



# The **Visual ADOM-R**®

outcome measurement with a difference

Dr Susanna Galea  
**APSAD 2015, Perth, WA**  
CADS Auckland, Waitemata DHB & CFAR, Uni of  
Auckland



# Acknowledgements



*Waitemata*  
District Health Board  
*Te Wai Awhina*

- Co-authors:
  - Dr David Newcombe, CFAR
  - Dr Virginia Farnsworth, WDHB
  - Jane Galea-Singer, ADHB
- Organizers of this conference
- Local Tangata Whenua (first people of the land)
- Waitemata District Health Board & Centre For Addictions Research
- Clients that made the findings of this research meaningful



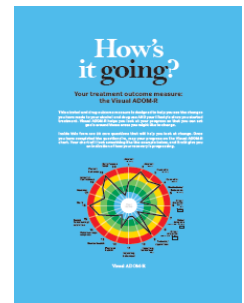
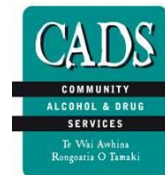


# Overview



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- What is the **Visual ADOM-R**®
- The **Visual ADOM-R**® – development & psychometric testing
- Measurement during healthcare delivery
- Qualitative approaches to enhance the value of outcome measurement

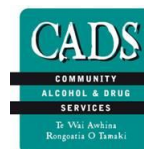


# What is the **Visual** **ADOM-R**®



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- Outcome measure designed for use in the Alcohol & drug sector
- Community-based adult outcomes measure
- Rated by the client & intended for use with the clinician: Prompting discussion
- The tool:
  - Section A: frequency & quantity of AOD use;
  - Section B: injecting behaviour;
  - Section C: health, well-being & social functioning;
  - The visual engagement;
  - Motivation;
  - Scoring.

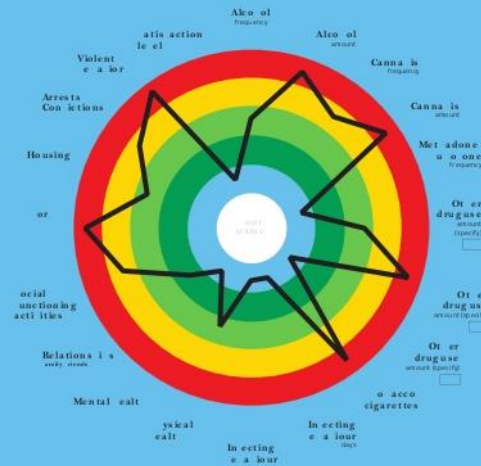


# How's it going?

## our treatment outcome measure: the Visual ADOM-R

Visual ADOM-R is alcohol and drug outcome measure designed to help you see the changes you have made to your alcohol and drug use. As your lifestyle since you started treatment Visual ADOM-R helps you look at your progress so that you can set goals around those areas you might like to change.

Inside the form are 16 core questions that will help you look at change. Once you have completed the questionnaire, map your progress on the Visual ADOM-R. Each part of the chart will look something like the example below and it will give you an indication of how your recovery is progressing.



# Questions:

In order to outline our current use and try to answer these questions as fully as you can Circle the coloured dot that most accurately relates to your situation

**C IO A:**  
DR A COHO A D OBACCO

How often do you use alcohol?

- 4 Daily
- 3 Weekends or 2-3 days a week
- 2 1 day a week
- 1 1-2 days per month
- 0 Never

On a typical day how many standard drinks did you drink?

- 4 25 or more per day
- 3 13-24 per day
- 2 5-12 per day
- 1 1-4 per day
- 0 No alcohol use

How often do you use cannabis?

- 4 Daily
- 3 Weekends or 2-3 days a week
- 2 1 day a week
- 1 1-2 days per month
- 0 Never

On a typical day how many tinnies, cones, oints did you consume?

- 4 6 or more per day
- 3 5 per day
- 2 3-4 per day
- 1 1-2 per day
- 0 No cannabis use

Roughly how many grams per day does this come to?

How often do you use any of the following substances?

- 4 Daily
- 3 Weekends or 2-3 days a week
- 2 1 day a week
- 1 1-2 days per month
- 0 Never/No methadone or suboxone use

How often do you use any of the following substances?

- 4 Daily
- 3 Weekends or 2-3 days a week
- 2 1 day a week
- 1 1-2 days per month
- 0 Never/No other drug use

On a typical day how much of the drug did you use?

How often do you use any of the following substances?

- 4 Daily
- 3 Weekends or 2-3 days a week
- 2 1 day a week
- 1 1-2 days per month
- 0 Never/No other drug use

On a typical day how much of the drug did you use?

