



Brief Addiction Monitor - Continuous (BAM)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	14 Sep 2026
<i>Date of birth (age)</i>	6 Nov 2000 (25)	<i>Time taken</i>	1 min 8s
<i>Assessor</i>	Dr David Hegarty		

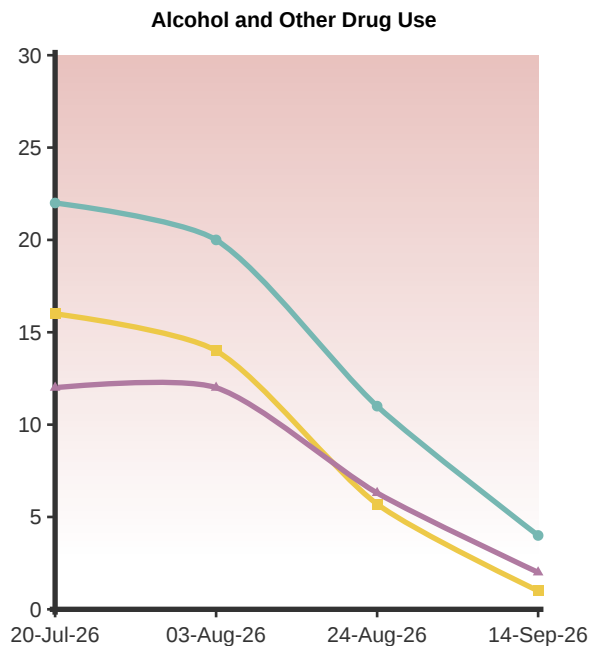
Results

	Score
Substance Use (out of 90)	7
Risk Factors (out of 180)	47
Protective Factors (out of 180)	101

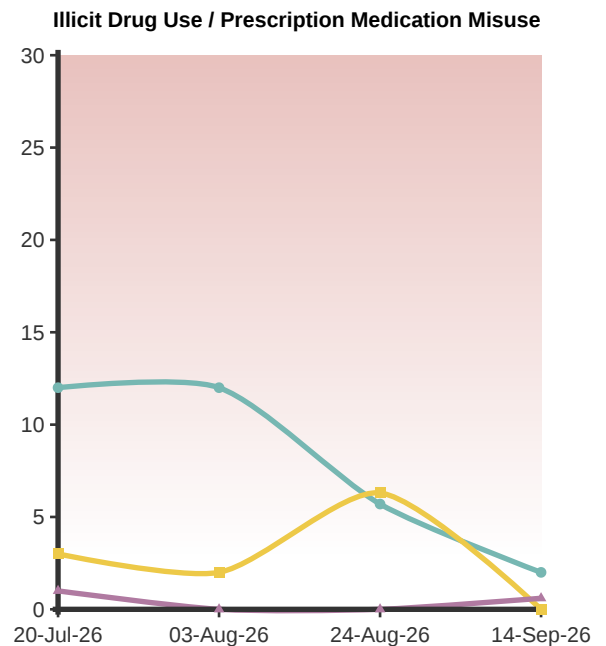
* Domain graphs are presented on p. 4

Substance Use

Note. Values on the plots below are the number of days reported, out of the past 30.



—●— Alcohol use
—■— Excessive alcohol use
—■— Illicit drug use / prescription medication misuse



