

DEDICATO CENTER'S  
PSYCHOLOGICAL  
ASSESSMENT RESULTS FOR 2023-2024

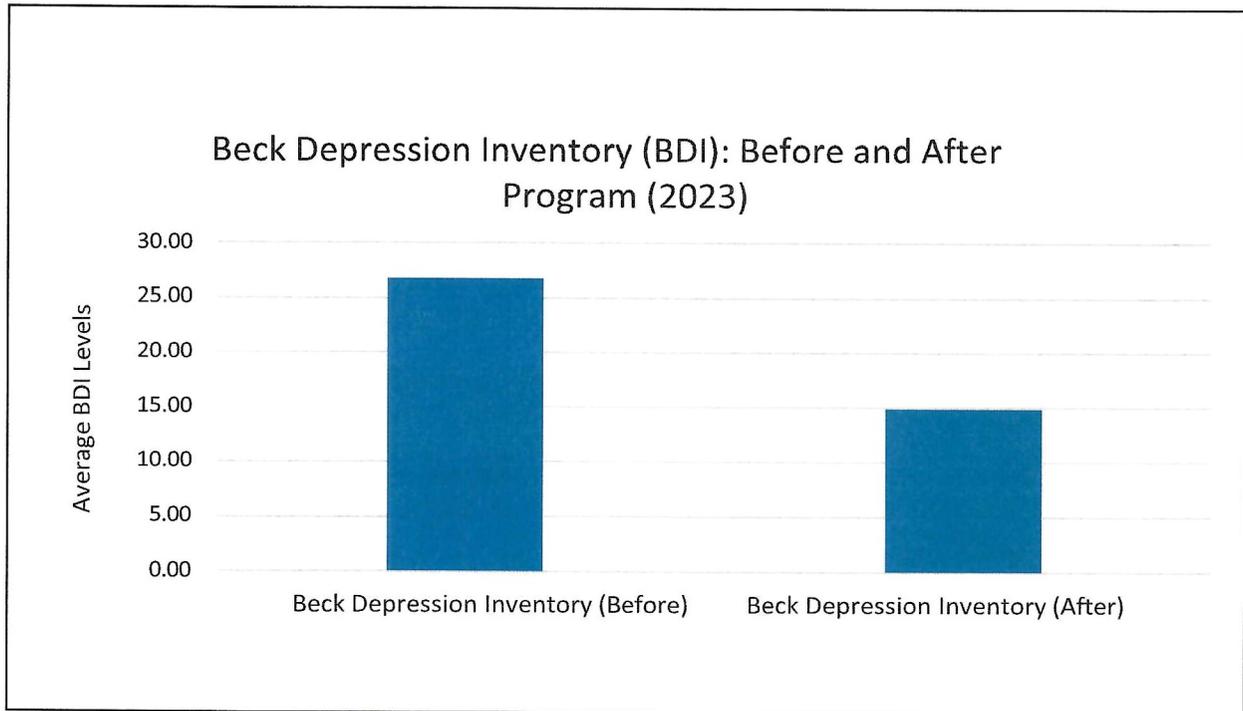
## BECK DEPRESSION INVENTORY: BEFORE AND AFTER TEST RESULTS

Year 2023

Statistical Summaries: Beck Depression Inventory (2023)			
	Beck Depression Inventory (pre-test)	Beck Depression Inventory (post-test)	
N	8.00	8.00	
Mean	26.75	14.88	
Median	23.00	12.00	
Std. Deviation	10.07	11.41	
Minimum	16.00	1.00	
Maximum	42.00	33.00	

### Layman's Conclusion:

There was a total of 8 Dedicato clients that completed the client's treatment program for the year 2023. These results have shown that the depression levels of the participants significantly decreased by approximately 44.39% after going through the center's treatment program. The results have indicated that the participant's average depression levels after the program were significantly lower than their depression levels before the program indicating the center's program provide meaningful insights and significantly effective treatment program in lowering the client's depression levels.



