broad range of experiences associated with addiction and healing in the sociocultural context of Pakistan.

Inclusion Criteria

The inclusion criteria were meticulously deliberated to ensure the selection of individuals capable of providing valuable insights for the study. Individuals were deemed to have achieved recovery status when they had sustained abstinence from their substance abuse for a minimum of one

year and were capable of resuming their customary societal responsibilities without encountering any adverse consequences. On the other hand, relapsed individuals encompassed a variety of experiences following recovery; they were characterized as those who resorted to substance use again within a year of completing treatment. Additionally, caregivers were selected primarily from within the patients' families or from actively involved healthcare providers.

Exclusion Criteria

We established exclusion criteria to maintain the quality and relevance of the participant contributions. Individuals who were classified as having severe intellectual disabilities, communicative impairments, or drug-induced severe psychosis were

excluded from the study. Furthermore, the research failed to incorporate caregivers who were either unapproachable due to their distance or lacked the necessary expertise to provide insight into the challenges encountered by individuals in recovery or who had relapsed.

In situations where primary caregivers could not furnish adequate information, the researchers resorted to theoretical sampling, a method that permits the inclusion of participants to the evolving needs of the study (Conlon et al., 2020). Due to this, case managers or therapists who were members of the treatment team could have been incorporated into the study, thereby expanding its scope and depth of perspective.

Data Collection

In-depth interviews and focus group discussions (FGDs) constituted the primary qualitative methods utilized to collect data for this study (Scotland, 2012). By employing these methodologies, we successfully extracted comprehensive testimonies from participants concerning their individual experiences with substance abuse, rehabilitation, treatment efficacy, and post-treatment within the social and cultural milieu of Pakistan.

The data collection strategy underwent only minor modifications; instead, the primary emphasis was improving the interview instructions in response to novel findings. The preliminary interview protocols were formulated in light of the sociocultural

factors that influence addiction and rehabilitation. A few modifications were implemented to delve more extensively into specific themes during data collection and preliminary analyses. However, these modifications were executed subtly to delve further into unexplored topics without altering the interviews' central theme or structure (Yilmaz, 2013).

In order to facilitate a comprehensive exploration of the participants' experiences, the in-depth interviews varied, typically ranging from sixty to ninety minutes. A similar approach was taken with the 90- to 120-minute focus groups, which were comprised of members who were encouraged to contribute and hear a range of viewpoints. We endeavored to incorporate a broad spectrum of viewpoints regarding addiction and recovery when formulating these interview inquiries. The interview queries were primarily concerned with the personal narratives of the participants, the factors that triggered their addiction, the challenges they faced during their recovery, the effectiveness of the treatment, and the influence of socio-cultural variables. The participants were motivated to candidly recount their experiences and provide narratives in their verbiage due to the predominantly open-ended nature of the inquiries. Refraining from imposing predetermined responses or limiting the scope of participants' recollections, this approach aimed to elicit subjective and comprehensive insights.

Table 1*Socio-demographics of Participants (N=40)*

	Respondents	Age (Year)	Education	Marital Status	Occupation	Caregiver Interviewed
Recovering Individuals	RC-1	20	Matriculation	Unmarried	Student	Mother
	RC-2	24	Intermediate	Divorced	Business	Mother
	RC-3	35	Matriculation	Unmarried	Govt. Job	Father
	RC-4	26	Undergraduate	Married	Pvt. Job	Father
	RC-5	27	Intermediate	Unmarried	Unemployed	Therapist
	RC-6	18	Matriculation	unmarried	Self Employed	Brother
	RC-7	28	Under Matric	Married	Pvt. Job	Wife
	RC-8	34	Under Matric	Unmarried	Skilled Labor	Wife
	RC-9	21	Under Matric	Unmarried	Student	Mother
	RC-10	24	Under Matric	Unmarried	Pvt. Job	Father
Relapsed Individuals	RL-1	29	Graduation	Married	Pvt. Job	Therapist
	RL-2	57	Under Matric	Married	Self Employed	Wife
	RL-3	35	Undergraduate	Divorced	Unskilled Labor	Sister
	RL-4	32	Graduate	Unmarried	Govt. Job	Therapist
	RL-5	21	Intermediate	Unmarried	Student	Therapist
	RL-6	30	Undergraduate	Divorced	Business	Wife
	RL-7	19	Intermediate	Single	Student	Therapist
	RL-8	65	Under Matric	Unmarried	Pvt. Job	Brother
	RL-9	32	Masters	Unmarried	Pvt. Job	Sister
	RL-10	55	Graduate	Married	Unemployed	Mother