—●— Marijuana
—■— Sedatives / tranquilizers
—■— Cocaine or crack

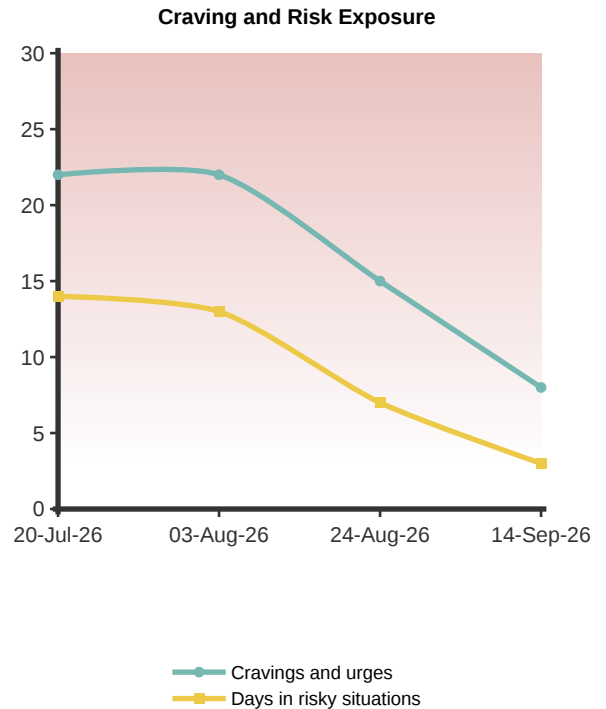
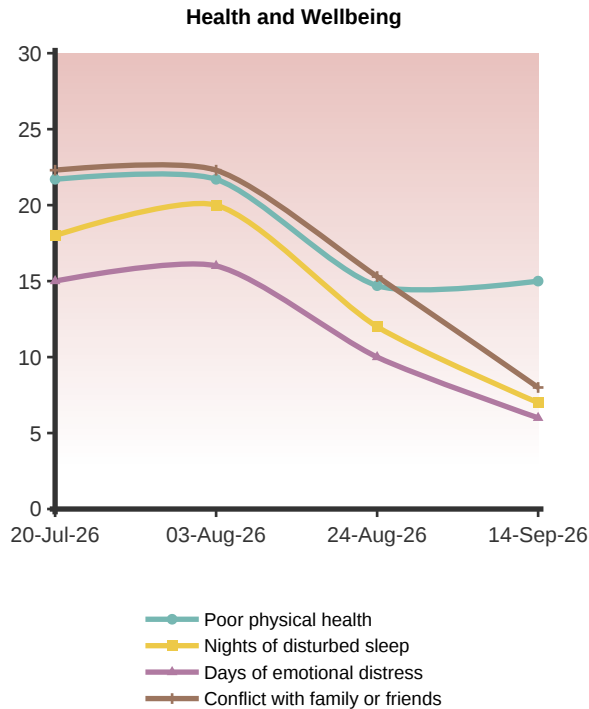
Note. Other stimulants, Opiates, Inhalants, and Other drugs are not shown on the plot because there has been no reported historical or current use.



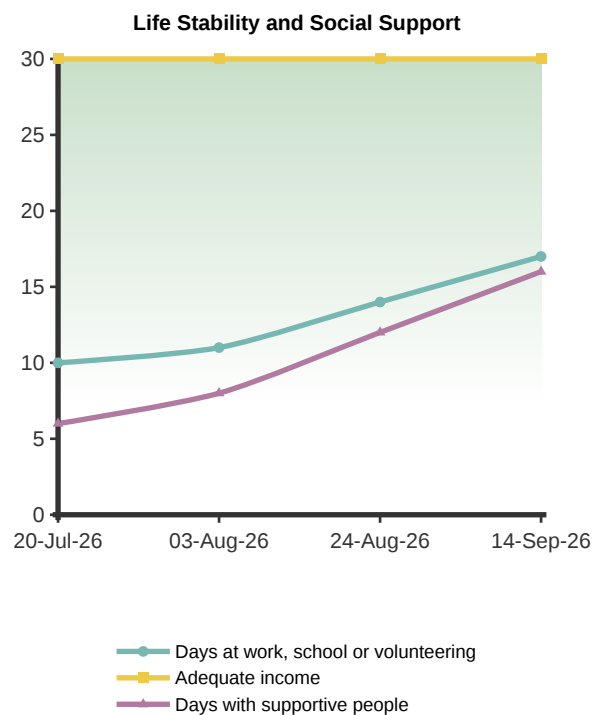
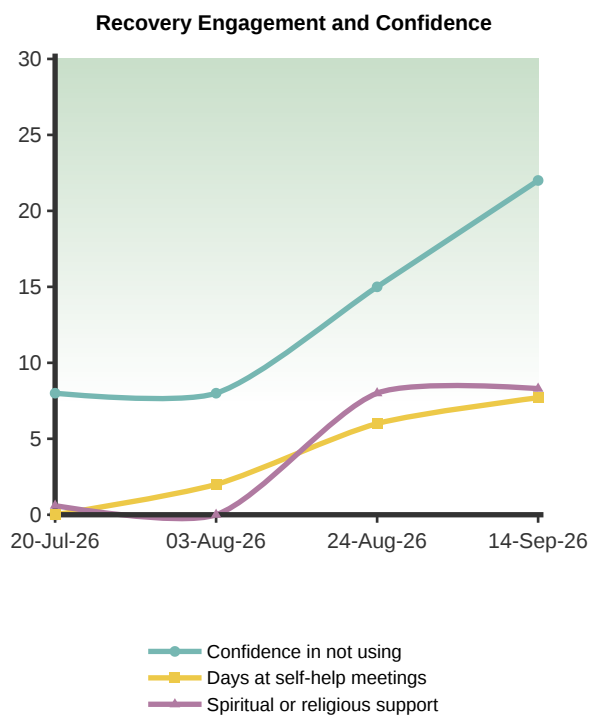
Client Name | Generic Client