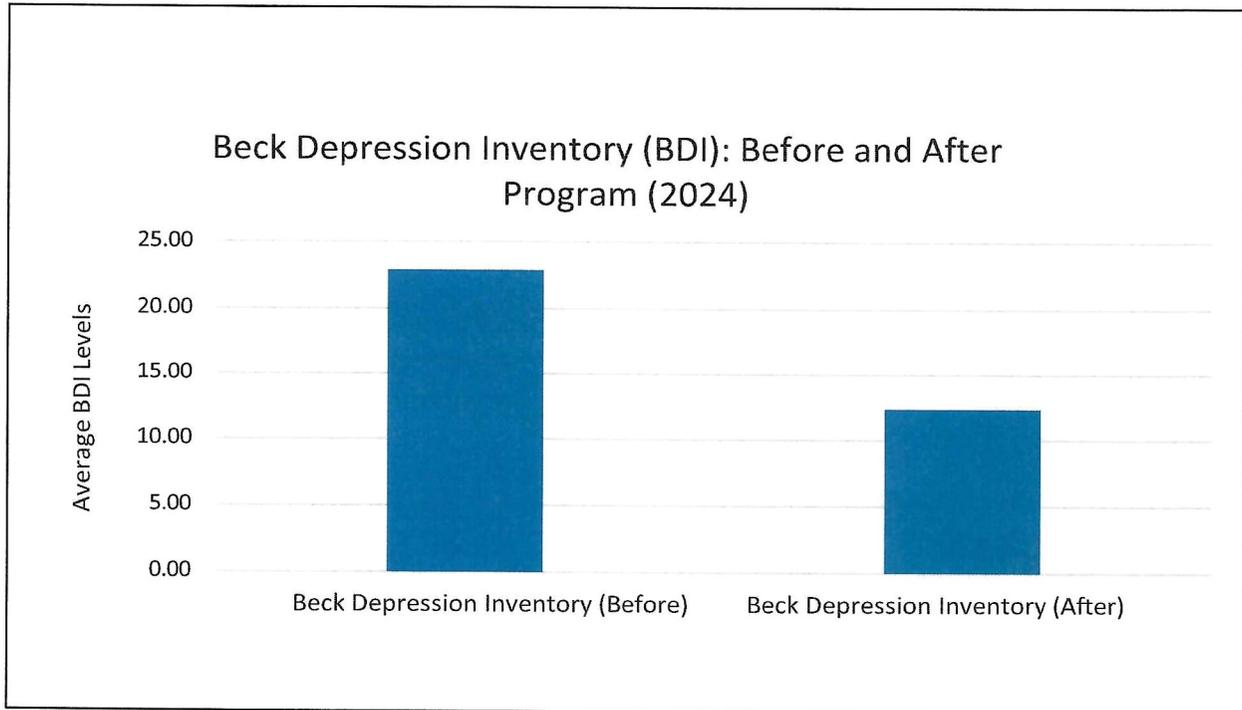
#### Year 2024

Statistical Summaries: Beck Depression Inventory (2024)			
	Beck Depression Inventory (pre-test)	Beck Depression Inventory (post-test)	
N	8.00	8.00	
Mean	22.88	12.38	
Median	22.00	12.50	
Std. Deviation	9.5	5.50	
Minimum	9.00	6.00	
Maximum	35.00	21.00	

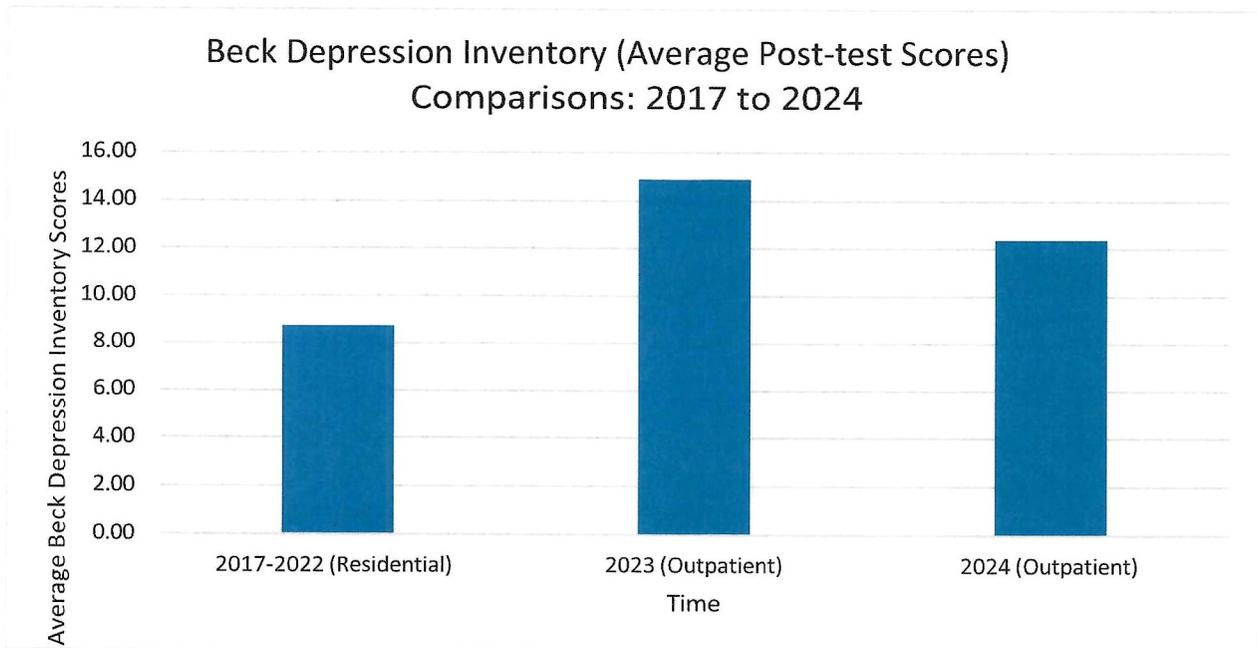
#### Layman's Conclusion:

