# Appendix 18c: psychological interventions GRADE tables

Behavioural therapies4
Behavioural treatment versus treatment as usual (TAU) or control4
Cognitive behavioural therapies
Cognitive behavioural versus treatment as usual (TAU) or control6
Cognitive behavioural versus other therapy9
Cognitive behavioural versus cognitive behavioural
Contingency management
Contingency management versus control
Contingency management versus standard care (TAU)
Contingency management versus other treatment
Counselling
Counselling versus other treatment
Counselling versus control (no treatment)
Couples therapy

Couples therapy versus other intervention	
Behavioural couples therapy (BCT) versus other couples therapy	53
Intensive couples therapy versus brief couples therapy	56
Parental skills + BCT versus BCT alone	
Motivational techniques	61
Motivational enhancement therapy (MET) versus control	61
Motivational enhancement therapy (MET) versus other intervention	66
Multimodal intervention	
Multimodal versus other intervention	
Psychoeducational interventions	74
Psychoeducational versus other treatment	74
Self-help-based interventions	79
Self-help versus self-help intervention	
Short-term psychodynamic therapy	81
Short-term psychodynamic therapy versus other therapy	81
Social network and environment-based therapies	82
Social network and environment-based therapies versus control	82

Social network and environment-based therapies versus other treatment	.87
Twelve-step facilitation	.90
Twelve-step facilitation (TSF) versus other treatment	.90
TSF versus TSF	.94
Economic profile	.97
Any psychological intervention versus standard care	.97
Any psychological intervention versus any other psychological intervention	.98
CBT versus CBT + naltrexone1	100

# **Behavioural therapies**

#### Behavioural treatment versus treatment as usual (TAU) or control

			Quality asses	sment				:	Summary of	findings		
			~~ ,,,				No. of pat	ients		Effect	0	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Behavioural treatment	TAU or control	Relative (95% CI)	Absolute	Quality	
Abstinen	ce post-treatm	ent - abstinent	days per week po	st-treatment (Be	tter indicated by	y lower values)				11		I
1	Randomised trials	No serious limitations	Very serious	No serious indirectness	No serious imprecision	None	40	54	-	SMD 0.37 lower (0.79 lower to 0.04 higher)	⊕⊕OO LOW	CRITICAL
Amount	of alcohol cons	umed post-trea	tment - total wee	kly consumption	n post-assessme	nt (Better indicate	d by lower valu	les)		<u> </u>		•
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	Strong association <sup>1</sup>	40	54	-	SMD 0.97 lower (1.4 to 0.54 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of c	consumption p	ost-treatment -	controlled (<= 3 s	tandard drinks)	per week at po	st-treatment (Bette	er indicated by 1	ower value	es)			<u> </u>
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	40	54	-	SMD 0.6 lower (1.02 to 0.18 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Lapse up	to 6-month fol	llow-up - 0-3 m	onths		•	-				<u> </u>		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Very serious <sup>2</sup>	None	10/18 (55.6%)	7/16 (43.8%)	RR 1.27 (0.64 to 2.54)	118 more per 1000 (from 157 fewer to 674 more)	⊕⊕OO LOW	CRITICAL
								43.8%		118 more per 1000 (from 158 fewer to		

										675 more)		
I 2060 110	to 6-month fo	10w-up - 3-6	months							0/0 11010)		
Lapse up		10w-up - 5-0	montins									
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	7/18 (38.9%)	11/16 (68.8%)	RR 0.57 (0.29 to 1.1)	296 fewer per 1000 (from 488 fewer to 69 more)	⊕⊕⊕O MODERATE	CRITICAL
								68.8%		296 fewer per 1000 (from 488 fewer to 69 more)		
Relapse 1	up to 6-month	follow-up - at	0-3 months									
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	9/18 (50%)	5/16 (31.3%)	RR 1.6 (0.68 to 3.79)	188 more per 1000 (from 100 fewer to 872 more)	⊕⊕⊕O MODERATE	CRITICAL
								31.3%		188 more per 1000 (from 100 fewer to 873 more)		
Relapse 1	up to 6-month	follow-up - at	3-6 months								•	
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	5/18 (27.8%)	7/16 (43.8%)	RR 0.63 (0.25 to	162 fewer per 1000 (from 328 fewer to 267 more)	⊕⊕⊕O MODERATE	CRITICAL
								43.8%	1.61)	162 fewer per 1000 (from 329 fewer to 267 more)		
Attrition	(dropout) post	-treatment		•	•	•			•	•	•	
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	1/18 (5.6%)	2/16 (12.5%)	RR 0.44 (0.04 to	70 fewer per 1000 (from 120 fewer to 431 more)	⊕⊕⊕O MODERATE	IMPORTANT
								12.5%	4.45)	70 fewer per 1000 (from 120 fewer to 431 more)		

Attrition	(dropout) up t	o 6-month follo	ow-up - at 6 month	15								
1	Randomised trials	No serious limitations		No serious indirectness	No serious imprecision	None	2/18 (11.1%)	0/14 (0%)	RR 3.95 (0.2 to 76.17)	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		

<sup>1</sup> SMD=-0.97, p<0.0001.

 $^2\,95\%$  CI includes no effect and RR increase greater than 25%.

<sup>3</sup> 95% CIs around absolute effects from 120 fewer to 431 more.

### **Cognitive behavioural therapies**

#### Cognitive behavioural versus treatment as usual (TAU) or control

			Quality asses	sment					Summary of	findings		
							No. of pat	ients		Effect	Oralita	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	TAU or control	Relative (95% CI)	Absolute	Quality	
Rates of	consumption p	ost-treatment -	number of days a	ny alcohol use (f	follow-up mean	5 months; Better	indicated by lov	wer values	;)	1		
1	Randomised trials		No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	69	70	-	SMD 0.31 lower (0.64 lower to 0.03 higher)		CRITICAL
Rates of	consumption p	ost-treatment -	number of days h	eavy alcohol use	e (>4 drinks) (fo	llow-up mean 5 n	onths; Better in	dicated by	y lower valu	es)		
1	Randomised trials	No serious limitations	No serious inconsistency		No serious imprecision	None	22	24	-	SMD 0.7 lower (1.3 to 0.11 lower)	HIGH	CRITICAL

				(6.11								
sec	- up to 6-month	s follow-up - a	at 3-month follow	-up (follow-up i	nean 3 months)							
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	10/18 (55.6%)	7/16 (43.8%)	RR 1.27 (0.64 to 2.54)	118 more per 1000 (from 157 fewer to 674 more)	⊕⊕⊕O MODERATE	CRITICA
								43.8%	2.34)	118 more per 1000 (from 158 fewer to 675 more)		
sec	- up to 6-month	s follow-up - a	at 6-month follow	-up (follow-up 1	nean 6 months)							
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	strong association	42/81 (51.9%)	39/56 (69.6%)	RR 0.75 (0.57 to 0.99)	174 fewer per 1000 (from 7 fewer to 299 fewer)	⊕⊕⊕⊕ HIGH	CRITICA
								70%	0.99)	175 fewer per 1000 (from 7 fewer to 301 fewer)		
ıps	e up to 6-month	follow-up - at	3-month follow-u	ıp (follow-up mo	ean 3 months)							
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	9/16 (56.3%)	5/14 (35.7%)	RR 1.58 (0.69 to	207 more per 1000 (from 111 fewer to 925 more)	⊕⊕⊕O MODERATE	CRITICA
								35.7%	3.59)	207 more per 1000 (from 111 fewer to 925 more)		
ins	e up to 6-month	follow-up - at	6-month follow-u	ıp (follow-up mo	ean 6 months)							
P	Randomised	No serious	No serious	No serious	No serious	None	27/79 (34.2%)	33/54	RR 0.55	275 fewer per 1000 (from 122 fewer to	$\oplus \oplus \oplus \oplus$	