Note. Values on the plots below are scores from 0 to 30, not days.

Risk Factors



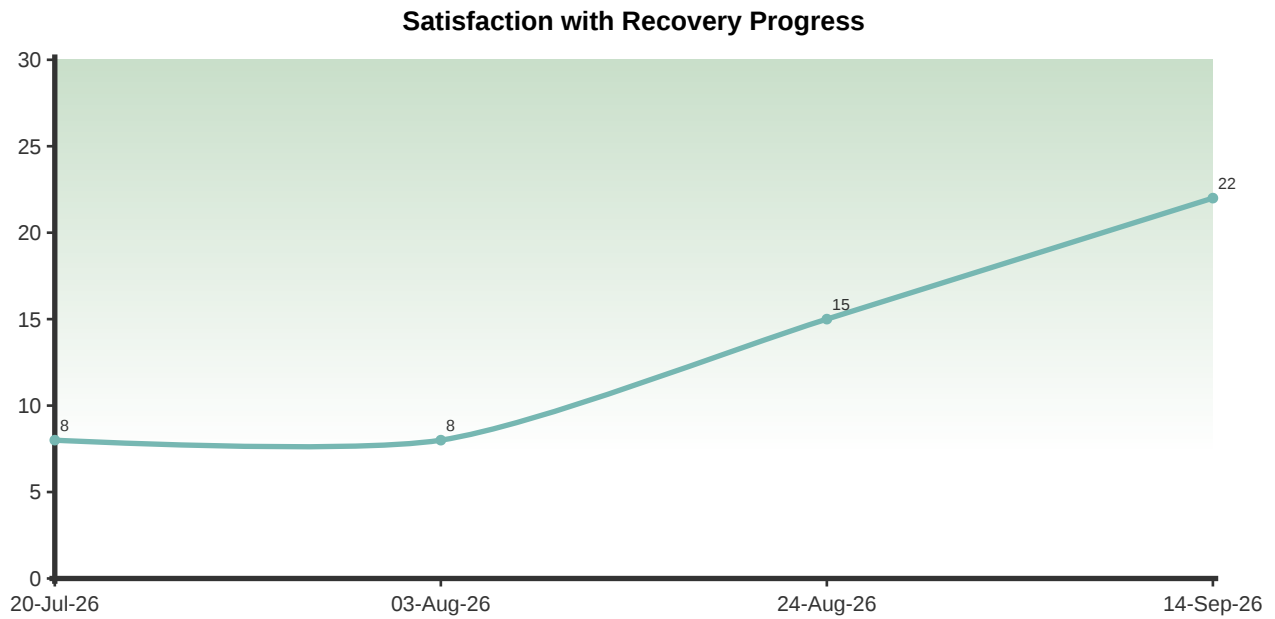
Protective Factors





Client Name	Generic Client
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Recovery Satisfaction