There was a total of 8 Dedicato clients that completed the client's treatment program for the year 2024. These results have shown that the depression levels of the participants significantly decreased by approximately 45.89% after going through the center's treatment program. The results have indicated that the participant's average depression levels after

Leaving the program was significantly lower than their depression levels before the program indicated that the center’s program provides meaningful insights and significantly effective treatment program in lowering the client’s depression levels.



The post-treatment depression scores from 2017-2022 (the residential treatment period), the year 2023 (outpatient treatment) and the year 2024 (outpatient treatment) were plotted in the following chart:



It shows there is a significant increase from 2017-2022, the residential treatment period to 2023 and 2024, the outpatient period, which could be a result of the client's exposure to external triggers and the less protected environment as in residential treatment. However, from the year 2023 to 2024, both outpatient treatment periods, a decrease of 16.80% is observed, indicating improvement in the center's outpatient depression treatment services.

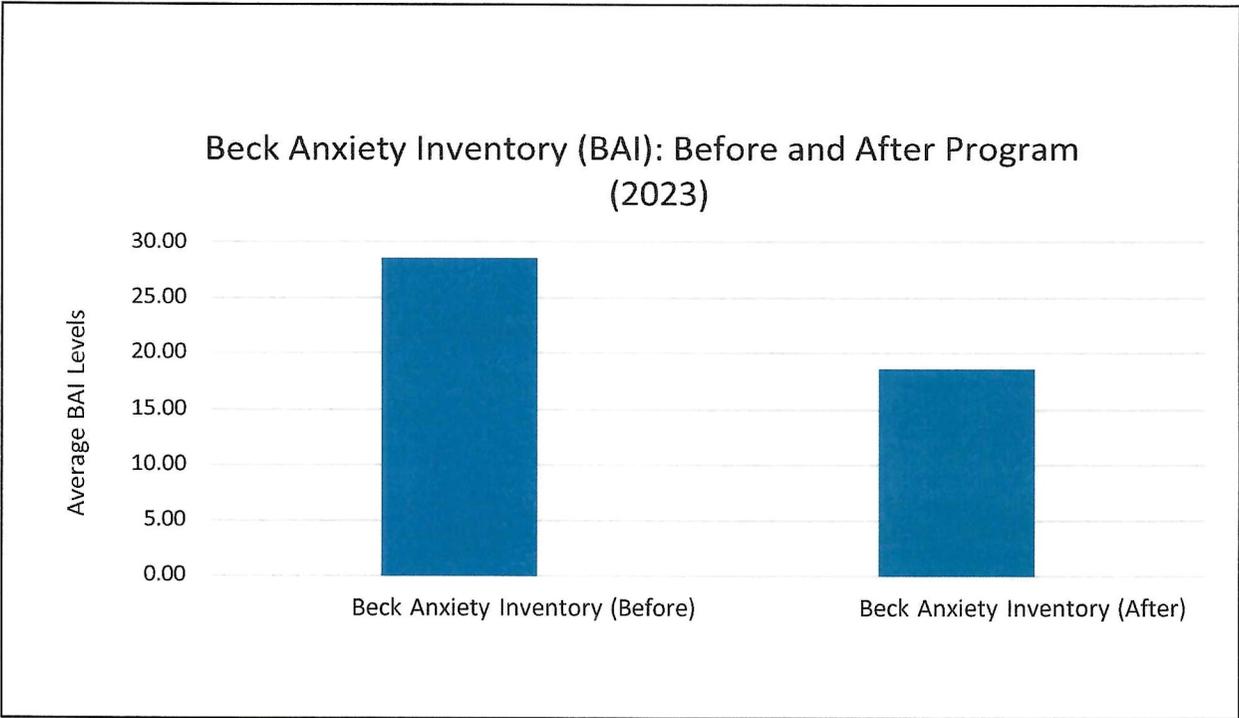
## BECK ANXIETY INVENTORY: BEFORE AND AFTER TEST RESULTS