Attrition	(dropout) - pos	st-treatment						65%		292 fewer per 1000 (from 130 fewer to 403 fewer)		
	Randomised trials			No serious indirectness	Serious <sup>3</sup>	None	46/169 (27.2%)	40/155 (25.8%)	RR 1.07 (0.74 to	18 more per 1000 (from 67 fewer to 137 more)	$\oplus \oplus \oplus \Theta$	IMPORTANT
								19.9%	1.53)	14 more per 1000 (from 52 fewer to 105 more)		
Attrition	(dropout) up to	o 6-month follo	w-up - at 6-month	i follow-up								
	Randomised trials			No serious indirectness	Serious <sup>4</sup>	None	7/81 (8.6%)	8/54 (14.8%)	RR 0.53 (0.18 to	70 fewer per 1000 (from 121 fewer to 80 more)	⊕⊕⊕O	IMPORTANT
								20%	1.54)	94 fewer per 1000 (from 164 fewer to 108 more)		

<sup>1</sup>95% CI includes no effect. RR reduction greater than 25%.

<sup>2</sup> 95% CI includes no effect. RR reduction and increase greater than 25%.

<sup>3</sup> 95% CI includes no effect. RR increase greater than 25%.

<sup>4</sup> 95% CIs around absolute effects from 121 fewer to 80 more events.

### Cognitive behavioural versus other therapy

			Quality asses	sment				:	Summary of	findings		
			~ ,				No. of pat	tients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	Other therapy	Relative (95% CI)	Absolute	Quality	
Days abs	tinent post-trea	atment (Better i	indicated by lowe	r values)		<u> </u>						
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	663	1238	-	SMD 0.09 lower (0.21 lower to 0.03 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce - PDA up to	o 6-month follo	ow-up – PDA at 3-	month follow-u	p (Better indica	ted by lower valu	es)	1			I	
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	119	161	-	SMD 0.14 higher (0.23 lower to 0.51 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce up to 6-mon	th follow-up –	PDA at 6-month	follow-up (Bette	er indicated by l	lower values)		<u> </u>		<u> </u>	<u> </u>	
7	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	671	1275	-	SMD 0.02 higher (0.12 lower to 0.17 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce from 7 to 12	-month follow	-up – PDA at 9 m	onths (Better inc	licated by lower	r values)				L		
5	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	649	1237	-	SMD 0.01 lower (0.14 lower to 0.13 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce from 7 to 12	-month follow	-up - at 12 months	(Better indicate	d by lower valu	les)		I		1		
7	Randomised	No serious	No serious	No serious	No serious	None	653	1234	-	SMD 0.01 higher (0.12 lower to 0.15	$\oplus \oplus \oplus \oplus$	CRITICAL

	trials	limitations	inconsistency	indirectness	imprecision					higher)	HIGH	
stine	nce from 7 to 12	-month follow	v-up - number of s	sober days at 12-	-month follow-u	p (Better indicated	d by lower value	es)				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	11	12	-	SMD 1.67 lower (2.65 to 0.7 lower)	⊕⊕⊕⊕ HIGH	CRITICA
ostinei	nce > 12-month	follow-up - P	DA at 15-month f	ollow-up (Better	indicated by lo	wer values)	1					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	591	1111	-	SMD 0.06 lower (0.16 lower to 0.04 higher)	⊕⊕⊕⊕ HIGH	CRITICA
ostinei	nce > 12-month	follow-up - n	umber of days ab	stinent at 15-mo	nth follow-up (E	Better indicated by	lower values)					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	21	23	-	SMD 0.64 higher (0.03 to 1.24 higher)	⊕⊕⊕⊕ HIGH	CRITICA
ostinei	nce > 12-month	follow-up - P	DA at 18-month fo	ollow-up (Better	indicated by lo	wer values)		<b>_</b>	<u> </u>			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	69	59	-	SMD 0.22 lower (0.57 lower to 0.13 higher)	⊕⊕⊕⊕ HIGH	CRITICA
ostine	nt/light use (1-3	standard drir	ıks) up to 6-montl	n follow-up - at (	6-month follow-	up (Better indicate	ed by lower valu	ies)	<u> </u>	11		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	31	30	-	SMD 0.94 lower (1.48 to 0.4 lower)	⊕⊕⊕⊕ HIGH	CRITICA
bstine	nt/light use (1-3	standard drir	ıks) 7 to 12-month	follow-up - at 1	2-month follow	-up (Better indicat	ed by lower val	ues)	<u> </u>	11		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	31	30	-	SMD 0.84 lower (1.4 to 0.27 lower)	⊕⊕⊕⊕ HIGH	CRITICA
	1	1						1	1			