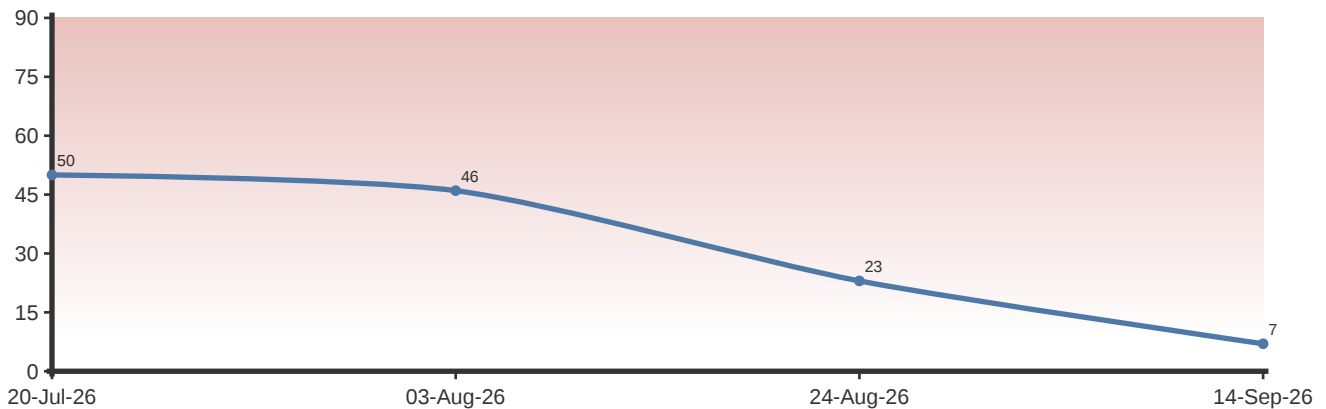
Note. The Satisfaction with Recovery Progress score does not form part of any domain.



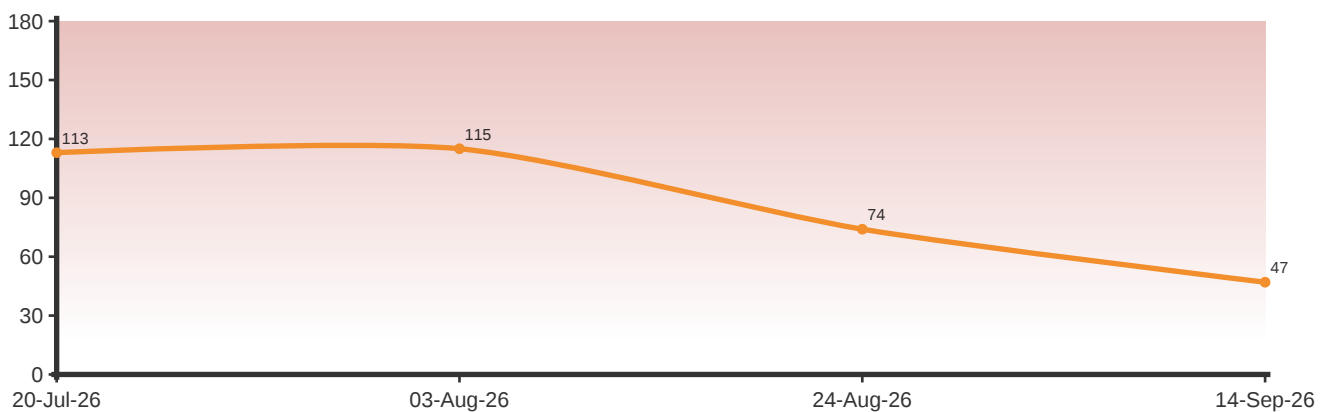
Client Name	Generic Client
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Domain Scores