Year 2023

Statistical Summaries: Beck Anxiety Inventory (2023)				
	Beck Anxiety Inventory (pre-test)		Beck Anxiety Inventory (post-test)	
N	8.00		8.00	
Mean	28.50		18.63	
Median	28.50		16.50	
Std. Deviation	18.89		13.67	
Minimum	5.00		0.00	
Maximum	63.00		35.00	

### Layman's Conclusion:

There was a total of 8 Dedicato clients that completed the client's treatment program for the year 2023. These results have shown that the anxiety levels of the participants significantly decreased by approximately 34.63% after going through the center's treatment program. The results have indicated that the participant's average anxiety levels after the program were significantly lower than their anxiety levels before the program indicating the center's program provide meaningful insights and significantly effective treatment program in lowering the client's anxiety levels.



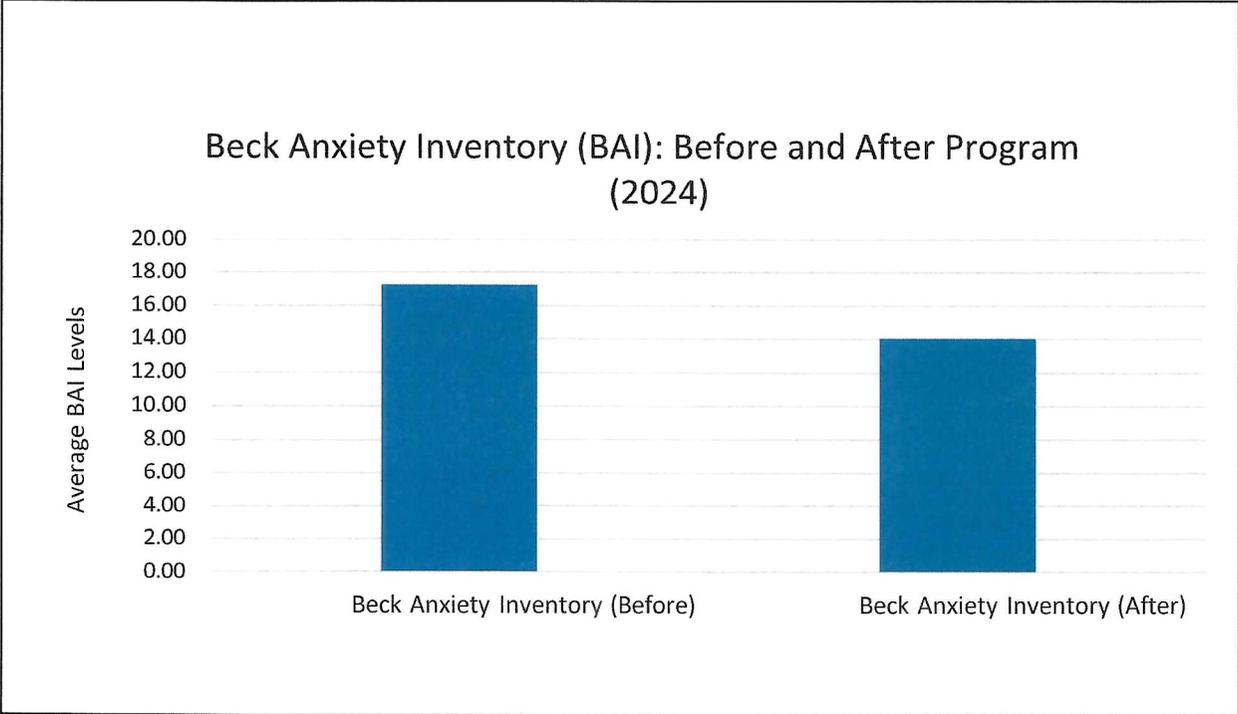
**Year 2024**

Statistical Summaries: Beck Anxiety Inventory (2024)			
	Beck Anxiety Inventory (pre-test)	Beck Anxiety Inventory (post-test)	
N	8.00	8.00	
Mean	17.25	14.13	
Median	14.5	10.00	
Std. Deviation	10.90	11.67	
Minimum	4.00	0.00	
Maximum	37.00	33.00	

