In addition to pharmacological treatments, behavioral therapies play a vital role in addressing addiction, with cognitive-behavioral therapy (CBT) being particularly prominent. CBT focuses on identifying and modifying maladaptive thought patterns and behaviors associated with substance use, offering individuals strategies to cope with triggers and prevent relapse (Ref-s645416). This therapy has proven effective in enhancing treatment outcomes when integrated with pharmacotherapy, providing a more comprehensive approach to addiction management. However, while the combination of CBT and pharmacotherapy shows improved efficacy over usual care, its superiority over other evidence-based therapies remains inconclusive, highlighting the need for further research (Ref-s645416). Despite this, CBT's structured framework and focus on cognitive restructuring make it a valuable component of addiction treatment, supporting individuals in achieving and maintaining sobriety through personalized therapeutic interventions.