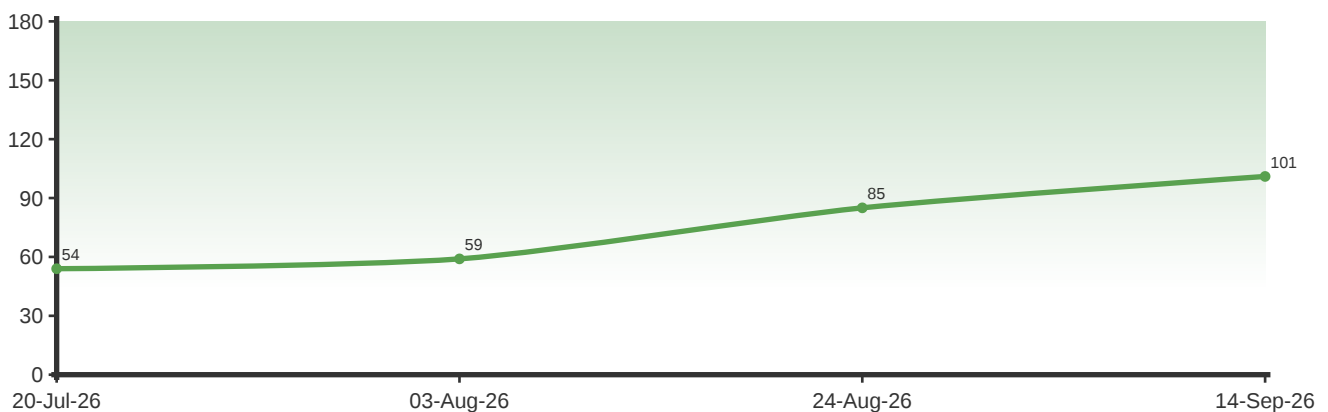
Substance Use Domain Score



Risk Factors Domain Score



Protective Factors Domain Score





Client Name	Generic Client
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Interpretation

The Brief Addiction Monitor (BAM) was administered on 14 September 2026. Current domain scores are Substance Use 7 out of 90, Risk Factors 47 out of 180, and Protective Factors 101 out of 180.

Since the respondent last completed the BAM on 14 September 2026 (0 days ago), all three domain scores have moved in a favourable direction: Substance Use fell by 16 points, Risk Factors fell by 27 points, and Protective Factors rose by 16 points.

Since the initial administration on 14 September 2026, all three domain scores have moved in a favourable direction: Substance Use fell by 43 points, Risk Factors fell by 66 points, and Protective Factors rose by 47 points.

Note. A change in a domain score does not show which items moved. Reviewing the individual items, and how each has moved across administrations, is usually more informative than the domain totals.

Specific substances reported in the past 30 days (recorded for review, not scored):
- *Marijuana (2 days)*

Scoring and Interpretation Information

For comprehensive information on the BAM, [see here](#).

BAM Scoring

Item-level scoring. Each BAM item is scored from 0 to 30. Items asking for a number of days or nights over the past month (2, 3, 4, 5, 6, 7a to 7g, 10, 11, 13, and 16) are scored as the actual number reported. Items with five rated response options (1, 8, 9, 12, 15, and 17) are scored 0, 8, 15, 22, or 30. Item 14, which asks whether the respondent has adequate legal income, is scored No = 0 and Yes = 30.

Contingent items. Two conditional blocks are displayed only if the respondent reported any use on the preceding item, covering eight items in total. If the respondent reports no alcohol use in the past 30 days (i.e., item 4 = 0 days), the heavy-drinking item (item 5) is skipped; if they report no drug use (i.e., item 6 = 0 days), the seven specific-drug items (7a to 7g) are skipped. Skipped items are scored zero, so the domain totals remain on the same scale for every client. Note that a skipped item still appears in the Client Responses table as "Not Completed": item 5 whenever item 4 is zero, and items 7a to 7g whenever item 6 is zero. A "Not Completed" entry against one of these items means the question was not asked because the preceding answer made it redundant, not that data are missing, and the Substance Use total is complete.

Domains. The BAM is scored as three domain totals by summing the relevant items. Each item on the continuous form contributes a value from 0 to 30. The specific-drug items (questions 7a to 7g) and the recovery-satisfaction item (question 17) are recorded for clinical review but are not included in the three domain totals.

- Substance Use (3 items: 4, 5, 6; total ranging from 0 to 90), capturing the frequency of recent alcohol and drug use (days of drinking, days of heavy drinking, and days of illicit drug use or misuse of prescription medication). Note: Item 6 in the NovoPsych version of the BAM reads "...or misuse any prescription medications?" whereas the original source reads "abuse". The change follows current terminology guidance. The National Institute on Drug Abuse lists "abuse"





Client Name	Generic Client
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among the terms to avoid, giving "misuse" or "used other than prescribed" as the preferred alternatives for prescription medications, on the basis that "abuse" carries a high association with negative judgement and punishment (National Institute on Drug Abuse, n.d.). The VA's own content style guidance advises the same (U.S. Department of Veterans Affairs, n.d.-b).