Table 2*Composition of Focus Group Discussions (N=8)*

Focus Group Discussion – 1 (4 Participants)	General Practitioner	Rehab Manager	Case Psychologist	Psychologist
Focus Group Discussion – 2 (4 – Participants)	Psychiatrist	Psychotherapist	Psychologist	General Practitioner

Data Analysis**1. Treatment Factors: The Remedial Measures**

This study uses qualitative data from stakeholder interviews to evaluate addiction and recovery treatment components. Aligned with the tenets of grounded theory, this approach involves conducting interviews with individuals who have personally experienced substance addiction, rehabilitation, and relapse. Caregivers and

experts in the field are also consulted to gain additional perspectives.

1.1 Understanding Treatment Dynamics

The study investigates treatment-related facets, providing insight into the intricate nature of substance addiction. Qualitative data originating from experts, caregivers, and individuals who have personal experience with addiction are highly valuable in facilitating a comprehensive comprehension.

1.2 Exploring Therapeutic Insights

Through the examination of recurring themes within the therapeutic environment, grounded theory illuminates both the advantages and disadvantages of substance addiction treatment. Supplementary perspectives enrich the research by providing a holistic understanding. The research holds practical implications because it focuses on evidence-based solutions integrating interview findings.

1.4 Factors Influencing Treatment Effectiveness: Personal and Familial Dynamics

Personal and familial attributes significantly influence the treatment's effectiveness. We explore the significance of a strong therapeutic alliance, the problem of substance users lacking motivation, and questionable treatment modalities. The crucial role of the therapist is underscored as they deliberate on sustaining intrinsic motivation in the face of diverse circumstances or situations.

1.5 Resentment against the Treatment Process

Resentment has a substantial detriment to treatment outcomes. Substance abusers' negative attitudes are influenced by several factors, including ethical dilemmas and malpractices, which are examined in the article. Relapse may result from unfavorable treatment experiences, which emphasizes the importance of maintaining an optimistic outlook.

1.6 Willingness for the Treatment

For treatment to be effective, self-assurance is vital. Critical factors for effective treatment encompass distinguishing between voluntary and involuntary interventions, establishing an inclusive atmosphere at treatment facilities, upholding an open-door policy, and cultivating individual motivation.

2. Personal Factors: *The Inner World*

The interplay of personal circumstances significantly influences the trajectory of

addiction and recovery within the intricate interior world of an individual. These narratives illustrate how the consequences of substance abuse on children are exacerbated, whether as a result of their fathers' absence or other external factors. This investigation demonstrates that familial ties have a substantial effect on the rehabilitation process and the likelihood of relapse. Parental involvement in their children's recovery is crucial. We will now discuss how parents manage their severe mental illness, the fact that they are the primary caregivers for their children, and how this impacts their recovery. By examining the fundamental category, this inquiry underscores the importance of parental care and the indispensability of establishing nurturing domestic environments to facilitate enduring recovery.

2.1 Relapsed and Recovering Persons

In this section, the effects of family dynamics on individuals combating addiction are examined in depth. These narratives illustrate how the repercussions are exacerbated when children begin abusing substances, whether due to the absence of their father or because they feel compelled to. The consequences of these relationships are examined in the section devoted to familial considerations. Based on the provided accounts, it is evident that familial ties substantially influence the lives of individuals who are in recovery and those who are relapsing. It becomes evident that nurturing family environments is crucial in the recovery process, underscoring the significance of creating such spaces.