								1			1	
	Randomised	No serious	No serious	No serious	No serious	None	31	30	-	SMD 0.74 lower	$\oplus \oplus \oplus \oplus$	
	trials	limitations	inconsistency	indirectness	imprecision		01			(1.26 to 0.21 lower)	HIGH	CRITICAI
te of	f consumption u	p to 6-month f	ollow-up - propo	tion of days hea	vy drinking at 3	B-month follow-1	1p (Better indicate	ed by lower	values)			
_	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None				SMD 0.18 higher		
	trials	limitations	inconsistency	indirectness			119	161	-	(0.21 lower to 0.57	⊕⊕⊕O MODERATE	CDITICA
										higher)	MODERATE	CRITICA
tes o	of consumption p	oost-treatment	- percentage heav	y drinking days	6 (Better indicate	ed by lower valu	es)					
	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.05 lower		
	trials	limitations	inconsistency	indirectness	imprecision		73	76	-	(0.37 lower to 0.27		CRITICA
										higher)	HIGH	CRITICA
	D 1 1	h	No serious	No serious	Serious <sup>1</sup>	None			[	SMD 0.15 higher		
	Randomised trials	No serious limitations	inconsistency	indirectness	Serious		119	156	-	(0.26 lower to 0.55 higher)	⊕⊕⊕O MODERATE	CRITICA
te of	trials	limitations		indirectness					-	(0.26 lower to 0.55		CRITICA
te of	trials	limitations	inconsistency	indirectness					-	(0.26 lower to 0.55	MODERATE	CRITICA
e of	trials f consumption u	limitations p to 6-month f	inconsistency follow-up - drinki	indirectness ng days per mor	nth at 6-month f	ollow-up (Better			-	(0.26 lower to 0.55 higher)	MODERATE ⊕⊕⊕O	
te of	trials f consumption u Randomised	limitations p to 6-month f No serious	inconsistency follow-up - drinki	indirectness ng days per mor No serious	nth at 6-month f	ollow-up (Better	indicated by low	er values)		(0.26 lower to 0.55 higher) SMD 0.61 higher	MODERATE	
	trials f consumption u Randomised trials	limitations p to 6-month f No serious limitations	inconsistency ollow-up - drinki No serious inconsistency	indirectness ng days per mor No serious indirectness	th at 6-month fo	Dllow-up (Better	indicated by low	22	-	(0.26 lower to 0.55 higher) SMD 0.61 higher (0.01 lower to 1.23 higher)	MODERATE ⊕⊕⊕O MODERATE	CRITICA
te of	trials f consumption u Randomised trials	limitations p to 6-month f No serious limitations p to 6-month f	inconsistency ollow-up - drinki No serious inconsistency	indirectness ng days per mor No serious indirectness	th at 6-month fo	Dllow-up (Better	indicated by low	22	-	(0.26 lower to 0.55 higher) SMD 0.61 higher (0.01 lower to 1.23	MODERATE ⊕⊕⊕O MODERATE	CRITICA
e of	trials f consumption u Randomised trials f consumption u	limitations p to 6-month f No serious limitations p to 6-month f	inconsistency ollow-up - drinki No serious inconsistency	indirectness ng days per mor No serious indirectness	th at 6-month fo	Dllow-up (Better	indicated by low	22	-	(0.26 lower to 0.55 higher) SMD 0.61 higher (0.01 lower to 1.23 higher)	MODERATE ⊕⊕⊕O MODERATE a follow-up (B	CRITICA
e of	trials f consumption up Randomised trials f consumption up ted by lower valu	limitations p to 6-month f No serious limitations p to 6-month f 1es)	inconsistency follow-up - drinki No serious inconsistency follow-up - binge	indirectness ng days per mor No serious indirectness consumption (o	hth at 6-month fo Serious <sup>1</sup> ccasions in prio	None	indicated by low	22	-	(0.26 lower to 0.55 higher) SMD 0.61 higher (0.01 lower to 1.23 higher) nsumed) - at 6-month	MODERATE ⊕⊕⊕O MODERATE follow-up (B ⊕⊕⊕⊕	CRITICA

	consumption - 7	7 to 12-month	follow-up - propo	rtion of days he	avy drinking at	9-month follow-u	p (Better indicat	ed by lowe	r values)			
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	117	154	-	SMD 0.04 lower (0.29 lower to 0.2 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rate of	consumption - 7	7 to 12-month	follow-up - propo	rtion of days he	avy drinking at	12-month follow-	up (Better indica	ited by low	er values)		1	
;	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	113	154	-	SMD 0.03 higher (0.25 lower to 0.3 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rate of	consumption >	12-month foll	ow-up - days > 80	g of absolute al	cohol at 15-mon	th follow-up (Bet	ter indicated by	lower value	es)	<u> </u>		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	21	23	-	SMD 0.06 higher (0.53 lower to 0.65 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rate of	consumption >	12-month foll	ow-up - proportio	n of days heavy	drinking at 15 r	nonths (Better inc	licated by lower	values)		1		
	Randomised trials	No serious limitations	No serious	No serious indirectness	No serious imprecision	None		59	_	SMD 0.07 lower (0.42 lower to 0.27	$\oplus \oplus \oplus \oplus$	
		minitations	inconsistency	interrectives.	Imprecision		69	59		higher)		CRITICAL
late of	consumption >		inconsistency ow-up - proportio		-	nonths (Better ind				· ·		CRITICAL
Rate of	consumption > Randomised trials				-	nonths (Better ind			-	· ·	HIGH ⊕⊕⊕⊕	CRITICAL CRITICAL
	Randomised trials	12-month foll No serious limitations	ow-up - proportio	n of days heavy No serious indirectness	drinking at 18 r		licated by lower	values)	-	higher) SMD 0.2 lower (0.5	HIGH ⊕⊕⊕⊕	

Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None		50/147		31 more per 1000		
trials	limitations	inconsistency	indirectness				50/147		(from 68 fewer to		
						FF (140 (0F 0%))	(34%)	RR 1.09 (0.8	167 more)	$\oplus \oplus \oplus O$	
						55/148 (37.2%)		to 1.49)		MODERATE	CRITI
									31 more per 1000		
							34%		(from 68 fewer to		
									167 more)		
nt of alcohol con	sumed up to 6	-month follow-up	o - binge consum	ption > 12 (at 1	east 12 binge e	pisodes in previous 3	30 days) at	6-month foll	ow-up		
Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None		/		44 more per 1000		
trials	limitations	inconsistency	indirectness				54/147 (36.7%)		(from 59 fewer to		
						61/148 (41.2%)	(30.7 %)	RR 1.12	180 more)	$\oplus \oplus \oplus O$	
						61/146 (41.2%)		(0.84 to 1.49)		MODERATE	CRITI
									44 more per 1000		
							36.7%		(from 59 fewer to		
	1.1.6				1 1 1 1 1				180 more)		
	-	-	Ŭ	· ·		pisode in previous 30	0 days) at (	6-month follo	ow-up	1	
Randomised	No serious	No serious	No serious	nption at all (at	t <b>least 1 binge e</b> None	pisode in previous 30	0 days) at 0 129/147	6-month follo	w-up 44 fewer per 1000		
	-	-	Ŭ	· ·					44 fewer per 1000 (from 114 fewer to		
Randomised	No serious	No serious	No serious	· ·		124/148	129/147	RR 0.95	44 fewer per 1000 (from 114 fewer to 44 more)		CPITI
Randomised	No serious	No serious	No serious	· ·			129/147		44 fewer per 1000 (from 114 fewer to 44 more)	⊕⊕⊕O MODERATE	CRITI
Randomised	No serious	No serious	No serious	· ·		124/148	129/147 (87.8%)	RR 0.95	44 fewer per 1000 (from 114 fewer to 44 more) 44 fewer per 1000		CRITI
Randomised	No serious	No serious	No serious	· ·		124/148	129/147	RR 0.95	44 fewer per 1000 (from 114 fewer to 44 more) 44 fewer per 1000 (from 114 fewer to		CRITI
Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	124/148 (83.8%)	129/147 (87.8%) 87.8%	RR 0.95 (0.87 to 1.05)	44 fewer per 1000 (from 114 fewer to 44 more) 44 fewer per 1000		CRITI
Randomised trials	No serious limitations	No serious inconsistency -month follow-up	No serious indirectness	Serious <sup>3</sup>	None 5-month follow	124/148	129/147 (87.8%) 87.8%	RR 0.95 (0.87 to 1.05) values)	44 fewer per 1000           (from 114 fewer to           44 more)           44 fewer per 1000           (from 114 fewer to           44 more)	MODERATE	CRITI
Randomised trials nt of alcohol cor Randomised	No serious limitations sumed up to 6	No serious inconsistency -month follow-up No serious	No serious indirectness o - units of alcoh No serious	Serious <sup>3</sup>	None	124/148 (83.8%) 7-up (Better indicated	129/147 (87.8%) 87.8% 1 by lower	RR 0.95 (0.87 to 1.05) values)	44 fewer per 1000           (from 114 fewer to           44 more)           44 fewer per 1000           (from 114 fewer to           44 more)           SMD 0.2 higher (0.37	MODERATE	
Randomised trials	No serious limitations	No serious inconsistency -month follow-up	No serious indirectness	Serious <sup>3</sup>	None 5-month follow	124/148 (83.8%)	129/147 (87.8%) 87.8%	RR 0.95 (0.87 to 1.05) values)	44 fewer per 1000           (from 114 fewer to           44 more)           44 fewer per 1000           (from 114 fewer to           44 more)	MODERATE	
Randomised trials nt of alcohol cor Randomised trials	No serious limitations sumed up to 6 No serious limitations	Mo serious inconsistency -month follow-up No serious inconsistency	No serious indirectness o - units of alcoh No serious indirectness	Serious <sup>3</sup> ol per week at Serious <sup>1</sup>	5-month follow	124/148 (83.8%) 7-up (Better indicated	129/147 (87.8%) 87.8% 1 by lower 21	RR 0.95 (0.87 to 1.05) values)	44 fewer per 1000           (from 114 fewer to           44 more)           44 fewer per 1000           (from 114 fewer to           44 more)           SMD 0.2 higher (0.37	MODERATE	

