

## Glossary

**Aftercare Programming:** Any type of ongoing or follow-up treatment for substance use disorders that is delivered after an initial treatment ends.

**Analgesics:** A classification of medications utilized for the treatment and management of pain. These medication types include acetaminophen, nonsteroidal anti-inflammatory drugs, antidepressants, antiepileptics, local anesthetics, and opioids (Milani & Davis, 2023).

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

**Behavioral Naltrexone Therapy (BNT):** An intervention combining elements from evidence-based treatments (i.e., motivational interviewing, cognitive-behavioral relapse prevention, network therapy, voucher incentives, skill building, and community reinforcement approach) to increase adherence to naltrexone and support abstinence from opioids (Rothenberg et al., 2002).

**Blended Motivational Intervention:** A multicomponent intervention where motivational interviewing or motivational enhancement therapy is one of the core therapeutic approaches.

**Brief Motivational Intervention-Medication Therapy Management (BMI-MTM):** An intervention used in the treatment of opioid medication misuse that consists of a pharmacist-led medication counseling/brief motivational session and 8-weekly patient navigation sessions.

**Buprenorphine:** A partial opioid receptor agonist classified as a Schedule III controlled substance (U.S. Drug Enforcement Administration [DEA], 2022). Buprenorphine is used in medication-assisted treatment that can help reduce withdrawal symptoms and craving (Substance Abuse and Mental Health Services Administration [SAMHSA], 2024).

**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.

**Compliance Enhancement (CE):** Intervention consisting of psychoeducation, discussion of naltrexone medication compliance, supportive problem solving, and 12-step principles.

**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) within the context of experimental research.

**Detoxification:** A multicomponent intervention that seeks to reduce any physical harm caused by substance abuse by managing acute intoxication and withdrawal.

**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.

**Eye Movement Desensitization and Reprocessing (EMDR):** A type of mental health therapeutic approach that aims to reduce the emotional impact of traumatic experiences by helping clients process distressing memories (EMDR Institute, 2024).

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

**Follow-up Assessment:** A type of assessment 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.

**Hepatitis C:** A potentially life-threatening viral infection that primarily affects the liver and can cause liver inflammation and other acute or chronic health conditions. The Hepatitis C virus can be spread through direct blood-to-blood contact, unprotected sex, intravenous drug use with tainted or shared needles, body piercings and body art using non-sterile ink and needles, and sharing personal items such as razors. Hepatitis C can be treated with antiviral medication.

**Hypnotics:** A classification of medications that promote and maintain sleep by increasing drowsiness and decreasing physical activity. Commonly prescribed hypnotics include benzodiazepines, while antihistamines and other nonbenzodiazepine hypnotics such as eszopiclone and zolpidem are less frequently used for sleep induction (American Psychological Association, 2018).

**Medication-Assisted Treatment (MAT):** The comprehensive treatment of substance use disorders through a holistic approach that combines FDA-approved medications with counseling and behavioral interventions (SAMHSA, 2019).

**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.

**Mindfulness-Based Psychotherapy:** A type of psychotherapy that combines cognitive therapy, meditation, and mindfulness to treat acute stress and trauma.

**Motivational Enhancement Therapy (MET):** A four-session manualized treatment modality incorporating the key components of motivational interviewing with individual assessment feedback.

**Motivational Interviewing (MI):** A therapeutic approach aimed at enhancing motivation for change and improving treatment outcomes among individuals with substance use disorders.

**Naloxone:** A medicine that rapidly reverses an opioid overdose by restoring a person's normal pattern of breathing.

**Naltrexone:** An opioid antagonist that blocks the activation of opioid receptors (National Institute on Drug Abuse, 2018).

**Naltrexone Maintenance:** The use of naltrexone as a long-term treatment for opioid use disorder.

**Non-Medical Use of Prescription Opioids (NMUPO):** Using a different dose of an opioid than prescribed, taking someone else's prescription opioid, or taking prescription opioids for the feelings that it produces.

**Opioids:** A class of drugs that are often used for pain management. They include prescription opioids such as oxycodone (OxyContin) and morphine, as well as the synthetic opioid fentanyl and the illegal drug heroin.

**Opioid Use Disorder (OUD):** A condition characterized by compulsive and prolonged misuse of illicit or prescription opioids, diagnosed when an individual exhibits at least two of several criteria within a 12-month period, including loss of control over use, cravings, persistent social or occupational problems, and continued use despite negative physical or psychological consequences (American Psychiatric Association, 2022).

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

**Psychosocial Treatment:** 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.

**Recall Bias:** Inaccuracies in reporting past events or behaviors. While some details may be accurate, people may systematically under- or overestimate the frequency of certain behaviors when recalling from memory (American Psychological Association, 2018).

**Sedatives:** A class of potentially addictive prescription medications used for various purposes, such as treatment for anxiety and insomnia, or as anesthesia.

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

**Social Desirability Bias:** The tendency to present oneself in a way that is likely to be viewed positively by others (American Psychological Association, 2018).

**Statistical Significance:** Measures the probability that observed relationships can be attributed to chance or sampling error. A high degree of statistical significance means the observed relationship is unlikely to be due to chance.

**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.' Stimulants can come in multiple forms, such as 'pills, powders, rocks, and injectable liquids'" (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. Participants assigned to this condition receive a version of treatment that is considered standard or typical within the discipline. Researchers typically compare a TAU group to one or more groups that receive an intervention or treatment of interest.

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