

## **The predictive value of motivation on the association between therapeutic alliance and treatment outcome, in adolescent mental health and addiction care, is there a moderation effect?**

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Several studies have shown that the perceived first-session alliance is associated with better treatment outcomes in adolescents. Research also indicates that treatment motivation at the start of treatment is predictive of treatment outcomes, with higher initial motivation linked to better results. However, the relationship between motivation and alliance has not been extensively studied. This study examined the relationship between alliance and motivation and tested the effect of motivation on the association between perceived alliance at the start of treatment and treatment outcomes.

**Method:** A total of 127 adolescents (ages 13-23) participating in outpatient treatment in youth mental health and addiction services rated their motivation, alliance, and symptom severity at the first session. Their symptom severity was assessed again after four months.

**Results:** We found a relationship between alliance and treatment readiness, however hierarchical regression analysis showed no effect of early session alliance and treatment outcome. There was no moderation effect by motivation on the relationship between alliance and treatment outcome. On subscale level nor treatment readiness nor problem recognition moderated this relationship.