How often do you use any of the following substances?

- 4 Daily
- 3 Weekends or 2-3 days a week
- 2 1 day a week
- 1 1-2 days per month
- 0 Never/No other drug use

On a typical day how much of the drug did you use?

On a typical day how many tobacco cigarettes did you smoke?

- 4 3+
- 3 21-30
- 2 11-20
- 1 1-10
- 0 No tobacco use

**C IO B:**  
I C I B HAVIO R

How often do you use any of the following substances?

- 4 Daily
- 3 Weekends or 2-3 days a week
- 2 1 day a week
- 1 1-2 days per month
- 0 Never/Not applicable

Have you injected with the drug used by some of these?

- 4 Yes
- 0 No

**C IO C:**  
IM AC O A COHO OR DR O  
H A H -B I A D OCIA  
C IO I OVR H A O R

How often do you use any of the following substances?

- 4 Daily: most or all of the day
- 3 Daily: comes and goes
- 2 1-2 times a week
- 1 1-2 times a month
- 0 Never

How often do you use any of the following substances?

- 4 Daily: most or all of the day
- 3 Daily: comes and goes
- 2 1-2 times a week
- 1 1-2 times a month
- 0 Never

Has your alcohol or drug use caused problems in your relationships with your friends or family?

- 4 Yes
- 0 No

How often do you use any of the following activities: social sports, leisure or other personal activities? Please circle the one that applies to you

- 4 Daily
- 3 On most days
- 2 1-2 times a week
- 1 1-2 times a month
- 0 Never

How often do you use any of the following activities: voluntary work, caring for others, such as looking after children and other family members or study activities? Please circle the one that applies to you

- 4 Daily
- 3 On most days
- 2 1-2 times a week
- 1 1-2 times a month
- 0 Never

How many nights did you spend in temporary accommodation on the street because of your alcohol or drug use?

- 4 Every night
- 3 3-4 nights a week
- 2 1-2 nights a week
- 1 1-2 nights a month
- 0 Never

Has your alcohol or drug use resulted in an arrest or conviction? Please circle the one that applies to you

- 4 Yes
- 0 No

Has your alcohol or drug use contributed to:  
a. you being violent towards someone; or  
b. someone being violent towards you?

Please circle a or b or not

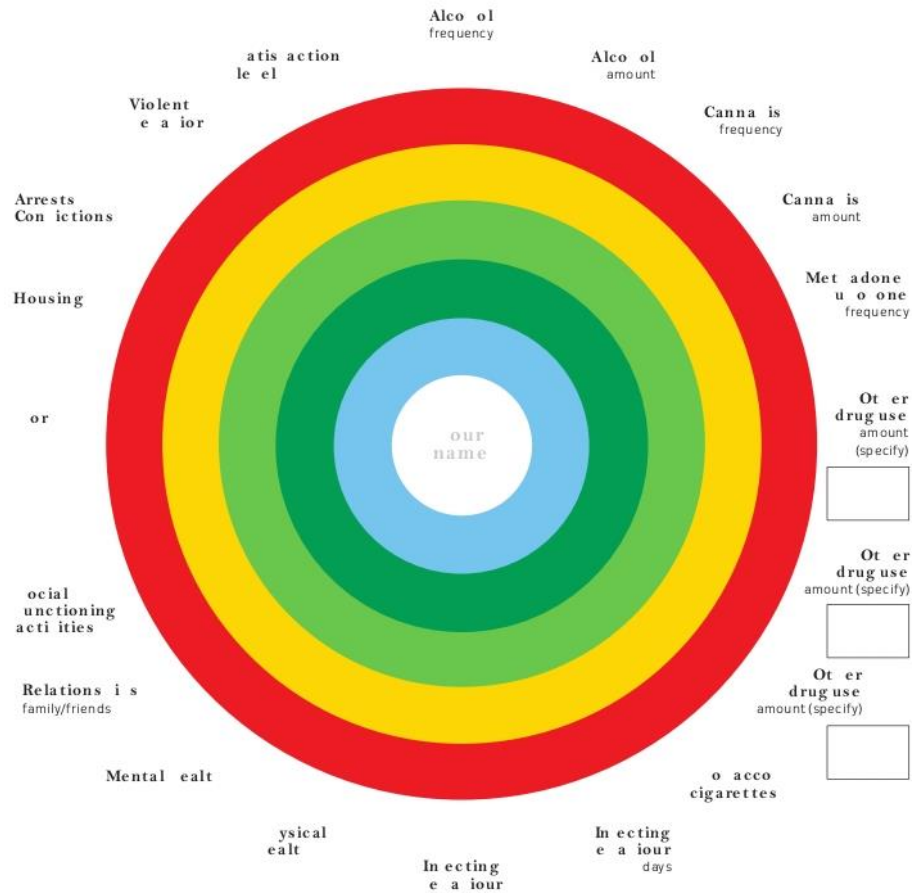
- 4 Yes
- 0 No

20. How satisfied are you with your progress towards achieving your recovery goals?

- 4 Not satisfied
- 3 Somewhat satisfied
- 2 Moderately satisfied
- 1 Reasonably satisfied
- 0 Very satisfied