2.2 Chief Caregivers of Relapsed and Recovering Persons

This segment of the analysis shifts focus to the pivotal role that parents play as primary carers throughout the rehabilitation processes of their children. A comprehensive examination is conducted into the intricacies of managing a parent's severe mental illness, focusing on the difficulties that rehabilitation

encounters. The research emphasizes the significance of parental engagement and effective family management to mitigate the likelihood of a reoccurrence. We offer guidance to carers regarding effective ways to support their loved ones throughout the rehabilitation process. The findings indicate that a caring family unit is critical for an individual's recovery.

2.3 Medical Practitioners and Therapists of Recovery Rehabs

Many factors influence the success rate of substance addiction treatment centers, and this segment of the report provides an exhaustive analysis of each one. Positive therapeutic connections, the support of loved ones, and genuine care are essential elements of effective rehabilitation. The significance of comprehension and compassion within the therapeutic alliance is underscored, with specific attention paid to the active participation of substance users throughout the rehabilitation process. Significant viewpoints are presented to healthcare professionals and counselors to enhance their comprehension of effective approaches within the recovery framework. This chapter provides a more comprehensive understanding of the recovery process by elucidating the interplay between physicians, therapists, and patients.

3. Socio-Cultural Factors: The World Around

3.1 Important Life Events

Through an examination of the impact of significant life events on addiction and recovery, this research segment assesses the viability of "tough love" as a potential therapeutic approach for substance addiction. The inquiry underscores the significance of families maintaining assertiveness and establishing boundaries perceived as demonstrations of affection. It has been discovered that factors such as familial involvement, educational initiatives, and active therapeutic engagement are associated

with treatment efficacy. According to the study's findings, these auxiliary factors are crucial in assisting individuals to recover from catastrophic losses. The research illuminates the significance of established boundaries and familial support about the efficacy of addiction treatment by examining the intricacies of major life occurrences.

3.2 Circumstantial Factors

This segment provides an in-depth analysis of the substantial influence that dysfunctional family relationships have on the development and persistence of addiction. The findings indicate that comprehensive support and educational systems are a necessity. This statement underscores the intrinsic correlation between family dynamics and experiences of addiction, thereby explaining the complex interplay between addictive behaviors and family contexts. The research findings emphasize the critical nature of recognizing and understanding the myriad environmental factors contributing to addiction. Further, the analysis posits that this understanding should be the foundation for developing efficacious intervention methodologies. By examining contextual elements, the study imparts critical insights to readers regarding the substantial impact that the environment has on addiction and, consequently, strategies for its recovery.

Psycho-Emotive Factors: *Their Interaction with the World*

With a focus on drug exposure, this core category investigates the ever-changing interaction between people and their environments. Advocating for a comprehensive therapeutic strategy that incorporates lifestyle modification during rehabilitation, and stressing the significance of parental understanding when it comes to tackling substance addiction in the family. This research sheds light on several elements that effect addiction and rehabilitation through an analysis of substance exposure, which gives a critical critique of standard

treatment procedures. "Perceived Challenges and Opportunities" delves at the intricate relationship between religion, spirituality, and substance addiction in Pakistan. This study sheds light on the complicated web of factors that impact addiction and rehabilitation, adding to our understanding of the difficulties associated with addiction in Pakistan.

4.1 Exposure to Drugs

This investigation primarily centers on substance exposure due to its fundamental importance in understanding the intricate dynamics between individuals and their environments. When addressing substance abuse within the household, the research highlights the criticality of parental comprehension. The research findings provide evidence in favor of an all-encompassing therapeutic approach that surpasses conventional methods and emphasizes the critical importance of lifestyle modification during rehabilitation. The primary aim of this approach is to assess an individual's broader lifestyle choices alongside their specific substance use. By investigating drug exposure, the study provides vital insights that challenge traditional treatment approaches and contribute to a more comprehensive understanding of the factors influencing addiction and rehabilitation.

