Introduction
• Young adults on a college campus who are in recovery from substance use disorders face high temptation and risk for relapse.
• Collegiate recovery programs are becoming increasingly popular on campuses nationwide.
• Therapies offered in these types of programs include meditation, yoga, art, and music to build resilience and healthy coping mechanisms1–5.
• Nutrition plays an important role in recovery and individuals in recovery have shown unhealthy eating patterns6,8.
• Determining the eating patterns and coping mechanisms of students in recovery is important to inform nutrition interventions.

Objective
• To describe characteristics of individuals in a collegiate recovery program and investigate correlates of mental health and eating patterns prior to a nutrition intervention.

Methods
• A 76-item survey was distributed to individuals in a Collegiate Recovery program that included:
  • Eating Pattern Questionnaire
  • Beck Anxiety Inventory
  • Patient Health Questionnaire (PHQ-9)
  • Brief COPE
  • Severity of Dependence Scale
  • Brief Substance Craving Scale
  • Brief Resilience Score.
• Individuals were asked to report their overall health, height, and weight.
• Frequency and bivariate analyses were conducted to determine significance of variables.

Results
Mental Health Scores of Students in a Collegiate Recovery Program

<table>
<thead>
<tr>
<th>Depression</th>
<th>Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Score</td>
<td>8.56</td>
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</tbody>
</table>

Figure 1. Mean Mental Health Scores. Depression was measured using the Patient Health Questionnaire and anxiety was measured using the Beck Anxiety Inventory. (n = 9)

Conclusion
• These results indicate the potential influence of eating behaviors, coping behaviors, and resilience on improving mental health disorder symptoms and recovery outcomes.
• Future work will analyze the effects of implementing a nutrition intervention to further enhance recovery.

Works Cited