



Glossary

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

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.

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

Control Group: A group of individuals who received no treatment or a standard treatment.

Detoxification Center: A place similar to a hospital in which people receive medical management in order to manage withdrawal from cessation of drug or alcohol use.

EEG-based Psychophysiological Feedback: Neurofeedback used as a method to self-regulate one's own brain activity to alter the underlying neural mechanisms of cognition and behavior.

Effect Size: A description of how meaningful the relationship between variables or the difference between groups is. 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 intervention group.

Feasibility Focused Implementation Study: A research study with a focus on developing or refining implementation strategies to determine if and how an intervention will work with a specific setting or population.

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

Imaginal Desensitization (ID): A brief progressive muscle relaxation technique that uses images to assist individuals struggling with irrational thinking that accompanies compulsive behaviors associated with addictions.

Intervention Group/Treatment Group: A group of individuals who receive the intervention being studied.

Methadone Maintenance: The use of methadone, a long-acting full opioid agonist, as a long-term treatment for opioid use disorder.

Partial Hospitalization: A hospital-based form of outpatient drug rehabilitation, also known as Day Treatment.

Pilot Study Design: A small-scale test of methods and procedures being researched.

Psychotic Disorders: A group of severe mental disorders that cause abnormal thinking and perceptions.

Quasi-experimental Study Design: A type of research design that evaluates the effectiveness of an intervention without random assignment of the participants.

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

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. Stimulants come in various forms, including powders, pills, liquids, and injectables and some may be prescribed for

medicinal and therapeutic purposes for certain conditions. Some stimulants are legal while others are considered illegal or illicit. Examples include caffeine, amphetamines, methamphetamines, and cocaine.

Timeline Follow-Back: A method that can be used as a clinical and research tool to obtain a variety of quantitative estimates of drug or alcohol use.

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 since 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.