4.2 Perceived Challenges and Opportunities

This segment explores in depth the intricate network of relationships that exists between religion, substance abuse, and spirituality in Pakistan. According to the study's findings, spirituality plays a crucial and potent role in the healing process. The findings of the study unveil an intricate web of factors encompassing social and environmental dimensions, which significantly impact both addiction and rehabilitation. This study contributes to our comprehension of the intricate and multifaceted nature of addiction

in Pakistan by shedding light on the challenges and opportunities that arise from these factors. This research illuminates the interplay between religious, societal, and environmental elements in influencing the lives of people with an addiction in Pakistan, contributing significantly to the understanding of their struggles.

4. Familial Factors: *The Support System*

With a focus on drug exposure, this core category investigates the ever-changing interaction between people and their environments. Advocating for a comprehensive therapeutic strategy that incorporates lifestyle modification during rehabilitation, and stressing the significance of parental understanding when it comes to tackling substance addiction in the family. This research sheds light on several elements that effect addiction and rehabilitation through an analysis of substance exposure, which gives a critical critique of standard treatment procedures. "Perceived Challenges and Opportunities" delves at the intricate relationship between religion, spirituality, and substance addiction in Pakistan. This study sheds light on the complicated web of factors that impact addiction and rehabilitation, adding to our understanding of the difficulties associated with addiction in Pakistan.

5.1 Opting for Drug Abuse as a Reaction/Submission

This section explores in depth the intricate interplay of personal circumstances and decisions that motivates individuals to resort to substance use as a coping mechanism or as a means of surrendering. This methodology involves a critical examination of the interplay between familial dynamics and an individual's vulnerability to addiction. The primary focus is determining the relationship between risk-taking tendencies and complex family relationships. The results underscore the significance of intrinsic motivation in the intricate progression of addiction. This

condition is additionally impacted by diminished self-esteem, flawed personal attributes, and sentiments of insufficiency. The study illuminates the intricate dynamics between familial influences and an individual's choices concerning substance addiction through an examination of these various vantage points.

Furthermore, this inquiry recognizes the existence of familial influences that extend beyond those exclusively associated with addiction. How an individual responds to emotional challenges, tension, and other types of adversity is influenced by the context of their family. To obtain a more comprehensive understanding of how family dynamics impact an individual's journey through addiction and recovery, it is imperative to unravel these complex networks of influence.

5.2 Clinging to Triggers or Inhibitors of Addiction

Comprehending emotional reactions is of the utmost importance; this segment centers on the intricate psycho-emotional elements that significantly influence the process of recovering from addiction. This research investigates the relationship between prior emotional trauma and the likelihood of relapse as well as the development of addiction. Enhanced comprehension of the intricate emotional dimensions of addiction results from the study's exhaustive analysis of these cognitive elements. Acknowledging the individuality of feeling responses throughout the process of recovering from addiction emphasizes the critical importance of targeted therapeutic interventions that address the underlying issues.

Understanding the complexity of addiction rehabilitation requires an examination of how individuals hold to emotional inhibitors or triggers. The individual's capacity to navigate the challenges of recovery is significantly impacted by their emotional responses, which are shaped by their previous

encounters, traumatic experiences, and coping mechanisms. Therefore, by comprehending the emotional intricacies of addiction rehabilitation in-depth, this segment facilitates the development of more effective and individualized treatment plans.

5.3 Exercising Conviction and Resilience as a Coping Strategy

This study segment emphasizes the criticality of engaging in recovery programs and implementing lifestyle modifications as coping mechanisms against relapse. It highlights the significance of self-reflection and independent investigation in forming resilience and conviction. According to the research, these are the most crucial things that can assist a person in regaining their footing following a setback because they give their lives meaning and purpose.