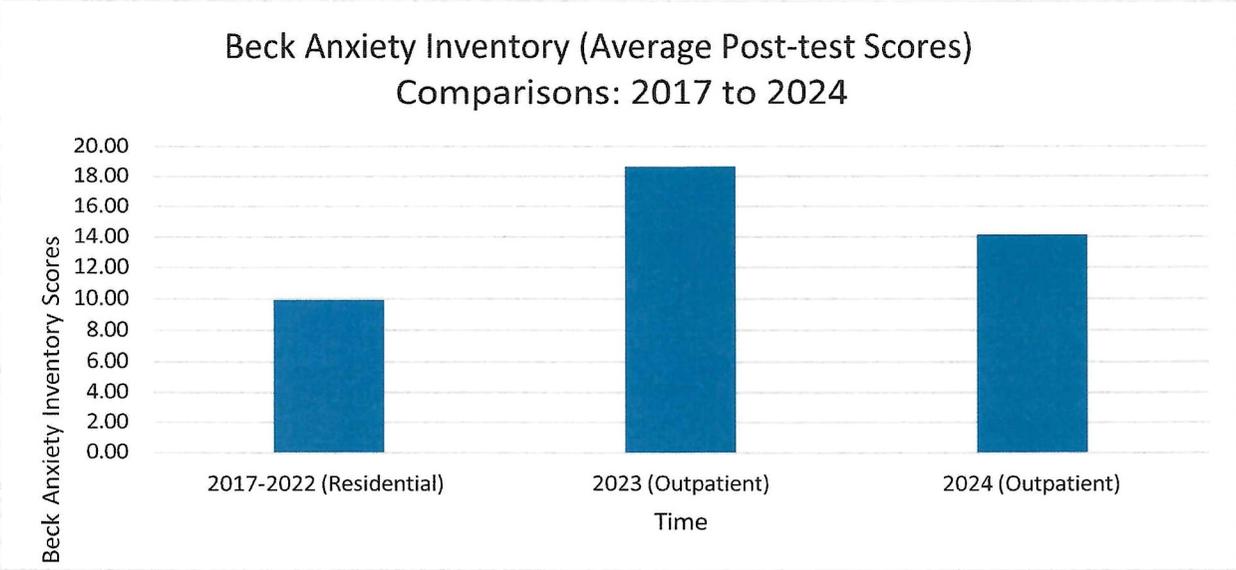
**Layman's Conclusion:**

There was a total of 8 Dedicato clients that completed the client's treatment program for the year 2024. These results have shown that the anxiety levels of the participants significantly decreased by approximately 18.09% after going through the center's treatment program. The results indicated that the participant's average anxiety levels after the

program was lower than their anxiety levels before the program indicated that the center's program provide meaningful insights and effective treatment program in lowering the client's anxiety levels.



The post-treatment anxiety scores from 2017-2022 (the residential treatment period), the year 2023 (outpatient treatment) and the year 2024 (outpatient treatment) were plotted in the following chart:



It shows there is a significant increase from 2017-2022, the residential treatment period to 2023 and 2024, the outpatient treatment period, which could be a result of the client's exposure to external triggers and less protected environments as in residential treatment. However, from the year 2023 to 2024, both outpatient treatment period, a decrease of 24.15% is observed, indicating improvement in the center's outpatient anxiety treatment services.

