

ABSTRACT

RESEARCH PAPER: MOUD Engagement Patterns and Their Association with Substance Use Severity at Three Years

STUDENT: Molly Jacobs

DEGREE: Master of Science

COLLEGE: Teacher's College

DATE: December 2025

PAGES: 20

Medications for opioid use disorder (MOUD) are among the most effective treatments for opioid use disorder (OUD), yet real-world patterns of use vary widely. This study examined whether stability or variability in MOUD engagement was associated with differences in substance use severity after three years of recovery. Participants ($N = 88$) were drawn from the Long-Term Recovery Project, a longitudinal study of individuals with OUD. MOUD use patterns were categorized as stable use, stable non-use, one MOUD change, or two or more changes. A one-way ANOVA revealed significant group differences in substance use severity at 36 months, $F(3, 84) = 4.78$, $p = .004$, $\eta^2 = .15$. Post-hoc tests indicated that participants with two or more MOUD changes had significantly higher severity scores than those with stable non-use. These findings suggest that greater instability in MOUD use may correspond to poorer long-term recovery outcomes.