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Service to Others in Sobriety (SOS)

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Abstract

Alcoholics Anonymous participation has been measured in addiction research, but few validated tools distinguish components of this multi-dimensional construct. This study provides psychometric findings for the scale “Service to Others in Sobriety (SOS)”, a brief assessment of AA-related helping (AAH). Data are derived from a sample of treatment-seeking alcoholics, and SOS validity and response stability is reported by using a test-retest sample. Findings demonstrated adequate psychometric properties of the SOS, including convergent validity, internal consistency ($\alpha=0.92$) and test-retest reliability ($r=0.94$). The SOS is a valid measure of AAH activities pertinent to the daily lives of recovering alcoholics.

Keywords

service; AA-related helping; substance use disorders; 12-step programs

Giving, helping, volunteering, being of service, unselfishness, goodwill—whatever the term, human beings worldwide engage in generous, altruistic behavior toward others. While such acts are, by definition, performed without expectation of external reward or reciprocation (Zemore & Pagano, 2009), they nonetheless provide specific benefits to the helper.