Furthermore, the research acknowledges that cultivating determination and resilience necessitates a voyage that is inwardly focused, characterized by a fear of failure and heightened self-awareness regarding one's behaviors. Continual rehabilitation for the individual is contingent upon this introspective element. The research offers valuable insights for individuals attempting to devise sustainable recovery strategies by analyzing various coping mechanisms.

Reference groups, which might consist of loved ones, acquaintances, and neighbors, play a major role in understanding the intricate dynamics between addiction and rehabilitation. The real-life stories offered give lawmakers and practitioners a firm foundation to design effective and humane addiction intervention programs, further explaining how these communities affect the complexities of addiction and rehabilitation. Results from dozens of interviews with experts, carers, and relapsed addicts show that different demographics face different challenges and have different resources to help them overcome them. By highlighting the significance of social dynamics and the

collaborative character of rehabilitation, the story acknowledges the multifaceted nature of human relationships to foster more exact remedies.

Findings

The qualitative findings of this investigation, which emerged from a comprehensive examination of the collected data, revealed recurring themes that collectively influenced the development of a grounded theory entitled "Perils and Pathways to Addiction Recovery." Foulds et al. (2017) present an emergent theoretical framework that is based on qualitative data and illustrates the complex interaction between internal and external factors that impact addiction and the process of recovery.

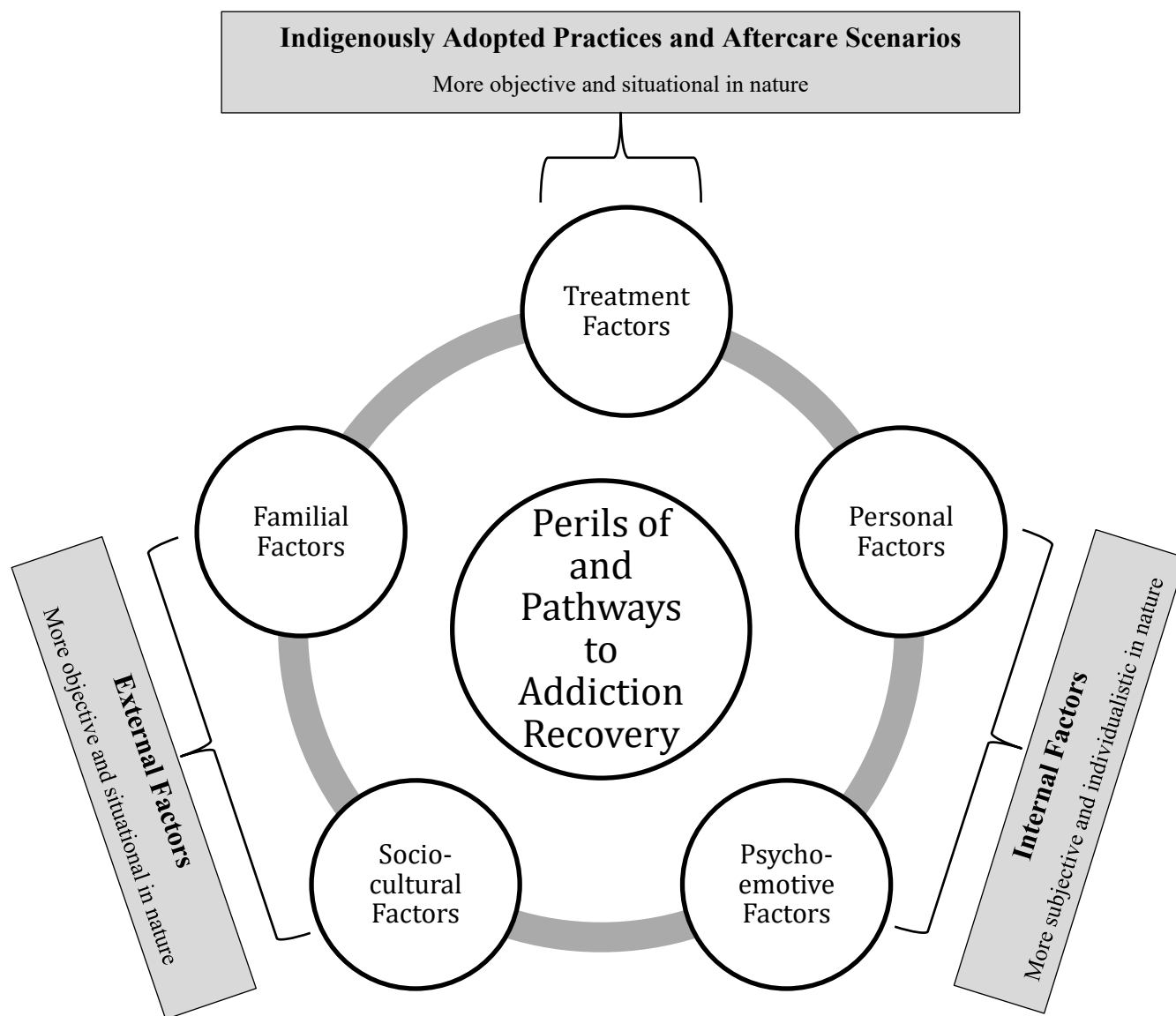
The primary discoveries are consistent with previous investigations into addiction and recovery, emphasizing the critical role that family members play in rehabilitation and preventing relapse, the impact of socioeconomic status on the ability to remain in treatment, and the intricate connection between education and substance use or relapse. Significant predictors of relapse were identified, including dosage, prolonged exposure, history of injecting, multiple attempts to cease, and heroin use as the preferred substance. Furthermore, the research illuminated the increased vulnerability of individuals who have previously been incarcerated or have criminal records to relapse. It also explored the consequences of failing to adhere to family

