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Case Studies	Case Studies	References	Case Report
<p>Exercise</p>	<p>RESEARCHERS HAVE CONDUCTED A STUDY ON THE EFFECTS OF A 12-WEEK INTERVENTION ON THE PSYCHOLOGICAL WELL-BEING OF INDIVIDUALS WITH A HISTORY OF SUBSTANCE USE. THE STUDY INVOLVED 150 PARTICIPANTS, WHO WERE RANDOMIZED INTO TWO GROUPS: AN INTERVENTION GROUP AND A CONTROL GROUP. THE INTERVENTION GROUP RECEIVED A COMBINATION OF COGNITIVE-BEHAVIORAL THERAPY (CBT) AND GROUP THERAPY, WHILE THE CONTROL GROUP RECEIVED STANDARD THERAPEUTIC SERVICES. DATA WERE COLLECTED AT BASELINE, 6 WEEKS, AND 12 WEEKS. RESULTS INDICATED THAT THE INTERVENTION GROUP SHOWED SIGNIFICANTLY GREATER IMPROVEMENTS IN PSYCHOLOGICAL WELL-BEING, AS MEASURED BY SELF-REPORTED STRESS, ANXIETY, AND DEPRESSION, COMPARED TO THE CONTROL GROUP. THESE FINDINGS SUGGEST THAT THE COMBINATION OF CBT AND GROUP THERAPY MAY BE AN EFFECTIVE APPROACH FOR ADDRESSING THE PSYCHOLOGICAL NEEDS OF INDIVIDUALS WITH A HISTORY OF SUBSTANCE USE.</p>	<p>1. Smith, J. (2020). The Impact of Cognitive-Behavioral Therapy on Substance Use Disorder. <i>Journal of Substance Abuse Treatment</i>, 105, 102-110.</p> <p>2. Johnson, A. (2019). Group Therapy for Substance Use Disorder: A Meta-Analysis. <i>Psychological Bulletin</i>, 145(3), 256-275.</p>	<p>1. Smith, J. (2020). The Impact of Cognitive-Behavioral Therapy on Substance Use Disorder. <i>Journal of Substance Abuse Treatment</i>, 105, 102-110.</p> <p>2. Johnson, A. (2019). Group Therapy for Substance Use Disorder: A Meta-Analysis. <i>Psychological Bulletin</i>, 145(3), 256-275.</p>
<p>Gender Equities</p>	<p>Gender equity</p>	<p>Gender equity (socially for female)</p>	<p>Conditions of poor conditions</p>
<p>Other Financial Data</p>	<p>Frequency, species composition, vegetation condition and land</p>		<p>Energy costs and electricity generated by wind turbines, species composition</p>
<p>Strengths</p>	<p>Good estimates are relative to spatial scale</p>	<p>More effective in regions of lower population than this</p>	<p>Gender inequality of the area</p>
<p>Weaknesses</p>	<p>Good estimates require extensive training and repeated comparisons with measured data in between samples. Difficult to estimate across in large quantities.</p>	<p>Weather conditions may impact the accuracy of the forest estimates, such as light not reflecting in the winter and snow covering the snow very little.</p>	<p>Subjective and dependent upon the experience and knowledge of the vegetation type to the surveyor</p>
<p>Other Information</p>	<p>A general view estimates are available other individuals can not be discussed</p>	<p>Used to rank estimates among sites if the water story vegetation is greater than this</p>	<p>1. Smith, J. (2020). The Impact of Cognitive-Behavioral Therapy on Substance Use Disorder. <i>Journal of Substance Abuse Treatment</i>, 105, 102-110.</p>
<p>References</p>	<p>Baker 1995</p>	<p>Larson 1995, Yoon 1995</p>	<p>Baker/Baker 1992, Baker 1991, Baker/Baker and Baker 1991</p>

Mathematics of the Marking Step Plan		Marking Frequency		Marking Frequency	
Random	The random species in the plot is a marked species. 100 are along a random line. Occurrences for each species are tallied and divided by the total number of plots.	Random	Random	Random	Random
Stratified Systematic	Frequency	Frequency	Frequency	Frequency	Frequency
Other Possible Plans	Species composition, vegetation, weather, and soil	Vegetation, weather, and soil, species composition	Vegetation, weather, and soil, species composition	Vegetation, weather, and soil, species composition	Vegetation, weather, and soil, species composition
Stratified	Each estimate of species composition. Random sample size (not per plot)	Stratified	Stratified	Stratified	Stratified
Systematic	Ability to control additional variables for change over time (beyond the 100). Used to test whether frequency of a species is recorded at every point	Frequency is dependent on spatial distribution of the species and plot size. Strata frequency estimates between 10% - 80% allow a given species to meet other changes.	Frequency is dependent on spatial distribution of the species and plot size. Strata frequency estimates between 10% - 80% allow a given species to meet other changes.	Frequency is dependent on spatial distribution of the species and plot size. Strata frequency estimates between 10% - 80% allow a given species to meet other changes.	Frequency is dependent on spatial distribution of the species and plot size. Strata frequency estimates between 10% - 80% allow a given species to meet other changes.
Other	Vegetation, weather, and soil, species composition	Vegetation, weather, and soil, species composition	Vegetation, weather, and soil, species composition	Vegetation, weather, and soil, species composition	Vegetation, weather, and soil, species composition
Systematic	Systematic	Systematic	Systematic	Systematic	Systematic

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