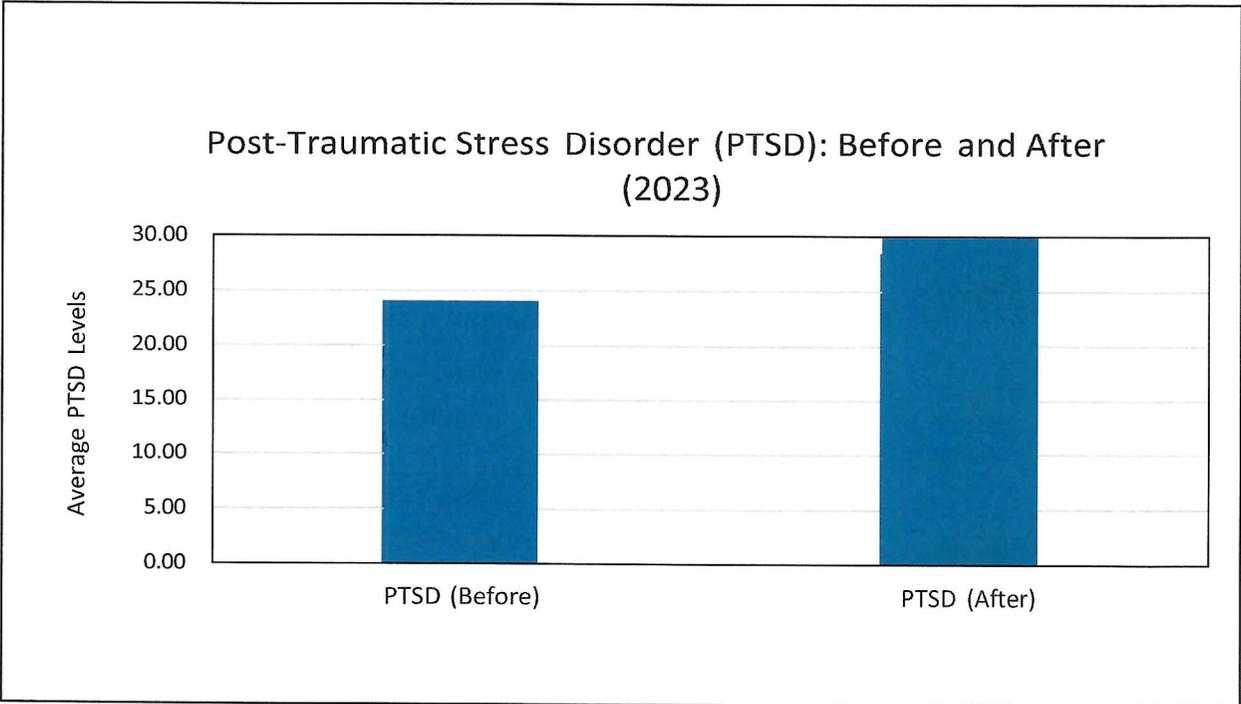
# POST-TRAUMATIC STRESS DISORDER: BEFORE AND AFTER TEST RESULTS

Year 2023

Statistical Summaries: PTSD (2023)			
	PTSD (pre-test)		PTSD (post-test)
N	8.00		8.00
Mean	24.13		28.50
Median	24.50		27.00
Std. Deviation	16.48		22.02
Minimum	0.00		0.00
Maximum	45.00		55.00

## Layman's Conclusion:

There was a total of 8 Dedicato clients that completed the client's treatment program for the year 2023. These results have shown that the post-traumatic stress disorder levels of the participants increased by approximately 18.11% after going through the center's treatment program.



When it comes to measuring Post Traumatic Stress Disorder symptomatology (e.g., increases vs decreases in symptoms before and after substance use disorder treatment), there are many variables to consider due to the complexity of the antecedents (the traumatic event or events) and the resulting psychopathology. Some variables to consider are:

1) Severity and duration, 2) age of onset, 3) interpersonal vs. non-interpersonal trauma, 3) subjective experiences, 4) pre-existing medical conditions, 5) genetic predisposition, 6) social support, 7) coping mechanism and resiliency, 8) cognitive factors, 9) biological factors, and 10) interactions and comorbidity. In summary, understanding PTSD requires the multifaceted nature of both the traumatic experience itself and the individuals unique biological, psychological, and social factors that influences their responses and recovery.

When someone comes into drug and alcohol treatment who is also suffering from PTSD there is a strong likelihood that their symptoms may increase. PTSD symptoms can initially worsen in individuals entering drug and alcohol treatment due to a combination of factors, including withdrawal, the cessation of self-medication, and the confrontation of trauma therapy. While this temporary increase can be challenging it is often necessary.