	trials	limitations	inconsistency	indirectness	imprecision					higher)	HIGH	
Amount	of alcohol cons	sumed up to 6-	month follow-up	- drinks per occ	asion/drinking	day at 6 months (B	Better indicated I	by lower va	lues)	I		1
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	562	1121	-	SMD 0.07 higher (0.13 lower to 0.26 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol cons	sumed up to 6-	month follow-up	- drinks per we	ek at 6 months (	Better indicated b	y lower values)					
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	61	-	SMD 0.09 lower (0.46 lower to 0.27 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol cons	sumed - 7 to 12	2-month follow-up	- alcohol consu	imption (cl pure	alcohol) at 12-mo	nth follow-up (I	Better indic	ated by lowe	er values)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	12	12	-	SMD 1.15 lower (2.02 to 0.27 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol cons	sumed - 7 to 12	2-month follow-up	- DDD at 9-mo	onth follow-up (l	Better indicated by	y lower values)	<u> </u>				
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	532	1083	-	SMD 0.03 lower (0.13 lower to 0.08 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol cons	sumed - 7 to 12	2-month follow-up	- DDD at 12-n	nonth follow-up	(Better indicated)	by lower values	)				
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	577	1106	-	SMD 0.07 higher (0.04 lower to 0.17 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol cons	sumed > 12-mo	onth follow-up - g	absolute alcoho	ol per drinking o	lay at 15-month fo	ollow-up (Better	indicated b	y lower valu	ies)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	21	23	-	SMD 0.07 lower (0.66 lower to 0.53 higher)	⊕⊕⊕⊕ HIGH	CRITICAL

nt of alcohol cor											
Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	522	1052	-	SMD 0.02 lower (0.12 lower to 0.09 higher)	⊕⊕⊕⊕ HIGH	CRITI
o first drink at 1	8-month follow	v-up (Better indic	ated by lower va	lues)							
Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	69	59	-	SMD 0.15 higher (0.2 lower to 0.5 higher)		CRITIC
o first heavy dri	nking day at 18	3-month follow-uj	p (Better indicate	ed by lower valu	ies)		1		L		
Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	69	59	-	SMD 0.09 lower (0.44 lower to 0.26 higher)	⊕⊕⊕⊕ HIGH	CRITIC
`	-	eek) - post-treatmo		Corious4	None						
e (>6 units most Randomised trials	No serious limitations	No serious inconsistency	ent No serious indirectness	Serious <sup>4</sup>	None	6/27 (22.2%)	12/21 (57.1%)	RR 0.39	349 fewer per 1000 (from 80 fewer to 469 fewer)	⊕⊕⊕O MODERATE	CRITIC
Randomised	No serious	No serious	No serious	Serious <sup>4</sup>	None	6/27 (22.2%)	-	RR 0.39 (0.18 to 0.86)	349 fewer per 1000 (from 80 fewer to 469 fewer)	⊕⊕⊕O MODERATE	CRITIC
Randomised trials	No serious limitations	No serious	No serious indirectness	Serious <sup>4</sup>	None	6/27 (22.2%)	(57.1%)		349 fewer per 1000 (from 80 fewer to 469 fewer) 348 fewer per 1000 (from 80 fewer to		CRITIC
Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	6/27 (22.2%)	(57.1%)		349 fewer per 1000 (from 80 fewer to 469 fewer) 348 fewer per 1000 (from 80 fewer to		

										644 more)		
Corrora 1	neo (>6 unito o	-	n) – post-treatmen	•						off more)		
Severe la	apse (>6 units o	n one occasion	i) – post-treatmen	L								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	15/27 (55.6%)	5/21 (23.8%)	RR 2.33 (1.01 to 5.38)	317 more per 1000 (from 2 more to 1043 more)	⊕⊕⊕0 MODERATE	CRITICAL
								23.8%	,	317 more per 1000 (from 2 more to 1042 more)		
Attrition	ı (dropout) post	-treatment										
7	Randomised trials	No serious limitations	No serious inconsistency <sup>7</sup>	No serious indirectness	Serious <sup>8</sup>	None	98/844 (11.6%)	95/1423 (6.7%)	RR 1.05 (0.61 to 1.8)	3 more per 1000 (from 26 fewer to 53 more)	⊕⊕⊕O MODERATE	IMPORTANT
								12.2%		6 more per 1000 (from 48 fewer to 98 more)		
Attrition	ı (dropout) - up	to 6-month fo	llow-up - at 3-mo	nth follow-up								
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>9</sup>	None	12/75 (16%)	13/125 (10.4%)	RR 1.29 (0.6 to 2.78)	30 more per 1000 (from 42 fewer to 185 more)	⊕⊕⊕O MODERATE	IMPORTANT
								12.1%		35 more per 1000 (from 48 fewer to 215 more)		
Attrition	(dropout) - up	to 6-month fo	llow-up - at 6-mo	nth follow-up								
10	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>10</sup>	None	59/827 (7.1%)	79/1469 (5.4%)	RR 0.93 (0.59 to 1.48)	4 fewer per 1000 (from 22 fewer to 26 more)	$\oplus \oplus \oplus O$	IMPORTANT
								4.9%		3 fewer per 1000 (from 20 fewer to 24		