values and a history of maltreatment on the likelihood of relapse.

The prevalence of drug addiction in Pakistan was a subject of investigation by Aslam et al. (2014), who identified several contributing factors: affordable drug prices, unemployment, inadequate parental supervision, and the indifference of community leaders. Physical health, emotional resilience, coping mechanisms, vigilant parenting, a safe social environment, and a positive school climate were identified as preventive measures.

Sample selection is a critical aspect of qualitative research. To guarantee that participants had a comprehensive comprehension of the social phenomena being investigated, this study utilized purposive sampling (Morse, 2010). Grounded theory research places its emphasis on the specificity of data in accordance with the objectives of the study through the use of theoretical sampling (Harris, 2015).

The grounded theory titled "Perils of and Pathways to Addiction Recovery" presents itself as an all-encompassing framework that effectively depicts the complex interplay of various elements and dynamics that impact addiction and the process of recovery, particularly in the distinctive sociocultural milieu of Pakistan. By providing additional framework and significance to the qualitative results, this theoretical model enhances comprehension of the intricate nature of addiction and the process of recuperation.

Figure 2*Theoretical Framework of Cardinal Postulates of Substantive Theory***Discussions**

This preliminary section can offer a systematic breakdown of how the study aligns with its objectives. Begin by elucidating the research objectives and subsequently discussing how each objective is corroborated by the study's findings. This will add substance to the discussion, offering a nuanced exploration of how the grounded theory evolved in response to the research

questions. It sets the stage for a comprehensive understanding of the study's implications and contributes to the overall narrative flow of the discussion.

Relevance of Findings to Study Objectives

Upon conducting an in-depth exploration of substance addiction and recovery in the socio-cultural milieu of Pakistan, the research study unveils a comprehensive grounded theory titled "Perils of and

Pathways to Addiction Recovery." This new core category theory, according to Foulds et al. (2017), reflects the intricate interplay between environmental and internal factors that occurs during the healing process. Given the significant influence of religious convictions, familial relationships, and societal disapproval, the grounded theory framework aligns seamlessly with the research objectives of comprehending the socio-cultural impacts on addiction rehabilitation.

