

**Title:** Third-Wave Treatments for Impulsivity in Addictive Disorders: A Narrative Review of the Active Ingredients and Overall Efficacy

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**Abstract:**

**Purpose of Review:** The goal of this review was to (1) synthesize recent studies that have examined impulsive behaviors in third-wave behavioral treatments, including Acceptance and Commitment Therapy, Mindfulness-Based Interventions, and Dialectical Behavior Therapy, and (2) examine the efficacy of these third-wave treatments in modifying impulsivity among individuals with addictive disorders.

**Recent Findings:** Recent studies indicate the potential for third-wave treatments in both treating addictive disorders and targeting the underlying neurocognitive mechanisms of impulsivity. Concerns around the conceptualization of impulsivity as a construct warrant the use of improved measurement of impulsive behaviors in future work.

**Summary of Results:** Through shared emphases on mindfulness, acceptance, and emotion regulation, third-wave treatments offer great promise in the alleviation of suffering resulting from impulsive and addictive behaviors. Rigorous research with improved methodological designs, larger samples, and sound measurements of specific impulsive behaviors is needed to clarify the utility of third-wave interventions in targeting impulsivity.

**Non-Expert Summary:**

This review suggests third-wave behavioral treatments, such as Acceptance and Commitment Therapy, Mindfulness-Based Interventions, and Dialectical Behavior Therapy, are effective in treating addictive disorders and targeting impulsivity. Specifically, through shared emphases on mindfulness, acceptance, and values-based actions, individuals with addictive disorders are better able regulate their impulsive behaviors resulting from emotion dysregulation. However, this literature is still in its infancy and future research which makes use of refined and improved measures of impulsivity are needed.