Attrition (dropout) - 7 to 12-month follow-up - at 9-month follow-up       No serious indirectness       Serious <sup>27</sup> No serious indirectness											more)		
Initial set in trails in	Attrition	(dropout) - 7 to	o 12-month fol	low-up - at 9-mor	nth follow-up								
Initial set in trails in	4	Pandomicod	No corious	No corious	No sorious	Corious7	None			[	0 more per 1000		
Autrition (dropout) - 7 to 12-month follow-up - at 12-month follow-up     No serious     None						Serious	none		·				
Attribute       Image: Antipologic and antipologic ant		ti luis	minutions	inconsistency	indirectics5				(1.5%)	RR 1 61	•	<u>AAAO</u>	
Image: state in the stat								14/592 (2.4%)			,		IMPORTANT
Image: Construct of Correct of Construct of Construc													
Attrition (dropout) - 7 to 12-month follow-up - at 12-month follow-up       No serious       No serious       No serious       indirectness       Serious <sup>10</sup> None $\frac{24/1289}{(1.9\%)}$ $\frac{24/1289}{(0.47 \text{ to 3.41})}$ $\frac{5 \text{ more per 1000}}{(from 10 \text{ fewer to 45})}$ $\Theta \oplus \Theta$ Attrition (dropout) - >12-month follow-up - at 15-month follow-up       indirectness       Serious <sup>10</sup> None $\frac{14/1089}{(0.37 \text{ to 3.41})}$ $\frac{5 \text{ more per 1000}}{(from 0 \text{ fewer to 0})}$ $\Theta \oplus \Theta$ Attrition (dropout) - >12-month follow-up - at 15-month follow-up       No serious       No serious       No serious       Serious <sup>2</sup> None $\frac{14/1089}{(1.3\%)}$ $\frac{8 \text{ more per 1000}}{(from 3 \text{ fewer to 32})}$ $\Theta \oplus \Theta$									2.1%		•		
8       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       Serious <sup>10</sup> None $\frac{24/1289}{(1.9\%)}$ (1.9%)       RR 1.27 (0.47 to 3.41)       5 more per 1000 from 10 fewer to 35 more) $\Phi \oplus \oplus$											more)		
trials       limitations       inconsistency       indirectness       and	Attrition	(dropout) - 7 to	o 12-month fol	low-up - at 12-mo	nth follow-up								
Initiations       inconsistency       indirectness       indirectness <td< td=""><td>8</td><td>Randomised</td><td>No serious</td><td>No serious</td><td>No serious</td><td>Serious<sup>10</sup></td><td>None</td><td></td><td>24 /1200</td><td></td><td>5 more per 1000</td><td></td><td></td></td<>	8	Randomised	No serious	No serious	No serious	Serious <sup>10</sup>	None		24 /1200		5 more per 1000		
Attrition (dropout) ->12-month follow-up - at 15-month follow-up     No serious inconsistency     No serious indirectness     Serious indirectness     Serious indirectness     None     14/1089 (1.3%)     RR 1.27 (0.47 to 3.41)     Imore) (0.47 to 3.41)     More per 1000 (from 0 fewer to 0 more)     MODERATE MODERATE     MPORTANT       3     Randomised trials     No serious indirectness     No serious indirectness     Serious <sup>7</sup> None     14/1089 (1.3%)     8 more per 1000 (from 3 fewer to 32 more)     Moderation (from 0 fewer t		trials	limitations	inconsistency	indirectness						(from 10 fewer to 45		
Attrition (Jorpout) ->12-month follow-up - at 15-month follow-up       No serious inconsistency indirectness       No serious inconsistency in								16/699 (2.3%)			,		
Image: state in the stat								10/000 (2.070)		(0.47 to 3.41)		MODERATE	IMPORTANT
Image: constraint of constr									0.9/		<u>^</u>		
Attrition       (dropout) - >12-month follow-up - at 15-month follow-up         3       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       Serious <sup>7</sup> None       14/1089 (1.3%)       8 more per 1000 (from 3 fewer to 32 more)       0<									0 /0		•		
3       Randomised trials       No serious limitations       No serious indirectness       Serious <sup>7</sup> None       14/1089 (1.3%)       RR 1.65 (0.77 to 3.52)       8 more per 1000 (from 3 fewer to 32 more)       0	Attrition	(dropout) - >12	2-month follov	v-up - at 15-mont	h follow-up				<u> </u>				
$\frac{1}{13/54} \left[ \frac{1}{13/54} \left[ \frac{1}$		· · ·	-	<u>.</u>				-					
$\left[ \begin{array}{cccccccccccccccccccccccccccccccccccc$						Serious <sup>7</sup>	None		14/1089		-		
$\frac{13}{554} \begin{pmatrix} 2.3\% \\ 0 \end{pmatrix} = \begin{pmatrix} 13/554 \begin{pmatrix} 2.3\% \\ 0 \end{pmatrix} \\ 1.5\% \end{pmatrix} = \begin{pmatrix} 10 & 10 & 10 & 10 \\ 0 & 1.5\% \end{pmatrix} = \begin{pmatrix} 0.77 & 10 & 3.52 \\ 10 & 10 & 10 & 100 \\ (from 3 & fewer to 38 \\ more) \end{pmatrix} \xrightarrow{ODERATE} IMPORTANT$ $Attrition (dropout) - >12 - month follow-up - at 18 - month follow-up$ $2  Randomised trials  No \ serious \\ inconsistency  indirectness  No \ serious \\ inconsistency  indirectness  No \ serious \\ indirectness  No \ serious \\ indirectness  No \ serious \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 &$		trials	limitations	inconsistency	indirectness						•		
$\frac{10 \text{ more per 1000}}{1.5\%} = \frac{10 \text{ more per 1000}}{10 \text{ more per 1000}} + \frac{10 \text{ more per 1000}}{10 \text{ more per 1000}$								13/554 (2.3%)			,		IMPORTANT
Image: state of the state o										(0.77 to 3.52)		MODERATE	
Attrition (dropout) - >12-month follow-up - at 18-month follow-up       No serious       None $2/64$ (3.1%) $0/66$ (0%)       RR 4.29 (0.21 to 85.82) $0$ more per 1000 (from 0 fewer to 0 more) $\oplus \oplus \oplus$ HIGH       IMPORTANT									1.5%				
2 Randomised Initiality Initialit											more)		
trials limitations inconsistency indirectness imprecision 2/64 (3.1%) 2/64 (3.1%) 0/66 (0%) RR 4.29 (from 0 fewer to 0 more) HIGH HIGH HIGH HIGH (MPORTANT	Attrition	(dropout) - >12	2-month follov	v-up - at 18-month	follow-up			-					
trialslimitationsinconsistencyindirectnessimprecision $2/64 (3.1\%)$ $0/66 (0\%)$ RR 4.29(from 0 fewer to 0 more) $\oplus \oplus \oplus$ HIGH $HIGH$ IMPORTANT	2	Randomised	No serious	No serious	No serious	No serious	None				0 more per 1000		
2/64 (3.1%)     (0.21 to more)     HIGH     IMPORTANT       85.82)     0 more per 1000     0 more per 1000     HIGH     IMPORTANT		trials	limitations	inconsistency	indirectness	imprecision			0/66 (0%)	RR 4.29	<u>^</u>		
85.82) 0 more per 1000								2/64 (3.1%)		•	more)		IMPORTANT
										85.82)	0 more per 1000	-	
									0%		(from 0 fewer to 0		

more)
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<sup>1</sup>95% CI includes no effect. Upper confidence limit crosses an effect size of 0.5.

