

Table 2. Comparison of treatment modalities in pregnant women

| Treatment Modality | Effectiveness | Risks/Side Effects | Notes |
|---------------------------------------|---|---|--|
| Methadone Maintenance | ↑ Maternal retention (60–70%) | ↑ Neonatal Abstinence Syndrome (NAS) | Standard treatment; long-acting opioid |
| Buprenorphine | ↓ NAS incidence by ~30% vs methadone | Slight ↓ in retention vs methadone | Often better neonatal outcomes |
| Cognitive Behavioral Therapy (CBT) | ↓ Relapse rates | Requires active engagement | Effective as adjunct to pharmacotherapy |
| Motivational Interviewing | Improves treatment initiation | Less data on long-term outcomes | Low-resource, flexible approach |