- Risk Factors (6 items: 1, 2, 3, 8, 11, and 15; total ranging from 0 to 180), capturing states and circumstances that raise the likelihood of continued use (physical health, sleep problems, mood problems, cravings, risky situations, and conflict with family or friends).

- Protective Factors (6 items: 9, 10, 12, 13, 14, and 16; total ranging from 0 to 180), capturing supports and behaviours that sustain recovery (confidence in remaining abstinent, self-help attendance, spirituality, work or study, adequate income, and contact with supportive people).

BAM Domain Score Interpretation

The BAM is interpreted using raw domain scores and interpretation is directional. On the Substance Use and Risk Factor domains, higher scores indicate more substance use and more risk-related circumstances. On the Protective Factors domain, higher scores indicate more recovery support. A single administration gives a snapshot of where the client currently sits across the three domains; the greatest clinical value comes from comparing scores across administrations to see what is improving and what is not.

Because each BAM item reflects a distinct and concrete behaviour or state, reviewing individual item responses is often as informative as the domain totals. Items carry richer implications for treatment planning than the composite scores. A high number of days of drug use, a rise in risky situations, or a fall in self-help attendance each points to a specific and actionable focus for the next stage of treatment. Two clients with the same Risk score may present entirely differently: one with physical health, sleep and mood difficulties, the other with craving, risky situations and interpersonal conflict; so the total domain score alone cannot guide the plan.

The items the report surfaces in its interpretive text are selected and ordered by score on the shared 0 to 30 metric, not by clinical importance, so that list is a starting point for review rather than a priority order. The full set of responses is set out at the end of the report, grouped by domain and numbered as they appear on the questionnaire (1 to 17, with 7a to 7g), so each answer can be reviewed directly alongside the domain totals.

There are no norms, cut-scores, or percentile ranks for the BAM domain scores, and the measure does not produce a total score. Results are compared against the same client's earlier administrations rather than against a reference population. There is no threshold at which a domain score becomes "high" or "clinically significant."

BAM Change Score Interpretation

The BAM is designed for repeated administration as part of measurement-based care (MBC), and change across administrations is the primary interpretive output.

On a repeat administration the report describes change against two reference points: the most recent prior administration, and the client's initial administration. Reporting both separates a recent shift from the overall trajectory, which can move in opposite directions. On a second administration the two reference points are the same, so only one comparison is given.

A reduction in the Substance Use or Risk Factors domain, or an increase in the Protective Factors domain, reflects movement in the favourable direction. Movement on Protective Factors should be read with particular caution: the internal consistency of that domain is very low (Cronbach's alpha .32 and .22; Hallinan et al., 2021), so a change in the total should always be



Client Name	Generic Client
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checked against which of its six items actually moved. Change is reported as a raw point difference. No threshold defines how large a change must be before it counts as meaningful. Change is therefore read directionally and in the context of the client's own trajectory.

The evidence base indicates that BAM scores move meaningfully during treatment, with the heavy alcohol use, drug use, craving, mood, and self-help items showing the greatest responsiveness (Blanchard et al., 2023).

BAM Graphs

Single administration. The report presents three horizontal bar plots, one per domain, each on its own raw-score axis: Substance Use 0 to 90, Risk Factors and Protective Factors 0 to 180.

Repeat administrations, item level. Because attending to the items more closely than to the domain scores is important, the report plots individual items over time and presents these first, grouped so that items which are read together are seen together:

- Substance Use: days of drinking, heavy drinking and drug use (items 4, 5 and 6), plus a separate plot of the specific substances (7a to 7g). Both plots count days, and the section carries a note saying so, since the shared 0 to 30 axis means something different elsewhere in the report. The second plot draws a line only for a substance the client has reported using at some point in the window, so a drug that has reappeared is shown with its preceding run of zeros intact and a drug never used is left off entirely.
- Risk Factors: physical health, sleep, mood and interpersonal conflict (items 1, 2, 3 and 15); and craving and exposure to risky situations (items 8 and 11).
- Protective Factors: confidence, self-help attendance and spiritual support (items 9, 10 and 12); and work or study, income and supportive contact (items 13, 14 and 16).
- Recovery satisfaction: item 17 on its own, carrying a note that this score forms no part of any domain.