Here is a more detailed explanation:

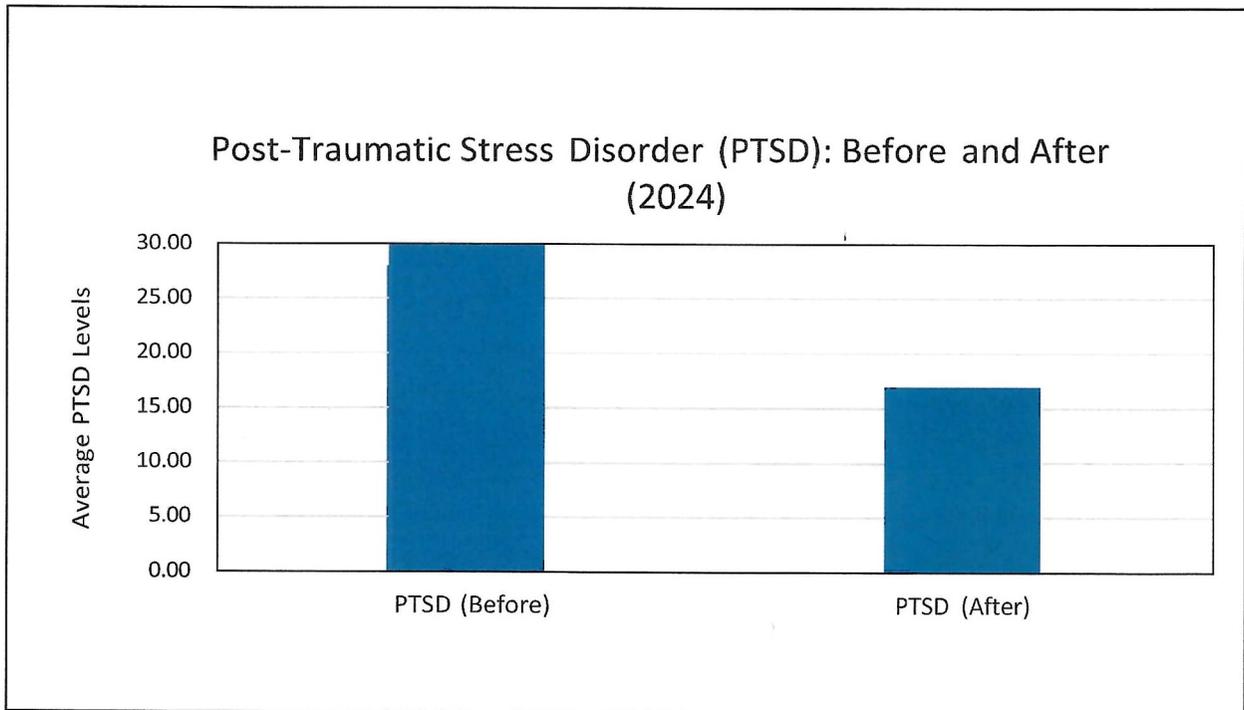
- **Withdrawal:** When someone stops using drugs or alcohol, they may experience withdrawal symptoms, which can mimic or exacerbate PTSD symptoms like anxiety, irritability, and sleep disturbances.
- **Loss of self-medication:** Individuals with PTSD often use substances to cope with their symptoms. When they stop using chemicals, they lose the temporary relief, and the underlying PTSD symptoms can become more prominent.
- **Facing Trauma:** As part of the treatment, individuals may begin to confront the traumatic events that contributed to their PTSD. This can be emotionally painful and lead to an increase in symptoms like flashbacks, nightmares, and hyperarousal.

Year 2024

Statistical Summaries: PTSD (2024)			
	PTSD (pre-test)		PTSD (post-test)
N	8.00		8.00
Mean	28.00		17.00
Median	25.50		15.00
Std. Deviation	21.35		16.22
Minimum	1.00		0.00
Maximum	52.00		46.00

**Layman's Conclusion:**

There was a total of 8 Dedicato clients that completed the client's treatment program for the year 2024. These results have shown that the post-traumatic stress disorder levels of the participants significantly decreased by approximately 39.29% after going through the center's treatment program.



The chart displays post-treatment PTSD scores for 2017-2022 (residential), 2023, and 2024 (outpatient).

The data indicates a notable increase from 2017-2022, the residential treatment period, to 2023 and 2024, the outpatient treatment period, which could be a result of the client's exposure to external triggers and less protected environments as in residential treatment which is a twenty-four protected environment. However, in the year 2024, there is a decrease of 40.35% which could indicate improvement in the center's outpatient PTSD treatment interventions. Please be advised that this number could be inaccurate due to the small sample size.