Abstract for poster presentation

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"Might relapse today" - The categorization of discussions in the r/benzorecovery subreddit

Introduction

The social media platform Reddit is a contemporary context where we have an opportunity to identify problems experienced by people regarding different aspects of life. The platform is virtually anonymous which might make users discuss their problems more freely. Reddit is divided in subreddits where different subjects are discussed and the discussions are controlled by creators and moderators. I have identified a quite active subreddit targeted towards recovering addicts of benzodiazepines; r/benzorecovery. Using a method of categorization and metadata mark-up, which I will describe below, we could gain a good understanding of the problems among recovering benzodiazepine addicts. We will also have the possibility to identify concepts that addicts themselves discuss and relate these to social and medical professional concepts thus creating better possibilities of communication between professionals and clients.

Objectives

* To analyze strategies of recovery in user narrative

* To identify techniques commonly used and the how they are described

* To construct metadata in order to assess how frequent the discussion of a different techniques are

Method

Categorization of discussions is a way of identifying the lay of the land within a certain subject. Technically, what is done in this study, is adding mark-up metadata to different discussion. A rudimentary form of analysis suitable with a larger digital corpus The words added is what commonly is known as content metadata (Gilliland Swetland 2000). The metadata is constructed through a hermeneutical method in which the researcher analyses the subreddit in two phases – first

by identifying categories and then by sorting posts into one or more category. Reddit gives us the possibility to print or scrape 1000 sorted posts from each Subreddit. To gain a good preliminary view of which subjects that are discussed by the participants in the subreddit, for example 10% or one hundred posts, could be analysed. Other studies regarding drug-use and discussions on Reddit have used a quantitative approach where trends in use et cetera are identified (Pandrekar et al 2018 , Lu et al 2019). The study described here is targeted towards another kind of knowledge more related to the actual discussions, not towards trends in discussion.

Results

What could be the result of such a study? One subject that is discussed in the r/benzorecovery subreddit is DIY-tapering; different ways for the addict to limit drug use by using less of the preserverd substances. This kind of analysis would let us know 1) how common are these kinds of discussions in relation to other subjects in the subreddit? 2) Is tapering commonly discussed in posts that are classified with another metadata. Withdrawal syndromes could be an easy guess – but other findings could be more interesting. Different kind of exercises like Yoga? Other substances used to ease the tapering process? All such connections would be visible with a categorization using hermeneutically constructed metadata.

Bibliography

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Relates to the topic: Addictive Disorders, Others,