Repeat administrations, domain level. The report presents a trajectory plot of each domain across administrations, so the movement of Substance Use, Risk Factors and Protective Factors over the course of treatment can be seen together. The three are plotted separately rather than combined, because Substance Use runs to 90 while the other two run to 180, and because Protective Factors reads in the opposite direction.

Background gradient. All plots carry a background gradient whose colour deepens as more of the construct is present: red as Substance Use and Risk Factors scores rise, green as Protective Factors scores rise. On the trajectory plots the gradient is a wash behind the line; on the single-administration plots it is a strip along the base of each chart. Only the upper portion of each scale is shaded, and the shading fades out gradually rather than beginning at a fixed point. The lower end is left unshaded deliberately: a low Substance Use or Risk Factors score reflects the absence of a reported problem rather than a positive finding. The shading is a visual guide only. The BAM has no validated cut scores, norms, or severity bands, so no score should be read as having crossed a threshold on the basis of where it falls within the gradient.



Client Name	Generic Client
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Client Responses

Substance Use

4	In the past 30 days, how many days did you drink ANY alcohol?
	4
5	In the past 30 days, how many days did you have at least 5 drinks (if you are a man) or at least 4 drinks (if you are a woman)? [One drink is considered one shot of hard liquor (1.5 oz.) or 12-ounce can/bottle of beer or 5-ounce glass of wine.]
	1
6	In the past 30 days, how many days did you use any illegal or street drugs or misuse any prescription medications?
	2

Risk Factors

		Excellent	Very Good	Good	Fair	Poor
1	In the past 30 days, how would you say your physical health has been?	0	8	15	22	30
2	In the past 30 days, how many nights did you have trouble falling asleep or staying asleep?					
	7					
3	In the past 30 days, how many days have you felt depressed, anxious, angry or very upset throughout most of the day?					
	6					
		Not at all	Slightly	Moderately	Considerably	Extremely
8	In the past 30 days, how much were you bothered by cravings or urges to drink alcohol or use drugs?	0	8	15	22	30
11	In the past 30 days, how many days were you in any situations or with any people that might put you at an increased risk for using alcohol or drugs (i.e., around risky "people, places or things")?					
	3					
15	In the past 30 days, how much have you been bothered by arguments or problems getting along with any family members or friends?	0	8	15	22	30

Protective Factors

		Not at all	Slightly	Moderately	Considerably	Extremely
9	How confident are you that you will NOT use alcohol and drugs in the next 30 days?	0	8	15	22	30
10	In the past 30 days, how many days did you attend self-help meetings like AA or NA to support your recovery?					
	8					





Client Name | Generic Client

Client Responses (cont.)

		Not at all	Slightly	Moderately	Considerably	Extremely
12	Does your religion or spirituality help support your recovery?	0	8	15	22	30
13	In the past 30 days, how many days did you spend much of the time at work, school, or doing volunteer work?					
	17					
		No		Yes		
14	Do you have enough income (from legal sources) to pay for necessities such as housing, transportation, food and clothing for yourself and your dependents?	0		30		
16	In the past 30 days, how many days did you contact or spend time with any family members or friends who are supportive of your recovery?					
	16					

Specific drug use (not scored)

7A	Marijuana (cannabis, pot, weed)?	2
7B	Sedatives and/or Tranquilizers (benzos, Valium, Xanax, Ativan, Ambien, barbs, Phenobarbital, downers, etc.)?	0
7C	Cocaine and/or Crack?	0
7D	Other Stimulants (amphetamine, methamphetamine, Dexedrine, Ritalin, Adderall, speed, crystal meth, ice, etc.)?	0
7E	Opiates (Heroin, Morphine, Dilaudid, Demerol, Oxycontin, oxy, codeine (Tylenol 2,3,4), Percocet, Vicodin, Fentanyl, etc.)?	0
7F	Inhalants (glues, adhesives, nail polish remover, paint thinner, etc.)?	0
7G	Other drugs (steroids, non-prescription sleep and diet pills, Benadryl, Ephedra, other over-the-counter or unknown medications)?	0



Client Name	Generic Client
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Recovery satisfaction (not scored)

		Not at all	Slightly	Moderately	Considerably	Extremely
17	How satisfied are you with your progress toward achieving your recovery goals?	0	8	15	22	30