	Pros	Cons	Formula
standard z-score	+ Useful for extracting continuous values for analysis + Widely used and easily interpreted	- May not be as useful for finding outliers as alternatives	$\frac{x_i - \mu}{\sigma}$
baseline z-score	+ Useful for finding outliers + Continuous z-scores can still be interpreted in standard language	- Typically not appropriate to statistically compare time periods within single trials	$\frac{x_i - \bar{x}_{baseline}}{s_{baseline}}$
modified z-score	+ Can be more effective finding outliers in smaller data sets	 Not used as commonly as other methods of standardization Difficult to interpret in plain language 	$\frac{0.6745(x_i - \tilde{x})}{MAD}$
% change from baseline	+ Great for interpretation and graphing purposes	Typically not appropriate to statistically compare time periods within single trials Does not account for time series deviations	$rac{x_i - ar{x}_{baseline}}{ar{x}_{baseline}}$