

Citation: Galanter, M., White, W., Hunter, B., & Khalsad, J. (2024, in press) Internet-based, continuously available Narcotics Anonymous meetings: a new resource for access to Twelve Step support for abstinence. *The American Journal of Alcohol and Drug Abuse*. <https://doi.org/10.1080/00952990.2024.2309648>

THE AMERICAN JOURNAL OF DRUG AND ALCOHOL ABUSE  
<https://doi.org/10.1080/00952990.2024.2309648>



## ABSTRACT

**Background:** A Zoom-based website was developed in 2020 that offers continuous access to online Narcotics Anonymous (NA) meetings for the first time. This website provides immediate access for persons with substance use disorder to support abstinence from substance-related addictive disorders.

**Objectives:** This study is designed to characterize attendees employing this online format; to evaluate their experiences for gaining support to maintain abstinence; and to compare the 24/7 experience to face-to-face (FF) meetings they attend.

**Methods:** An anonymous 33-item survey was made available on the 24/7 NA website that links to the 24/7 meetings. Persons accessing the site could choose to fill out the survey.

**Results:** 530 respondents completed the survey (64.9% female/35.1% male). Most had stable prior involvement in NA. They had attended more 24/7 meetings (14.9, SD 19.7) than FF meetings (4.6, SD 7.8) in the previous month. 86% had previously attended FF meetings, 48% had served as sponsors, and 92% reported that the 24/7 meetings were more comfortable for them than the FF meetings ( $p < .001$ , Cohen's  $d = 0.65$ ) and more supportive of abstinence ( $p < .001$ , Cohen's  $d = 0.91$ ). Of the respondents, 8% were still using drugs, of whom 52% had previously completed some of the Twelve Steps.

**Conclusions:** The 24/7 format provides a new and easily accessible way for NA members to gain support for abstinence and is positively rated by attendees seeking support for recovery from substance use disorders. It may serve as a valuable adjunct to the traditional FF format.