**Supplementary Material**

**Supplementary Table 1**

*Percentage of agreement or discrepancy among experts of the Madrid Consensus on the items of the Delphi questionnaire.*

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| **Part A: Wave 1** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| Recovery is a static state (an outcome). | 93.75  | 4.17  | 2.08  |
| Recovery is a dynamic process. | 2.08  | - | 97.92  |
| Recovery is a lifelong process. | 8.33  | 8.33  | 83.33  |
| Recovery is a process with a determined end (finite). | 68.75  | 27.08  | 4.17  |
| Recovery is an individualized process, distinct for each individual. | - | 2.08  | 97.92  |
| Recovery must be voluntary. | 2.08  | 10.42  | 87.50  |
| Recovery should be defined in terms of health standards/patterns for the general population (without alcohol problems). | 29.17  | 33.33  | 37.50  |
| Recovery involves improvements in quality of life. | 2.08 | 2.08 | 95.83 |
| If the individual's quality of life does not improve, recovery cannot be discussed. | 10.42 | 29.17 | 60.42 |
| The definition of recovery must reference quality of life. | - | 6.25 | 93.75 |
| **Part B: Wave 1** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| Not consuming alcohol (complete abstinence from the main substance) is an indispensable element for recovery. | 12.50 | 25.00 | 62.50 |
| Not consuming alcohol and other psychoactive substances (except coffee and tobacco) is an element of recovery. | 6.25 | 16.67 | 77.08 |
| Recovery involves complete abstinence from all psychoactive substances (including tobacco). | 37.50 | 45.83 | 16.67 |
| Abstinence is not a standard of recovery. | 33.33 | 25.00 | 41.67 |
| One can be in recovery without completely ceasing alcohol consumption. | 25.00 | 33.33 | 41.67 |
| Recovery should be measured in terms of symptom reduction. | 22.92 | 31.25 | 45.83 |
| Recovery is equivalent to the absence of symptoms of alcohol use disorder. | 39.58 | 37.50 | 22.92 |
| A person is considered recovered when they no longer meet diagnostic criteria for alcohol use disorder. | 50.00 | 27.08 | 22.92 |
| The definition of recovery should reference diagnostic criteria for alcohol dependence. | 27.08 | 29.17 | 43.75 |
| Recovery involves the absence of craving. | 43.75 | 25.00 | 31.25 |
| Recovery entails the absence of priming or the ability to stop consumption once initiated. | 25.00 | 27.08 | 47.92 |
| The definition of recovery should encompass craving and priming. | 22.92 | 20.83 | 56.25 |
| **Part C. Wave 1** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| The definition of recovery should refer to the improvement of the individual's overall physical health. | 2.08  | 12.50  | 85.42  |
| Recovery only includes improving organic aspects directly related to consumption. | 66.67  | 25.00  | 8.33  |
| Recovery implies not experiencing physical pain that hinders the individual from doing what is necessary. | 35.42  | 43.75  | 20.83  |
| Recovery entails not needing medical treatment to function in daily life. | 75.00  | 20.83  | 4.17  |
| Having sufficient energy for daily life is an element of recovery. | 6.25  | 20.83  | 72.92  |
| The ability to move from one place to another is an element of recovery. | 12.50  | 45.83  | 41.67  |
| Recovery involves satisfaction with sleep. | - | 33.33  | 66.67  |
| Recovery entails satisfaction with one's own ability to perform activities of daily living. | 2.08  | 10.42  | 87.50  |
| Recovery involves satisfaction with the ability to work. | 2.08  | 12.50  | 85.42  |
| **Part D. Wave 1** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| Recovery implies a state of full psychological health. | 10.42  | 29.17  | 60.42  |
| Recovery is the process by which psychological health improves. | - | 10.42  | 89.58  |
| The definition of recovery should not use the term mental health until there is consensus on its meaning. | 31.25  | 29.17  | 39.58  |
| Recovery involves improvements in individual well-being. | - | - | 100.00  |
| Recovery is the process through which well-being improves. | - | - | 100.00  |
| Recovery is equivalent to increased well-being. | 16.67  | - | 83.33  |
| Recovery involves not frequently experiencing negative feelings such as sadness, hopelessness, anxiety, or depression. | 22.92  | 27.08  | 50.00  |
| The well-being aimed for in the path to recovery should be operationalized by experts. | 16.67  | 52.08  | 31.25  |
| The well-being sought in recovery should be determined by the individual in recovery. | 12.50  | - | 87.50  |
| Enjoying life is an element of recovery. | 8.33  | - | 91.67  |
| Recovery involves improvements in emotional management. | - | 2.08  | 97.92  |
| Emotional management is an element of recovery. | - | 6.25  | 93.75  |
| Recovery involves learning to assess one's own abilities and limitations. | - | 6.25  | 93.75  |
| Improvement in coping strategies is part of the definition of recovery. | - | 8.33  | 91.67  |