<sup>2</sup> 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

<sup>3</sup> 95% CI includes no effect. Lower confidence limit crosses an effect size of 0.5.

<sup>4</sup> 95% CIs around absolute effects from 80 fewer to 469 more events.

<sup>5</sup> 95% CIs around absolute effects from 80 fewer to 643 more events.

<sup>6</sup> 95% CIs around absolute effects from 2 fewer to 1000 more events

<sup>7</sup> 95% CI includes no effect. RR increase greater than 25%.

<sup>8</sup> 95% CIs around absolute effects from 26 fewer to 53 more events.

<sup>9</sup> 95% CIs around absolute effects from 42 fewer to 185 more events.

<sup>10</sup> 95% CI includes no effect. RR increase and reduction greater than 25%.

### Cognitive behavioural versus cognitive behavioural

			Quality asse	ssment				Sur	nmary of fin	dings		
			~ ,				No. of 1	patients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	Cognitive behavioural	Relative (95% CI)	Absolute	Quality	
Abstinen	ce post-treatm	ent - proportio	on of days abstine	ent (Better indic	ated by lower v	alues)						<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	53	57	-	SMD 0.39 higher (0.01 to 0.77 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce up to 6-moi	nth follow-up	- percentage of p	ossible drinkinį	g days (any day	not in inpatient t	reatment or gao	ol) abstinent at (	6-month foll	ow-up (Better indic	ated by lower	r values)
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	47	47	-	SMD 0.1 lower (0.52 lower to 0.32 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce up to 6-moi	nth follow-up	- at 15 week follo	w-up (Better ind	dicated by lowe	r values)	ļ		ļ	ļ	ļ	ļ
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	91	95	-	SMD 0.31 lower (0.6 to 0.02 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	t/light (1-3 sta	ndard drinks)	drinking days u	p to 6-month fol	llow-up - at 6-m	onth follow-up (I	Better indicated	by lower value	s)			<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	29	32	-	SMD 0.39 lower (0.9 lower to 0.12 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	t/light (1-3 sta	ndard drinks)	drinking days 7 t	o 12-month foll	ow-up - at 12-m	ionth follow-up (I	Better indicated	by lower value	es)			
2	Randomised	No serious	No serious	No serious	No serious	None	29	32	-	SMD 0.65 lower	⊕⊕⊕⊕	CRITICAL

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.2 $\oplus \oplus \oplus 0$ MODERATE	ECRITICAL
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ndicated by low	ver values)
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										higher)		
Rates of c	consumption >	>12-month fol	low-up - number	of drinking day	rs at 15-month f	ollow-up (Better in	ndicated by low	ver values)	<u> </u>		<u> </u>	<u> </u>
	trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	55	51	-	SMD 0.03 lower (0.41 lower to 0.35 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Kates of C	consumption >		iow-up - number	or problem arm	iking days at 15	-month follow-up	o (Better Indicat	eu by lower val	uesj			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	55	51	-	SMD 0.24 higher (0.14 lower to 0.62 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rates of c	consumption >	>12-month fol	low-up - number	of heavy drinki	ng days at 15-m	onth follow-up (B	Better indicated	by lower value	s)	<u> </u>		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	55	51	-	SMD 0.37 higher (0.01 lower to 0.75 higher)	⊕⊕⊕O MODERATE	CRITICAL
Amount o lower val		sumed up unt	il 6-month follov	v-up - number o	f drinks per pos	ssible drinking da	y (any day not i	n inpatient trea	tment or ga	ol) at 6-month follo	w-up (Better i	indicated by
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	47	47	-	SMD 0.3 lower (0.73 lower to 0.13 higher)	⊕⊕⊕O MODERATE	CRITICAL
Amount o	of alcohol con	sumed up unt	il 6-month follov	v-up - number o	f drinks per act	ual drinking day a	t 6-month follo	w-up (Better in	dicated by l	ower values)		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	47	47	-	SMD 0.49 lower (1.44 lower to 0.47 higher)	⊕⊕⊕O MODERATE	CRITICAL
Number	of days to 1st o	drink (lapse) 1	up until 6-month	follow-up - at 6-	month follow-u	1p (Better indicate	d by lower valu	ies)		<u> </u>	I	
3	Randomised	No serious	No serious	No serious	Serious <sup>4</sup>	None	47	47	-	SMD 0.19 higher (0.23 lower to 0.61	⊕⊕⊕O	CRITICAL

	trials	limitations	inconsistency	indirectness						higher)	MODERATE	
umber o	of days to first	heavy drink	(relapse) up until	6-month follow	v-up - at 6-mont	h follow-up (Bette	er indicated by	lower values)	<u> </u>	I		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>5</sup>	None	47	47	-	SMD 0.11 higher (0.31 lower to 0.53 higher)	⊕⊕⊕O MODERATE	CRITICAL
umber o	of heavy drink	ers >20 drink	s/week and >10%	heavy days (>=	5 drinks/occasio	on) at 15-month f	ollow-up	<u> </u>		I		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	21/55 (38.2%)	6/45 (13.3%)	RR 2.86 (1.26 to	248 more per 1000 (from 35 more to 731 more)	⊕⊕⊕O MODERATE	CRITICAL
								13.3%	6.48)	247 more per 1000 (from 35 more to 729 more)		
ttrition	(dropout) pos	t-treatment										
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	15/100 (15%)	18/104 (17.3%)	RR 0.87 (0.44 to	22 fewer per 1000 (from 97 fewer to 123 more)	⊕⊕⊕O MODERATE	IMPORTAN
								16.7%	1.71)	22 fewer per 1000 (from 94 fewer to 119 more)		
ttrition	(dropout) up t	o 6-month fol	llow-up - at 15-we	ek follow-up								
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	23/114 (20.2%)	21/116 (18.1%)	RR 1.11 (0.65 to 1.9)	20 more per 1000 (from 63 fewer to 163 more)	⊕⊕⊕O MODERATE	IMPORTAN
								18.1%	( ··· )	20 more per 1000 (from 63 fewer to 163 more)		

Attrition	(dropout) up	to 6-month fo	llow-up - at 6 mo	nths								
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	12/151 (7.9%)	11/134 (8.2%)	RR 0.99 (0.44 to	1 fewer per 1000 (from 46 fewer to 101 more)	⊕⊕⊕0 MODERATE	IMPORTANT
								7.9%	2.23)	1 fewer per 1000 (from 44 fewer to 97 more)		
Attrition	(dropout) 7 to	12-month fol	low-up - at 12-mo	onth follow-up		-					•	
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	1/72 (1.4%)	1/60 (1.7%)	RR 0.89 (0.06 to	2 fewer per 1000 (from 16 fewer to 210 more)	⊕⊕⊕0 MODERATE	IMPORTANT
								1.6%	13.57)	2 fewer per 1000 (from 15 fewer to 201 more)		
Attrition	(dropout) >12	-month follov	v-up - at 15-mont	h follow-up								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	23/78 (29.5%)	26/77 (33.8%)	RR 0.87 (0.55 to	44 fewer per 1000 (from 152 fewer to 132 more)	$\oplus \oplus \oplus O$	IMPORTANT
								33.8%	1.39)	44 fewer per 1000 (from 152 fewer to 132 more)		
Attrition	(dropout) >12	-month follov	v-up - at 18-mont	h follow-up								
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	2/71 (2.8%)	0/59 (0%)	RR 4.43 (0.22 to	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTANT
								0%	88.74)	0 more per 1000 (from 0 fewer to 0 more)		

<sup>1</sup>95% CI does not include an effect. Lower confidence limit crosses an effect size of 0.5.

