

Glossary

Baseline: A starting point or basis of comparison against which changes can be assessed.

Buprenorphine: “The first medication to treat opioid use disorder (OUD) that can be prescribed or dispensed in physician offices, significantly increasing access to treatment. As with all medications used in treatment, buprenorphine should be prescribed as part of a comprehensive treatment plan that includes counseling and other services to provide patients with a whole-person approach” (Substance Abuse and Mental Health Services Administration [SAMHSA], 2024).

Buprenorphine Maintenance: The use of buprenorphine, a partial opioid agonist, for the treatment of opioid use disorder.

Cognitive Behavioral Therapy (CBT): A psychological treatment modality that emphasizes helping patients/clients address and modify thinking patterns as a pathway to behavior change. CBT tends to focus on current life circumstances and teaches patients how to cope with problems to reduce symptoms.

Community Reinforcement Approach (CRA): A community-based outpatient treatment approach designed to assist clients in gaining skills to avoid substance use and transform their lifestyle through the incorporation of new recreational activities.

Comparison Group: A group of individuals who received alternative treatment.

Contingency Management (CM): A type of treatment that rewards individuals for demonstrating a desired behavior to instill positive behavior change.

Control Group: A group of individuals who received either no treatment or standard treatment (i.e., the most widely accepted treatment).

Disulfiram: A type of medication used in the treatment of alcohol use disorder to deter people from drinking alcohol.

Effect Size: A value that describes the strength of the relationship between variables or the extent of differences between groups. A large effect size indicates practical significance, while a small effect size indicates that a finding might have statistical significance but has limited practical applications.

Experimental Study Design: A type of research design that evaluates the effectiveness of an intervention by randomly assigning participants to either the intervention group or a control group.

Fidelity: The extent to which delivery of an intervention adheres to the model originally developed.

Follow-up Assessment: This type of assessment is conducted after the active treatment period ends in a research study. Its purpose is often to examine whether the outcomes achieved during the treatment are sustained.

Methadone: A synthetic opioid medication primarily used in the treatment of opioid use disorder and chronic pain management. It reduces withdrawal symptoms and cravings without producing the intense euphoria associated with stronger opioids.

Methadone Maintenance: The use of methadone, a long-acting full opioid agonist, utilized in an opioid treatment program.

Self-Report: A report about one's own behavior provided by the subject of the research.

Sertraline: A type of selective serotonin reuptake inhibitor medication commonly used to treat depression and anxiety disorders.

Levodopa-carbidopa: A type of medication that is used primarily in the treatment of Parkinson's disease.

Matrix Model: A structured psychosocial protocol and treatment framework that incorporates individual/conjoint sessions; early recovery skills groups; relapse prevention group sessions; family education sessions; and social support sessions with the goal of promoting abstinence and aid in recovery.

Placebo: A type of medication or treatment without a therapeutic effect. It is often used as a comparison condition to ensure rigorous evaluation of a treatment method by eliminating participant bias.

Prize-Based Contingency Management: The provision of opportunities to win prizes as rewards for achieving a desired behavior, such as abstaining from stimulants, in a treatment program.

Psychosocial Treatment: It refers to therapeutic interventions and support services that address multiple aspects of an individual's well-being, including psychological, emotional, and social. Psychological treatment may be used in conjunction with other medical or psychiatric interventions to provide comprehensive care for individuals with mental health conditions and/or substance use disorders.

Reset: It refers to the situation where the value of the vouchers or the number of earned draws would revert to the starting value as a result of non-compliance with the CM program requirements, such as submitting a positive urine drug test.

Statistical Significance: A concept that dictates whether conclusions derived from a study cannot be attributed to chance, meaning that there is a level of confidence in the results.

Stimulants: A drug class covering a wide range of drugs that speed up the body's systems and

processes, including increasing activity in the central nervous system. It includes “prescription drugs such as amphetamines, methylphenidate, diet aids, and other illicitly used drugs such as methamphetamine, cocaine, methcathinone, and other synthetic cathinones that are commonly sold under the guise of ‘bath salts’ that can come in multiple forms, such as ‘pills, powders, rocks, and injectable liquids’” (U.S. Drug Enforcement Administration [DEA], 2020).

Treatment as Usual (TAU): A commonly used study condition or control/comparison group in therapeutic and clinical intervention studies. TAU groups often represent a study condition where no changes to practice or treatment are implemented because participants assigned to this condition receive a version of treatment that is considered standard or typical, based on the discipline. Researchers typically compare a TAU group to one or more groups that receive an intervention or treatment of interest.

Voucher-Based Contingency Management: The provision of vouchers with monetary value as a reward for achieving a desired behavior such as abstaining from stimulants for an individual in a treatment program.