Use your answers to fill in the Visual ADOM-R cartoon to illustrate age by placing a dot on the colour that matches your answer to the question - then connect the dots. The first time that you complete this you can expect the lines to look lopsided (like the example on the cover). As your recovery progresses, the shape that you draw will change.

## Visual ADOM-R:



## How am I doing?

How am I doing?	How do I want things to be different or the future?	What steps can I take to start moving toward that future?
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# Visual ADOM-R:

Complete the Visual ADOM-R at entry, at 6 weeks, every following 3 months and/or at discharge, or as your clinician recommends. Use a different coloured pen each time, and make a note of the dates and colours you used - this will help to give you a really good understanding of your progress, your successes and your challenges.

## My total score:

Have another look at the questionnaire and add up the total score of your answers in sections A, B and C. This will give an indication of how well you are doing. Has your score reduced? How would you describe your progress?

core orsection <b>A</b>
core orsection <b>B</b>
core orsection <b>C</b>
O A COR

Com leted y \_\_\_\_\_  
(client/service user)

it \_\_\_\_\_ Date \_\_\_\_\_  
(clinician)







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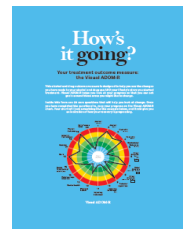
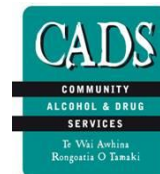
# Outcome measures

Tools that assess the **impact** of health services through describing a consumer's health status.

*"I can sit and read now..."*

*"My appetite's better ...."*

*"I call in to see my mum...."*





# Purpose



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- **Consumer:** To facilitate understanding of their status & help make choices;
- **Service:** To understand whether they are providing effective treatment;
- **Authorities:** To understand whether services improved public health & well-being; reduced social inequalities; and were value for money.



# The journey: **Visual ADOM-R**®

- First on the scene: the ADOM (Deering *et al*, 2004; 2008; Pulford *et al*, 2010);
- The Visual ADOM: Developed from the ADOM - purpose of utility for consumers, services as well as authorities (Galea & Websdell, 2011);
- Trial comparing the impact & utility of the Visual-ADOM with the ADOM (Galea, Websdell & Wheeler, 2011);



# The journey: **Visual ADOM-R<sup>©</sup>**

- The Visual-ADOM demonstrated a weakness by **detecting false positives**:
  - Although clients' may have reported a reduction in days of use some were still using the same quantity on the days they were using.
- The **Visual ADOM-R<sup>©</sup>** was developed: improving the accuracy, reliability and validity of the items within the Visual-ADOM.
- Features of the **Visual ADOM-R<sup>©</sup>**
  - Gather both quantity and frequency of substances used;
  - Lifestyle items revised to improve the quality of information;
  - An **engaging & motivating** way of gathering and delivering clinical information;
  - Different to *just another form*;
  - For both **service** and **client** to assist their recovery

# Development of the Visual ADOM-R<sup>©</sup>



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**Waitemata District Health Board**  
Community Alcohol & Drug Services (C.A.D.S.) - Auckland

Client name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
After client, page 1 and 2

C.A.D.S. Client Alcohol & Drug Outcome Measure (ADOM) - adapted for EI

This ADOM has been developed by and for the Waitemata District Health Board.

**PART A** Date: \_\_\_\_\_

Has client been hospitalized or incarcerated for more than 22 days? ☐ Yes ☐ No  
Best time for home: ☐ AM ☐ PM ☐ N/A  
Contact phone: \_\_\_\_\_ Agreed to follow-up? ☐ Yes ☐ No  
Old phone: \_\_\_\_\_

All questions relate to the past four weeks.  
The questions do not apply to prescribed medication, however, any misuse of prescription medication should be included e.g. taking more than prescribed/missing of medications not intended to be missed.  
If the client has been an inpatient or out-patient for more than 22 days during the last four weeks, do not complete this questionnaire. Make note and contact will complete by telephone.