| Recovery involves satisfaction with oneself. | - | 10.42  | 89.58  |
| Recovery involves generating a purpose in life. | - | 12.50  | 87.50  |
| Having a purpose in life supports recovery. | 2.08  | - | 97.92  |
| Changes in life purposes should be part of the definition of recovery. | 35.42  | - | 64.58  |
| Feeling that life has meaning is an element of recovery. | - | 12.50  | 87.50  |
| The individual must play an active role in recovery. | - | - | 100.00  |
| The definition of recovery should address the individual's role in it. | - | - | 100.00  |
| Recovery is the process by which the individual would reach their full potential. | 2.08  | 33.33  | 64.58  |
| Recovery entails personal growth. | - | 10.42  | 89.58  |
| Personal growth is necessary for recovery. | 2.08  | 25.00  | 72.92  |
| Recovery is equivalent to personal growth. | 4.17  | 45.83  | 50.00  |
| Recovery promotes personal growth. | 8.33  | - | 91.67  |
| The definition of recovery should refer to personal growth. | 4.17  | 29.17  | 66.67  |
| Empowerment is a process to achieve recovery. | - | 14.58  | 85.42  |
| Recovery involves improvements in individual empowerment. | - | 6.25  | 93.75  |
| Empowerment is not related to alcohol use disorder recovery. | 81.25  | 12.50  | 6.25  |
| Individual empowerment should be considered in the definition of recovery. | 2.08  | 27.08  | 70.83  |
| Recovery involves a reconstruction of one's own identity. | - | 20.83  | 79.17  |
| Recovery involves overcoming stigma. | - | 12.50  | 87.50  |
| Constructing a more positive identity should be addressed in the definition of recovery. | 2.08  | 25.00  | 72.92  |
| Self-acceptance is an element of recovery. | - | 6.25  | 93.75  |
| Recovery entails changes in self-acceptance. | - | 8.33  | 91.67  |
| Acceptance of physical appearance is an element of recovery. |  |  | Principio del formularioFinal del formulario |
| **Part E. Wave 1** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| Recovery is influenced by socioeconomic aspects. | 2.13  | 21.28  | 76.60  |
| Recovery standards should be adjusted to the individual's socioeconomic aspects. | 10.64  | 23.40  | 65.96  |
| Feeling secure in daily life is an element of recovery. | - | 19.15  | 80.85  |
| The healthiness of the physical environment around the individual is an element of recovery. | 2.13  | 17.02  | 80.85  |
| Satisfaction with the conditions of the place of residence is an element of recovery. | 6.38  | 29.79  | 63.83  |
| Satisfaction with access to healthcare services is an element of recovery. | 4.26  | 25.53  | 70.21  |
| Satisfaction with transportation services in the individual's area is an element of recovery. | 8.51  | 57.45  | 34.04  |
| Recovery is influenced by the individual's environment. | 2.13  | 4.26  | 93.62  |
| The definition of recovery should consider socioeconomic and environmental aspects. | 2.13  | 23.40  | 74.47  |
| Availability of necessary information for daily life is an element of recovery. | 2.13  | 23.40  | 74.47  |
| Having the opportunity to engage in leisure activities is an element of recovery. | 14.89  | - | 85.11  |
| Recovery capital should be addressed in the definition of recovery. | 40.43  | - | 59.57  |
| Recovery involves acquiring regular income. | 8.51  | 46.81  | 44.68  |
| Income acquisition should be considered in the definition of recovery. | 6.38  | 46.81  | 46.81  |
| Recovery involves having enough money to cover needs. | 8.51  | 31.91  | 59.57  |
| Recovery is an emancipatory process. | 4.26  | 34.04  | 61.70  |
| Recovery involves completely leaving environments where alcohol is consumed. | 25.53  | 34.04  | 40.43  |
| Recovery involves exploring new environments where alcohol is not consumed. | 2.13  | 6.38  | 91.49  |
| The definition of recovery should refer to the individual's environment in relation to alcohol. | - | 36.17  | 63.83  |
| **Part F. Wave 1** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| Recovery implies a change in the individual's lifestyle. | - | 2.13  | 97.87  |
| Recovery involves adopting a healthy lifestyle. | - | - | 100.00  |
| Recovery cannot be discussed if the individual's lifestyle after cessation or reduction of consumption is equivalent to the previous lifestyle. | 2.13  | 21.28  | 76.60  |
| Recovery entails establishing a routine of healthy habits. | 2.13  | 4.26  | 93.62  |
| The definition of recovery should encompass dietary aspects. | 4.26  | 38.30  | 57.45  |
| The definition of recovery should refer to physical activity. | 4.26  | 31.91  | 63.83  |
| Recovery involves defending and exercising the individual's human and social rights. | 4.26  | 34.04  | 61.70  |
| Recovery implies fulfilling duties as a citizen. | - | 31.91  | 68.09  |
| Recovery refers to the active role of the individual in society. | 2.13  | 17.02  | 80.85  |
