

## CPI Validated As Effective In Predicting Therapeutic Impact & Improving Clinical Symptomatology

### Introduction

The Care Predictor Index (CPI) is an assessment tool that utilizes predictive analytics in order to measure a clinician's ability to form a strong Therapeutic Alliance, or bond, with their clients. This alliance is a crucial aspect of the therapeutic process and is the second strongest indicator of treatment outcomes after self-motivation. Led by Dr. Loren Martin, PhD, a team of twelve academic researchers collectively spent upwards of 3,000 hours over a three-year period in developing the Care Predictor Index.

### Real-World Implementation of the CPI

In 2023, Alter Behavioral Health (ABH), a primary mental health treatment center, adopted the CPI to assist with both the pre-hire screening process as well as employee coaching initiatives. The clinical team at ABH utilized individual CPI reports to highlight their clinicians' strengths and encourage continued skill development through supervision and training.

### Care Predictor + National Institute for Behavioral Health

In June of 2024, Care Predictor enlisted the services of the National Institute for Behavioral Health (NIFBH), a consulting company that provides high-level services to support the successful creation and enhancement of behavioral health treatment programs. In order to investigate the CPI's predictive analytics, the NIFBH completed a pilot study that analyzed the correlation between therapist CPI scores and clinical outcomes at Alter Behavioral Health.

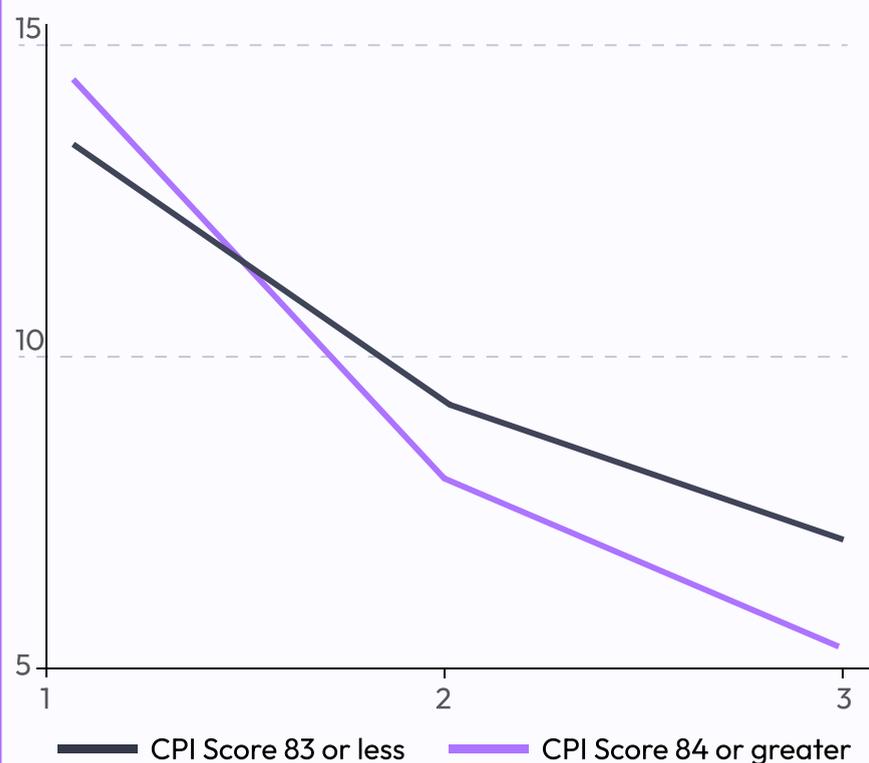
### Conclusion

The team at NIBH identified a statistically significant relationship between CPI score and a specific patient outcome. This serves as the first step in validating the efficacy of the Care Predictor Index in predicting the impact of therapists on clinical improvement.

### Statistically Significant Findings

1. There is a correlation between higher CPI scores and client reporting rates.
2. Outcomes were consistent across levels of care as well as across clients of diverse background demographics (gender, race, age and ethnicity), completion of treatment status, and level of care.
3. A CPI score  $\geq 84$  was associated with statistically significantly greater patient improvement in PHQ-9 (level of depression) over time periods 1 and 2.

(see below)



Therapists with a CPI score  $\geq 84$  saw an average decrease of 7.5 in PHQ-9 score

## CPI Validated As Effective In Predicting Therapeutic Impact & Improving Clinical Symptomatology Among Those Who Completed Treatment

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2. Outcomes were consistent across levels of care as well as across clients of diverse background demographics (gender, race, age and ethnicity), completion of treatment status, and level of care.
3. A CPI score  $\geq 82$  was associated with statistically significantly greater patient improvement in PHQ-9 scores (level of depression) and GAD-7 scores (level of anxiety) over time periods 1 and 2. *(see below)*