- <sup>2</sup> 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.
- <sup>3</sup> 95% CI does not include an effect. RR increase greater than 25%.
- $^4\,95\%$  CI does not include an effect. Upper confidence limit crosses an effect size of 0.5.
- <sup>5</sup> 95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.
- <sup>6</sup> 95% CIs around absolute effects from 35 fewer to 731 more events.
- <sup>7</sup> 95% CIs around absolute effects from 16 fewer to 210 more events.

# **Contingency management**

### Contingency management versus control

			Quality asses	sment				5	Summary of t	findings		
							No. of patio	ents		Effect	0	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency management	Control	Relative (95% CI)	Absolute	Quality	
Abstinen	ce post-treatmo	ent - PDA post	-treatment (Better	indicated by low	wer values)					1		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	Strong association <sup>1</sup>	54	60	-	SMD 0.8 lower (1.18 to 0.42 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce up to 6-mon	th follow-up -	at 6-month follow	v-up (Better indi	cated by lower	values)				· · · · · ·		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	60	-	SMD 0.68 lower (1.06 to 0.31 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce 7 to 12-mon	th follow-up - a	at 9-month follow	-up (Better indic	cated by lower v	values)		<u> </u>				1
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	60	-	SMD 0.58 lower (0.96 to 0.21 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce 7 to 12-mon	th follow-up - a	at 12-month follo	w-up (Better ind	icated by lower	values)		1				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	60	-	SMD 0.39 lower (0.76 to 0.02 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce > 12-month	follow-up - at	15-month follow-	up (Better indica	ited by lower va	lues)				· · · · ·		
1	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None	54	60	-	SMD 0.5 lower (0.87	⊕⊕⊕O	CRITICAL

	trials	limitations	inconsistency	indirectness						to 0.12 lower)	MODERATE	
bstine	nce > 12-month	follow-up - a	it 18-month follow	v-up (Better indi	cated by lower v	values)		1				
		1		•	5	,						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	60	-	SMD 0.1 higher (0.27 lower to 0.47 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
bstine	nce > 12-month	follow-up - a	t 21-month follow	-up (Better indic	cated by lower v	alues)	<u> </u>					1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	54	60	-	SMD 0.15 lower (0.52 lower to 0.22 higher)	⊕⊕⊕O MODERATE	CRITICAL
bstine	nce > 12-month	follow-up - a	t 24-month follow	-up (Better indic	cated by lower v	alues)	1			1		<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	54	60	-	SMD 0.24 lower (0.61 lower to 0.12 higher)	⊕⊕⊕O MODERATE	CRITICAL
bstine	nce > 12-month	follow-up - a	t 27-month follow	-up (Better indic	cated by lower v	alues)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	60	-	SMD 0.09 higher (0.27 lower to 0.46 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
mount	of alcohol cons	sumed (DDD)	post-treatment (B	Setter indicated l	oy lower values)	)		1	<u> </u>		<u>[</u>	<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	54	60	-	SMD 0.25 lower (0.61 lower to 0.12 higher)	⊕⊕⊕O MODERATE	CRITICAI
mount	of alcohol cons	sumed (DDD)	up to 6-month fo	llow-up - at 6-m	onth follow-up	(Better indicated b	y lower values)	1	I	<u> </u>	<u> </u>	1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	60	-	SMD 0.66 lower (1.04 to 0.28 lower)	⊕⊕⊕⊕ HIGH	CRITICAI
			1			1	1		1			l

Randomis	ed No serious	No serious	No serious	No serious	None	<b>F</b> 4	(0)		SMD 0.38 lower	$\oplus \oplus \oplus \oplus$	
trials	limitations	inconsistency	indirectness	imprecision		54	60	-	(0.75 to 0.01 lower)	HIGH	CRITICA
int of alcohol o	consumed (DDD)	7 to 12-month fol	low-up - at 12-n	nonth follow-up	(Better indicated	by lower values)		<u> </u>			
Randomis	ed No serious	No serious	No serious	No serious	None				SMD 0.1 lower (0.47		
trials	limitations	inconsistency	indirectness	imprecision		54	60	-	lower to 0.26 higher)	⊕⊕⊕⊕ HIGH	CRITIC
ant of alcohol of	consumed (DDD)	>12-month follow	v-up - at 15-mon	th follow-up (B	etter indicated by	lower values)					
Randomis	ed No serious	No serious	No serious	No serious	None		1		SMD 0.11 lower		
trials	limitations	inconsistency	indirectness	imprecision		54	60	-	(0.48 lower to 0.26 higher)	⊕⊕⊕⊕ HIGH	CRITIC
Randomise		>12-month follow	No serious indirectness	Serious <sup>2</sup>	None	54	60	-	SMD 0.26 lower (0.63 lower to 0.11 higher)	⊕⊕⊕0 MODERATE	CRITIC
int of alcohol (	consumed (DDD)	>12-month follow	w-up - at 21-mon	th follow-up (B	etter indicated by	lower values)					
	1 .	No serious	No serious	No serious	None	= 1	60		SMD 0.53 lower (0.9	$\oplus \oplus \oplus \oplus$	
Randomis	ed No serious		indirectness	imprecision		54	60	-	to 0.16 lower)	HIGH	CRITIC
	limitations	inconsistency	mancethess						,		
Randomise trials	limitations	inconsistency >12-month follow		th follow-up (B	etter indicated by	lower values)					
Randomise trials	limitations	-		t <b>h follow-up (B</b>	etter indicated by	lower values)					

Amount	of alcohol cons	sumed (DDD)	>12-month follow	w-up - at 27-mon	th follow-up (B	etter indicated l	by lower values)					
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	60	-	SMD 0.13 higher (0.23 lower to 0.5 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attritior	(dropout) pos	t-treatment	1		1	1		1			1	1
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	5/70 (7.1%)	4/69 (5.8%)	RR 1.23 (0.35 to 4.4)	13 more per 1000 (from 38 fewer to 197 more)	⊕⊕⊕0 MODERATE	IMPORTANT
								5.8%		13 more per 1000 (from 38 fewer to 197 more)		
Attritior	ı (dropout) up t	o 6-month foll	low-up - at 6 mon	ths								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	2/65 (3.1%)	1/65 (1.5%)	RR 2 (0.19 to 21.52)	15 more per 1000 (from 12 fewer to 316 more)	⊕⊕⊕O MODERATE	IMPORTANT
								1.5%		15 more per 1000 (from 12 fewer to 308 more)		
Attritior	ı (dropout) 7 to	12-month foll	ow-up - at 9 mon	ths								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None		0/64 (0%)		0 more per 1000 (from 0 fewer to 0 more)		
							3/63 (4.8%)	0%	RR 7.11 (0.37 to 134.89)	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTANT