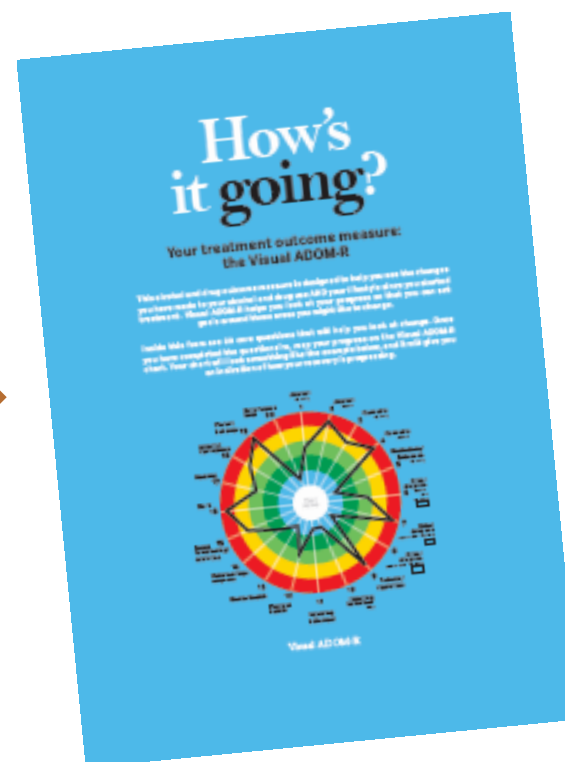
**IN THE PAST FOUR WEEKS:**

- On how many days did you drink alcohol?
- How many standard drinks did you consume on a typical drinking day?  
(1 standard drink = 1 can of beer, 100ml wine or 1 single spirit)  
Days of week = 7 or 30ml spirit = 20
- IN THE PAST FOUR WEEKS, ON HOW MANY DAYS DID YOU USE:**
- Cannabis
- Amphetamine/stimulants (e.g. methamphetamine, speed, methylphenidate)  
(Pharm) \_\_\_\_\_
- Cocaine
- Opioids/benzodiazepines (e.g. Buprenorphine, Suboxone, Opioids)  
Specify what drug: \_\_\_\_\_
- Any other drug (e.g. sedative, tranquilizer, controlled substance, prescription drug)  
Specify what drug: \_\_\_\_\_
- How many injection lines have you injected per day, on average (if none, enter 0; if more than one, enter 10)
- How many injection lines have you injected per day, on average (if none, enter 0; if more than one, enter 10)
- How many injection lines have you injected per day, on average (if none, enter 0; if more than one, enter 10)

**IN THE PAST FOUR WEEKS:**

- On how many days have you injected drugs? (if none, enter zero and go to question 12)
- Have you shared any injecting equipment?  
(Sharing means using someone else's equipment which has already been used or someone using your equipment of whether you were both present at the time or not; equipment includes needles, syringes, water, drugs, swabs/gloves, spoons, filters)

**Alcohol and Drug Outcome Measure - adapted for EI and modified by Waitemata DHB**

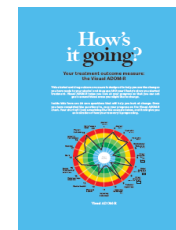
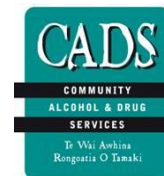


# Reliability & Validity of the **Visual ADOM-R**®



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- To ascertain the test-retest reliability, internal consistency and concurrent validity, of the **Visual ADOM-R**® through psychometric testing.
- Assess the ability of the **Visual ADOM-R**® to meaningfully differentiate clients based on a summed score.



# Methodology: **Visual** **ADOM-R**®



The study sample:

- 101 individuals;
- Mean age 37;
- Males 47%;
- Māori 19%;
- Engaged in Rx.

# Methodology: **Visual** **ADOM-R**®



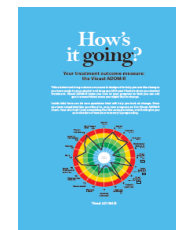
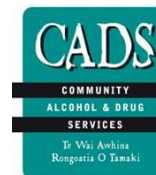
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Entry (n=101)

Week 1 (n=51)

Week 4 (n=68)

Week 8 (n=49)





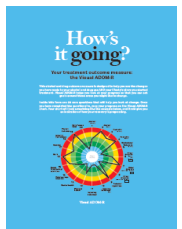
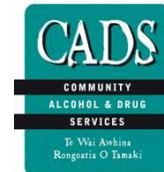
# Test-retest analyses

## Visual ADOM-R<sup>©</sup>



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- **Section A: Alcohol & Drug Use**
  - Significant correlations between all drug use
  - Range: 0.80-0.94;  $p < 0.001$ .
- **Section B: Injecting behaviour**
  - Strong positive correlations
  - 0.68 and above;  $p < 0.001$ .
- **Section C: Mental & Physical health & Lifestyle measures**
  - Significant correlations
  - mental health & physical health (0.82;  $p < 0.001$ );
  - lifestyle variables (range 0.41-0.76; range  $p < 0.01$ - 0.03).