Linking Grounded Theory with Existing Literature

By utilizing contemporary literature, the grounded theory "Perils of and Pathways to Addiction Recovery," which was developed in this study, establishes a comprehensive understanding of substance addiction. The study's findings are consistent with the suggestion made by Hussein et al. (2017) to reduce preconceived notions and establish a basis grounded in empirical evidence. By integrating perspectives from individuals who have experienced addiction, those who provide care, and practitioners of healing, the theory improves upon its dependability and applicability. Similar to the results reported by Foulds et al. (2017) and Atadokht et al. (2015), this study highlights the importance of psychological attributes and the influence of personal factors on treatment efficacy. This research aligns with the extant body of literature concerning familial influences, establishing a correlation with the observations made by Atadokht et al. (2015) regarding family dynamics and support. Positive psychology principles are consistent with the emphasis on psycho-emotional factors, particularly Seligman's (2002) emphasis on meaning and purpose. Seligman's progression is mirrored in the study's investigation of an addict's attachment to delights and the consequences of leading a life devoid of meaning. The grounded theory's credibility and

dependability are enhanced by the adherence to Atadokht et al.'s (2015) acknowledgment of the rigorous data collection and analysis procedures. The profundity of the qualitative design enables an investigation into personal, cultural, and familial elements that contribute to addiction and recovery, thereby bolstering the credibility of the theory. The grounded theory's credibility and applicability are bolstered by its integration with prior scholarly works, thereby furnishing a comprehensive comprehension of substance addiction and rehabilitation within the particular setting of Pakistan.

Limitations and Recommendations

Nonetheless, constraints must be taken into account. While grounded theory offers valuable insights into the intricate nature of addiction treatment in Pakistan, it is prudent to exercise prudence when extrapolating its conclusions to culturally diverse settings. It is crucial to acknowledge the extensive spectrum of transferability. The challenge of extrapolating research findings to different cultural contexts arises from the considerable diversity in family structures, social mores, and regional cultural practices (Weinandy & Grubbs, 2021).

Users are advised to exercise caution when extrapolating these findings beyond the context of Pakistan due to the unique sociocultural influences that affect addiction and the process of recovery. Further research should comprise participants from a more diverse array of cultural contexts in order to validate and expand the applicability of the grounded theory. It is essential to conduct comparative research across multiple cultural contexts in order to identify similarities and differences and enhance understanding of addiction treatment.

Implications and Consequences for Practice and Policy

The policy implications of this research emphasize the criticality of personalized treatments that consider individual, societal,

and familial factors within the realm of addiction and recovery (Sari et al., 2021). Policy frameworks that incorporate measures to confront social stigmas and recognize the significance of family involvement in rehabilitation would be more efficacious in their endeavors to assist individuals in managing addiction. Additionally, treatments that emphasize the importance of internal motivation and caregiver involvement may have a substantial impact on treatment efficacy.

One of the possible practical implications of the study is that addiction recovery programs could adopt a familial and culturally sensitive approach. Establishing a bond of compassion and self-assurance between the clinician and client are fundamental pillars of effective therapy.

In conclusion, after conducting an extensive examination of addiction and recovery in Pakistan, it is critical to recognize the merits and drawbacks of this study. Enhancing global comprehension and management of addiction necessitates the judicious application and interpretation of results across diverse settings, in addition to the design of subsequent investigations that strive for greater cultural inclusivity (Obeng, 2021).

Contribution of Authors

Muhammad Yasir Masood Afaq: Conceptualization, Investigation, Methodology, Data Curation, Formal Analysis, Writing – Original Draft

Tasnim Rehna: Methodology, Writing - Reviewing & Editing, Supervision

Arif Nadeem: Methodology, Writing - Reviewing & Editing

Conflict of Interest

There is no conflict of interest declared by the authors.

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Data Availability Statement

The datasets of the current study are not available publicly due to ethical reasons but are available from the corresponding author [M.Y.M.A.] upon the reasonable request.

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