

# Evaluating the Predictive Validity of the Addictions Dimension for Assessment and Personalised Treatment (ADAPT) tool in a clinical sample of individuals with Opioid Use Disorder (OUD) receiving psychological support

Abigail Plunkett<sup>1</sup>, Alice Sotero<sup>1</sup>, Nyle Davies<sup>1</sup>, Gareth Roderique-Davies<sup>1</sup>, Bev John<sup>1</sup>, Lucie James<sup>2</sup>  
1 Addictions Research Group, University of South Wales, 2 Buvidal Psychological Support Services NHS Cardiff & Vale

## INTRODUCTION

Currently, OUD remains a major public health concern with high associated morbidity and mortality. A proliferation of tools exists for screening and monitoring of SUDs, their varying length and scope often make them unsuitable for use in session-by-session monitoring.

The ADAPT is a multidimensional tool designed to assess addiction severity, health and social complexity, and recovery strengths to support tailored treatment planning<sup>1</sup>. The ADAPT is currently in use by the Buvidal Psychological Support Services (BPSS) to guide care for individuals receiving psychological support adjacent to Buvidal as an opioid maintenance therapy for OUD.

## AIMS

This study aimed to extend the limited evidence on the ADAPT's psychometric validity in a clinical sample and evaluate its suitability for monitoring outcomes within the BPSS. The following hypotheses were tested:

- I) Baseline ADAPT scores predict key clinical outcomes (CORE-10 and PCL-8 symptom changes).
- II) Changes in ADAPT domains (e.g., reduced severity, increased strength) correlate with changes in CORE-10 and PCL-8 scores, such that ADAPT improvements align with symptom improvement.
- III) Baseline ADAPT scores predict service outcomes, distinguishing between treatment completers and non-completers.

## METHODS

This study adopts a quantitative research design utilising secondary data analysis.

Data were collected by the BPSS NHS Cardiff & Vale University Health Board as part of routine clinical practice between April 2023 to December 2024, N = 173.

Baseline ADAPT scores and changes on ADAPT domains were compared with symptom change scores from baseline to session 8 on clinical outcomes measured by the CORE-10 and PCL-8.

Multiple linear and binary logistic regression analyses were conducted, along with a ROC curve analysis.

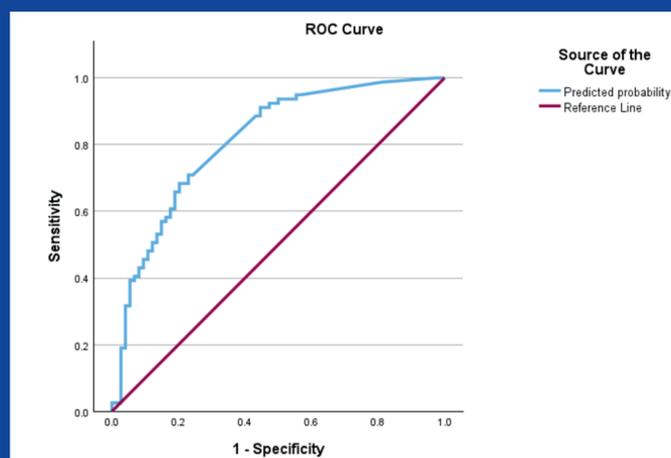


Figure 1. ROC Curve for baseline ADAPT scores, hypothesis III

## RESULTS

Baseline ADAPT scores were significantly associated with treatment completion and correctly classified 71% of cases (AUC = 0.811), indicating good discriminative power (Fig.1).

Changes in ADAPT domains were significantly associated with changes on the PCL-8 ( $p = .003$ ; Adjusted  $R^2 = .227$ ).

This relationship was non-significant for the CORE-10.

Baseline ADAPT scores did not significantly predict symptom changes on either outcome measures.

## DISCUSSION

Treatment attrition in SUD averages about 30%, often higher rates in OUD maintenance treatment<sup>2</sup>.

Early identification of those at high dropout risk can improve retention, reduce mortality and offending, and enhance quality of life.

The ADAPT's ability to mirror PCL-8 trauma symptom changes supports its use as a comprehensive trauma-informed tool, reducing the need for multiple measures while improving user experience and cost efficiency.

Lack of correlation with the CORE-10 may reflect conceptual differences, as the CORE-10 measures general distress while the ADAPT captures early, addiction-specific change.

## REFERENCES

- <sup>1</sup>Marsden, J., Eastwood, B., Ali, R., Burkinshaw, P., Chohan, G., Copello, A., Burn, D., Kelleher, M., Mitcheson, L., Taylor, S., Wilson, N., Whiteley, C., & Day, E. (2014). Development of the Addictions Dimensions for Assessment and Personalised Treatment (ADAPT). *Drug and Alcohol Dependence*, 139, 121–131. <https://doi.org/10.1016/j.drugalcdep.2014.03.018>
- <sup>2</sup>Lappan, S. N., Brown, A. W., & Hendricks, P. S. (2019). Dropout rates of in-person psychosocial treatment programs for substance use disorders: A systematic review and meta-analysis. *Addiction*, 115(2). <https://doi.org/10.1111/add.14793>

## CONCLUSIONS

The ADAPT demonstrates good clinical utility in predicting treatment completion from baseline ADAPT measures. Furthermore, it meaningfully tracks changes in trauma-related symptoms and has potential to provide increased sensitivity to addiction-related distress.