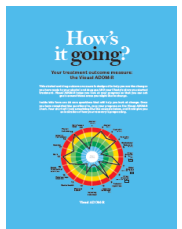
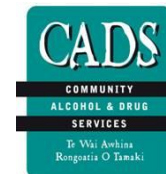
# Comparative measures



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## Visual ADOM-R<sup>©</sup>

- ADOM: Alcohol & Drugs Outcome Measure (Deering et al., 2004; Pulford et al., 2010);
- ATOP: Australian treatment outcome Profile (Ryan et al, 2014);
- ASSIST: Alcohol, Smoking & Substance Involvement Screening Test (WHO Assist working groups, 2002);
- SF-12: Short Form Health Survey (Ware, Kosinski & Keller, 1996);
- WHOQOL-BREF: World Health Organization Quality of Life (The WHOQOL Group, 2004).



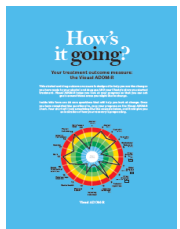
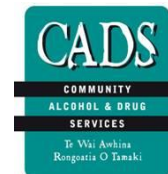
# Concurrent validity

## Visual ADOM-R<sup>©</sup>



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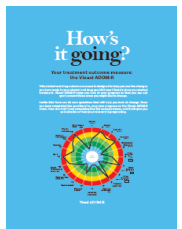
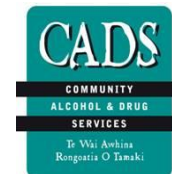
- Spearman's Rho: to measure relationships between relevant variables from different measures.
- **Comparison with ATOP:**
  - Significant correlations for alcohol (0.87,  $p < 0.001$ ), cannabis (0.85,  $p < 0.001$ ) and tobacco use questions (0.80,  $p < 0.001$ ).
- **Comparison with ASSIST:**
  - Significant correlation between Total Visual ADOM-R<sup>©</sup> drugs score and Global ASSIST score (0.80,  $p < 0.001$ ).
- **Comparison with WHOQoL –Bref :**
  - Significant correlations between degree of physical health problems/Pain (0.82,  $p = 0.01$ ) and degree of mental health problems (0.78,  $p = 0.01$ ).



# Internal consistency

## Visual ADOM-R<sup>©</sup>

- The **Visual ADOM-R<sup>©</sup>** has a good internal consistency, with a Cronbach alpha coefficient of 0.82.





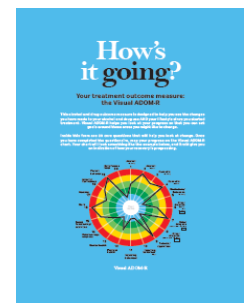
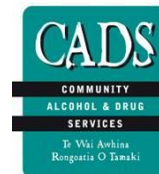
# Back to the clinic.....



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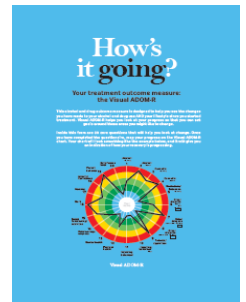
**Entry ➤ 6 weeks ➤ 12 weeks ➤ 3 monthly thereafter / discharge**

- At entry:
  - Waiting room
  - Streamline assessment package
- At 6 weeks and other collection points:
  - Access previous form
  - Client may no longer have the previous form
- Do the collection points make sense?
- Glitches: group sessions / shared care clients



# Making measurement meaningful

- The value of visual
- Goal-orientated outcome measurement
- Directed by clients: what matters to clients and their families as opposed to what matters to clinicians / service
- Ownership
- Beyond data collection: seeking next steps



# The value of Visual





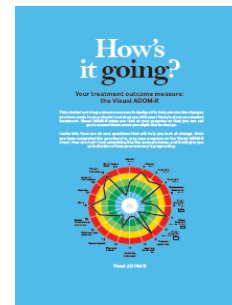
# Finishing off.....



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- Having a good outcome measure is very important but maximizing its utility, meaning & value must not be ignored!
- Big data!
  - Interpretation through NZ National Mental Health & Addiction information collection
- Revisions & updates:
  - Total scores / Child version / Whanau version / Residential version / Culture





[susanna.galea@waitematadhb.govt.nz](mailto:susanna.galea@waitematadhb.govt.nz)



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