

## Glossary

**Alcohol Use Disorder:** The Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> ed. (DSM–5TR) defines AUD as “a problematic pattern of alcohol use leading to clinically significant impairment or distress” (American Psychiatric Association [APA], 2022). An individual may be diagnosed with AUD when they meet at least two of several criteria within a 12-month period including increased use over time, impaired ability to stop or control use, cravings, withdrawal symptoms, increased tolerance, and continued use despite negative consequences on health, psychological well-being, work, and social relationships (APA, 2022).

**Blood-based Biomarker:** A biological molecule found in blood, other body fluids, or tissues that is a sign of a normal or abnormal process and/or condition and/or disease. Biomarkers were used in some of the studies in this review to assess alcohol use.

**Breathalyzer:** A device that is used for measuring breath alcohol content.

**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:** Also known as a “control group.” This group of individuals is used to compare the effects of an intervention (i.e., treatment) applied to another group in experimental research.

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

**Control Group:** Also known as a “comparison group.” This group of individuals received either no treatment or standard treatment (i.e., the most widely accepted treatment) within the context of experimental research.

**Cotinine:** A nicotine metabolite that is measurable in blood, saliva, and urine to assess exposure to tobacco smoke.

**Ethyl Glucuronide (EtG):** An ethanol metabolite found in urine that can serve as a marker for recent alcohol intake. It can be detected in urine for up to 72 hours (Kissack et al., 2018).

**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 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.

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

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

**Phosphatidyl Ethanol (Peth):** A blood biomarker that can be used to detect alcohol consumption. It is created when ethanol and phosphatidylcholine in cell membranes react through an enzymatic process.

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

**Reset:** This term describes the consequence of non-compliance with contingency management program requirements, such as submitting a substance-positive urine drug test or not attending a treatment session. In such cases, the value of vouchers or the number of earned draws reverts to the initial starting value.

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

**SMART Recovery:** A type of evidence-informed peer support group that works to empower individuals in their recovery from addictive and problematic behaviors.

**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.

**Transdermal Alcohol Concentration (TAC) Monitoring:** A non-invasive method of measuring the amount of ethanol excreted through sweat to assess alcohol consumption. The device is worn for an extended period of time to continuously collect data.

**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.

**Voucher-based Contingency Management:** The provision of vouchers or rewards with monetary value as a reward for achieving a desired behavior by an individual in a treatment program, such as abstaining from alcohol.

**Withdrawal Management:** A multicomponent intervention that seeks to reduce any physical/emotional/psychological harm caused by substance use by managing acute intoxication and withdrawal.

**Yoked Condition:** In the context of this review, “yoked condition” means a matching control procedure where participant experiences or outcomes in one group are directly linked to (or "yoked" with) those in another group. The yoked participants receive the same stimuli or consequence (e.g., incentives) as the participants in the experimental group, but without any performance requirement.

## References

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