| Recovery entails acquiring social responsibility. | 4.26  | 21.28  | 74.47  |
| Recovery involves the individual's participation in volunteer activities. | 27.66  | 53.19  | 19.15  |
| The definition of recovery should consider prosocial aspects. | 8.51  | 46.81  | 44.68  |
| Recovery implies assuming responsibilities. | 2.13  | 8.51  | 89.36  |
| **Part G. Wave 1** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| Recovery entails an improvement in social relationships. | - | 6.38  | 93.62  |
| Recovery is characterized by improvements in social skills. | - | 17.02  | 82.98  |
| Recovery involves satisfaction with personal relationships. | - | 14.89  | 85.11  |
| Satisfaction with sexual life is an element of recovery. | 2.13  | 48.94  | 48.94  |
| Satisfaction with support from friends is an element of recovery. | 2.13  | 31.91  | 65.96  |
| The definition of recovery should include relational aspects. | - | 12.77  | 87.23  |
| Recovery involves changes in the individual's social network towards groups that support this recovery. | 8.51  | - | 91.49  |
| It is necessary to maintain relationships with people who do not consume alcohol. | 4.26  | 25.53  | 70.21  |
| Recovery is a spiritual process. | 36.17  | 42.55  | 21.28  |
| Recovery is a spiritual state. | 38.30  | 44.68  | 17.02  |
| Spirituality supports recovery. | 2.13  | 57.45  | 40.43  |
| The definition of recovery should address spirituality. | 31.91  | 46.81  | 21.28  |
| Recovery involves increased involvement in caring for significant others to the individual. | - | 25.53  | 74.47  |
| Recovery entails an increase in the individual's concern for people in their environment. | 2.13  | 23.40  | 74.47  |
| Recovery involves actions aimed at improving the well-being of the individuals surrounding the individual. | 36.17  | - | 63.83 |
| **Wave 2** | **Disagree (%)** | **Discrepancy (%)** | **Agree (%)** |
| Recovery should be defined in terms of health standards/patterns for the general population (without alcohol problems). | 21.74  | 26.09  | 52.17  |
| Abstinence is not a standard of recovery. | 39.13  | 15.22  | 45.65  |
| The definition of recovery should encompass craving and priming. | 15.22  | 8.70  | 76.09  |
| The definition of recovery should refer to diagnostic criteria for alcohol dependence. | 10.87  | 8.70  | 80.43  |
| Recovery involves the absence of priming or the ability to stop consumption once initiated. | 19.57  | 13.04  | 67.39  |
| Recovery should be measured in terms of symptom reduction. | 6.52  | 15.22  | 78.26  |
| Recovery is equivalent to the absence of symptoms of alcohol use disorder. | 28.26  | 23.91  | 47.83  |
| Recovery implies the absence of craving. | 43.48  | 10.87  | 45.65  |
| Recovery entails complete abstinence from all psychoactive substances (including tobacco). | 60.87  | 21.74  | 17.39  |
| One can be in recovery without completely quitting alcohol consumption. | 36.96  | 19.57  | 43.48  |
| A person is considered recovered when they no longer meet diagnostic criteria for alcohol use disorder. | 32.61  | 17.39  | 50.00  |
| The ability to move from one place to another is an element of recovery. | 23.91  | 32.61  | 43.48  |
| Recovery involves not experiencing physical pain that prevents the individual from doing what they need. | 58.70  | 17.39  | 23.91  |
| The well-being aimed for in the path to recovery should be operationalized by experts. | 32.61  | 21.74  | 45.65  |
| The definition of recovery should not use the term mental health until there is consensus on its meaning. | 41.30  | 17.39  | 41.30  |
| Recovery involves not frequently experiencing negative feelings such as sadness, hopelessness, anxiety, or depression. | 28.26  | 15.22  | 56.52  |
| Recovery is equivalent to personal growth. | 8.70  | 23.91  | 67.39  |
| The ability to concentrate is an element of recovery. | 6.52  | 28.26  | 65.22  |
| The acquisition of income should be considered in the definition of recovery. | 26.09  | 26.09  | 47.83  |
| Recovery involves completely leaving environments where alcohol is consumed. | 39.13  | 23.91  | 36.96  |
| Recovery involves acquiring regular income. | 28.26  | 32.61  | 39.13  |
| Satisfaction with transportation services in the individual's area is an element of recovery. | 69.57  | 15.22  | 15.22  |
| The definition of recovery should encompass dietary aspects. | 10.87  | 19.57  | 69.57  |
| The definition of recovery should consider prosocial aspects. | 4.35  | 10.87  | 84.78  |
| Recovery involves the individual's participation in volunteer activities. | 39.13  | 45.65  | 15.22  |
| The definition of recovery should address spirituality. | 32.61  | 28.26  | 39.13  |
| Spirituality supports recovery. | 6.52  | 28.26  | 65.22  |
| Recovery is a spiritual state. | 60.87  | 26.09  | 13.04  |
| Recovery is a spiritual process. | 58.70  | 26.09  | 15.22  |
| Satisfaction with sexual life is an element of recovery. | 13.04  | 23.91  | 63.04  |