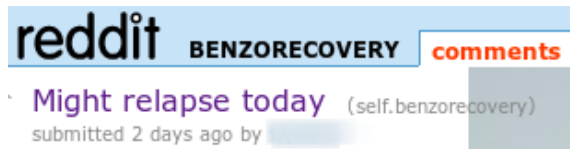


“Might Relapse Today” – The Categorization of discussions in the r/benzorecovery subreddit

INTRO 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 present.



METHOD

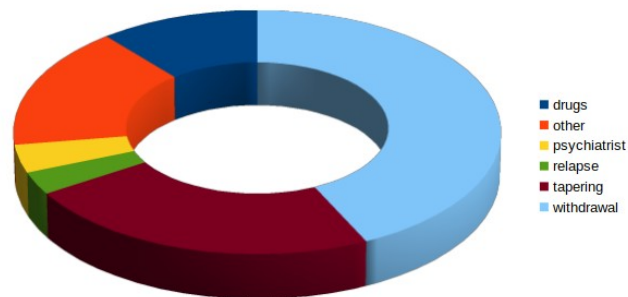
Categorization of discussions is a way of identifying the lay of the land within a certain subject. Technically, what is done in this study, is adding mark-up metadata to different discussion. A rudimentary form of analysis suitable with a larger digital corpus. The words added is what commonly is known 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.

CREATING CATEGORIES

After analyzing 100 of the upper posts these categories have been created:

- * drugs (other than benzodiazepines)
- * other (rants et cetera)
- * psychiatrist (contact with)
- * relapse
- * tapering
- * withdrawal

RESULTS



<https://www.reddit.com/r/benzorecovery/>

Over 25 000 followers, existed for 7 years
A recovery-related subreddit for recovering benzodiazepine users. Share your experiences, ask for advice, offer support, and discuss recovery. Please keep discussions civil, and carry the message to the addict who still suffers. Come check out our Discord. Be sure to check out the benzobuddies community forum!
Other subs to check out:
/r/benzodiazepines
/r/redditorsinrecovery
/r/opiatesrecovery
/r/naaa
/r/atheisttwelvesteppers
/r/selfmedicate

Bibliography

*Gilliland-Swetland, Anne j (2000)
“Introduction to Metadata: Setting the stage”

*r/benzorecovery



More information? Follow the QR-code for a website with explanations of categories, original files et cetera.

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His research is directed towards internet culture and public administration. Earlier research stretches from the ethics of self-destructive behavior to the myths of the QAnon-movement and the information security of medical records.