Table S1: objective and subjective change criteria

12 « Objective » change criteria

Residential stability
1: no residential stability
2: weak residential stability
3: average residential stability (housing and shelter)
4: considerable residential stability (several successive housing episodes)
5: absolute residential stability (always in the same housing)

Reduction in consumption on substances/addiction
1: aggravation of consumption
2: stability in consumption
3: important consumption but less than before entering the program
4: intermittent consumption
5: no more consumption

Increase in resources
1: no resources
2: fewer resources than before
3: same amount of resources as before
4: somewhat more resources than before
5: many more resources than before

Eligibility for entitlements
1: loss of entitlements
2: same entitlements as before
3: access to entitlements
4: obtained several new entitlements
5: all entitlements for which eligible

Social ties
1: break in social ties
2: no new social relationships outside those with professionals
3: at least one social relationship outside those with professionals
4: several new social relationships
5: increase in and diversification of social relationships

Family
1: no relationship to family
2: maintains a relationship with one family member
3: maintains a relationship with several family members
4: contact renewed with one family member
5: contact renewed with several family members

Sexuality/couple
1: no sexual relations or couple relationship
2: keeps a couple relationship
3: new relationship/lover
4: new couple relationship
5: Living in a couple

Work
1: no work
2: new training
3: intermittent work
4: return to part-time work
5: return to full-time work

Activities (outings-leisure-sports-cultural activities etc.)
1: no activities
2: fewer activities than before
3: same activities as before
4: a new activity
5: several new activities

Physical health
1: In worse health than before
2: In bad health like before
3: In good health like before
4: In better health than before
5: In much better health than before

Mental health
1: In worse health than before
2: In bad health like before
3: In good health like before
4: In better health than before
5: In much better health than before

Search for treatment, alternative resources
1: no treatment sought, like before
2: treatment seeking, like before
3: a new search for treatment
4: search for several types of treatment
5: search for treatment and alternative resources

6 « Subjective » change criteria

Hope, projection, goal-setting
1: no hope, like before
2: hope, like before, but no short-term goal-setting
3: more hope than before, but no short-term goal-setting
4: more hope, short-term goal setting, beginning to project future
5: more hope, beginning to project future, short- and medium-term goal setting

Reflexivity
1: No reflexivity, like before
2: beginnings of reflexivity
3: intermittent reflexivity
4: strong reflexivity (regarding self, others)
5: very strong reflexivity (regarding self, others, proximal environment and society)

Identity and social roles
1: Re-acquired a low-esteem identity, like before
2: re-acquired a lower-esteem identity
3: re-acquired a more positive identity
4: re-acquired an identity and new social role
5: required a positive identity and several new social roles

Ontological security
1: no sense of security, like before
2: weak sense of security, like before
3: medium sense of security, compared to before
4: sense of security about some aspects of life
5: complete sense of security

Symptom/disorder control
1: no control, like before
2: weak control, like before
3: occasional better control than before
4: good control of persistent symptoms
5: subjective absence of symptoms

**Elaboration of strategies**
1: no strategies, like before
2: some strategies, like before
3: a new strategy
4: several new strategies
5: several effective strategies

---

### Table S2. Scores on scale of factors affecting recovery and trajectory type.

<table>
<thead>
<tr>
<th>Respondant</th>
<th>Summary calculation (12 objective variables; maximum score = 60). Percentages: actual summary score /maximum possible summary score.</th>
<th>Summary calculation (6 subjective variables; maximum score = 30) Percentages: actual summary score /maximum possible summary score.</th>
<th>Typology of trajectories*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fouad</td>
<td>38 - 63%</td>
<td>18 – 60%</td>
<td>Researcher 1: 2</td>
</tr>
<tr>
<td>Sabine</td>
<td>33 - 55%</td>
<td>15 - 50%</td>
<td>Researcher 2: 2</td>
</tr>
<tr>
<td>Dylan</td>
<td>40 - 66%</td>
<td>28 – 93%</td>
<td>3</td>
</tr>
<tr>
<td>Christian</td>
<td>42 - 70%</td>
<td>25 – 83%</td>
<td>3</td>
</tr>
<tr>
<td>Tom</td>
<td>38 – 63%</td>
<td>22 – 73%</td>
<td>2</td>
</tr>
<tr>
<td>Dominique</td>
<td>43 – 71%</td>
<td>20- 66%</td>
<td>2</td>
</tr>
<tr>
<td>Hamed</td>
<td>32 - 53%</td>
<td>17 – 56%</td>
<td>2</td>
</tr>
<tr>
<td>Mouloud</td>
<td>31 – 51%</td>
<td>14 – 23%</td>
<td>2</td>
</tr>
<tr>
<td>Hervé</td>
<td>23 – 38%</td>
<td>14 – 23%</td>
<td>1</td>
</tr>
<tr>
<td>Raymond</td>
<td>35 – 58%</td>
<td>16 – 53%</td>
<td>2</td>
</tr>
<tr>
<td>Louis</td>
<td>42 – 70%</td>
<td>25 – 83%</td>
<td>3</td>
</tr>
<tr>
<td>Bernard</td>
<td>35 – 58%</td>
<td>22 – 73%</td>
<td>1</td>
</tr>
<tr>
<td>Elias</td>
<td>32 – 53%</td>
<td>20 – 66%</td>
<td>2</td>
</tr>
</tbody>
</table>

**Legend:** Grey shading: experimental group; White shading: control group; *Type 1 trajectory, experimental group only: downward trajectory before entering the program with a **cushioning effect** on the downward course.
Type 2 trajectory: «Jagged trajectory» with intermittent positive effect on the trajectory. Type 3 trajectory: «Split» trajectory with upward course and bifurcation, or rebound effect