

What Treatment for Which Patients? a New European Interview Schedule for Structured Assessment of Functioning, and for Triage and Evaluation in Patients in the Addictions.

G. Schippers¹

¹Psychiatry, AMC-UvA, Amsterdam, Netherlands

Introduction: Patients in the addictions deserve proper assessment, both at intake, to ensure adequate matching to levels of care and to treatment modules, and during and after treatment for monitoring and evaluation. The growing body of evidence allows a more rational and structured patient placement (Merkx et al, 2013).

Aims: We developed the MATE: **M**easurement in the **A**ddiction for **T**riage & **E**valuation, as an alternative for the Addiction Severity Index (ASI). The MATE is based on the conceptual framework of the WHO classifications ICD-10 and the ICF (International Classification of Functioning). The MATE is a comprehensive, flexible, modular based interview, incorporating a series of existing, valid scales. The MATE contains a multi-functional module (MATE-ICN) that assesses functioning. Assessment duration is around 45 min. Implemented in the majority of the substance abuse treatment centres in the Netherlands and in some German clinics. The MATE is free-of-charge; several European languages versions are available (www.mateinfo.eu). For evaluation purposes the MATE-Outcomes is composed, for adolescents the MATE-Youth, and for judicial clients the MATE-Crimi. There are self-report and electronic versions developed.

Results The MATE has been tested in the Netherlands (Schippers et al., 2010) and Germany (Buchholz, 2011). Data on psychometric properties from thousands of patients show that the MATE can reliably and validly measure patient characteristics and allocate patients efficiently, properly, and feasibly to forms and intensity of treatment.

Conclusion: The MATE is a solid way to standardize assessment of patient characteristics in the addictions, adding to our knowledge base in that field.