Attrition	(dropout) 7 to	12-month follo	ow-up - at 12 mon	ths								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	0/60 (0%)	0/64 (0%)	Not pooled	Not pooled	⊕⊕⊕⊕ HIGH	IMPORTANT
								0%		Not pooled		
Attrition	(dropout) > 12	-month follow	-up - at 18 month	S	-						<u> </u>	
L	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>5</sup>	None	1/59 (1.7%)	1/64 (1.6%)	RR 1.08 (0.07 to 16.95)	1 more per 1000 (from 15 fewer to 249 more)	⊕⊕⊕O MODERATE	IMPORTANT
								1.6%		1 more per 1000 (from 15 fewer to 255 more)		
Attrition	(dropout) > 12	-month follow	-up - at 27 month	s	-	·						
l	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Very serious <sup>6</sup>	None	2/56 (3.6%)	1/61 (1.6%)	RR 2.18 (0.2 to 23.37)	19 more per 1000 (from 13 fewer to 367 more)	⊕⊕OO LOW	IMPORTANT
								1.6%		19 more per 1000 (from 13 fewer to 358 more)		

<sup>1</sup> SMD=0.80, p<0.0001.

 $^2\,95\%$  CI includes no effect and lower confidence limit crosses an effect size of 0.5.

<sup>3</sup> 95% CIs around absolute effects from 38 fewer to 197 more events.

<sup>4</sup> 95% CIs around absolute effects from 12 fewer to 316 more events.

<sup>5</sup> 95% CIs around absolute effects from 15 fewer to 249 more events.

<sup>6</sup> 95% CIs around absolute effects from 13 fewer to 367 more events.

Contingency management versus standard care (7	AU)
contingency management versus standard care ()	

			Quality assess	ment				Su	mmary of fi	ndings		
							No. of pa	tients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency management	Standard care (TAU)	Relative (95% CI)	Absolute	Quality	
Abstinen	ce post-treatm	ent - longest dı	aration abstinent	(weeks) post-tre	eatment (Bette	er indicated by lo	wer values)					
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	46	57	-	SMD 0.27 lower (0.66 lower to 0.12 higher)	⊕⊕⊕O MODERATE	CRITICAL
Number	relapsed to he	avy drinking p	ost-treatment - nu	mber relapsed t	to heavy drin	king at end of tre	atment	<u> </u>		<u> </u>	<u> </u>	
1	Randomised trials	No serious limitations	No serious inconsistency		None	5/19 (26.3%)	14/23 (60.9%)	RR 0.43 (0.19 to	347 fewer per 1000 (from 12 fewer to 493 fewer)	⊕⊕⊕O MODERATE	CRITICAL	
								60.9%	0.98)	347 fewer per 1000 (from 12 fewer to 493 fewer)		
Number 1	lapsed (non-al	ostinent) post-t	reatment - numbe	er lapsed (non-a	bstinent) at th	ne end of treatme	nt				<u> </u>	<u></u>
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None		14/23 (60.9%)	RR 0.52	292 fewer per 1000 (from 457 fewer to 55 more)	⊕⊕⊕O	CRITICAL
							6/19 (31.6%)	60.9%	(0.25 to 1.09)	292 fewer per 1000 (from 457 fewer to 55 more)	MODERATE	

Attrition	(dropout) abst	inence post-tre	eatment									
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	3/65 (4.6%)	24/80 (30%)	RR 0.19 (0.07 to	243 fewer per 1000 (from 144 fewer to 279 fewer)	⊕⊕⊕O	IMPORTANT
								43.1%	0.52)	349 fewer per 1000 (from 207 fewer to 401 fewer)	MODERATE	

<sup>1</sup>95% CI includes no effect and lower confidence limit crosses an effect size of 0.5.

<sup>2</sup> 95% CI includes no effect and RR reduction greater than 25%.

<sup>3</sup> RR reduction greater than 25%.

#### Contingency management versus other treatment

			Quality asses	sment				Su	mmary of fi	ndings		
							No. of pa	tients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency management	Other treatment	Relative (95% CI)	Absolute	Quality	
Abstinen	ice post-treatm	ent - PDA post	-treatment (Better	indicated by lo	wer values)	L			I	I		I
		No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	58	-	SMD 0.12 lower (0.49 lower to 0.25 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ice up to 6-mor	nth follow-up -	at 6-month follow	v-up (Better ind	icated by lower	values)						
		No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	58	-	SMD 0.13 higher (0.24 lower to 0.5 higher)	⊕⊕⊕⊕ HIGH	CRITICAL

		1					1		1			
bstine	nce 7 to 12-mon	th follow-up	- at 9-month follo	ow-up (Better in	dicated by lowe	r values)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	54	58	-	SMD 0.19 higher (0.18 lower to 0.56 higher)	⊕⊕⊕O MODERATE	CRITICAI
bstine	nce 7 to 12-mon	th follow-up	- at 12-month foll	low-up (Better in	ndicated by low	er values)						<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	58	-	SMD 0.37 higher (0 to 0.75 higher)	⊕⊕⊕⊕ HIGH	CRITICAI
bstine	nce > 12-month	follow-up - a	it 15-month follow	w-up (Better ind	icated by lower	values)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	54	58	-	SMD 0.35 higher (0.02 lower to 0.72 higher)	⊕⊕⊕O MODERATE	CRITICAI
bstine	nce > 12-month	follow-up - a	t 18-month follow	v-up (Better ind	icated by lower	values)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	58	-	SMD 0.7 higher (0.32 to 1.08 higher)	⊕⊕⊕⊕ HIGH	CRITICA
bstine	nce > 12-month	follow-up - a	it 21-month follow	v-up (Better ind	icated by lower	values)			1			<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	54	58	-	SMD 0.37 higher (0.01 lower to 0.74 higher)	⊕⊕⊕⊕ HIGH	CRITICA
bstine	nce > 12-month	follow-up - a	it 24-month follow	w-up (Better ind	icated by lower	values)						
	Randomised	No serious	No serious inconsistency	No serious indirectness	No serious imprecision	None				SMD 0.48 higher		

ittaii	domised	No serious	No serious	No serious	No serious	None	54	58	-	SMD 0.84 higher	$\oplus \oplus \oplus \oplus$	
trial	ls	limitations	inconsistency	indirectness	imprecision		34	56		(0.45 to 1.22 higher)	HIGH	CRITIC
int of al	cohol cons	sumed (DDD)	post-treatment (	Better indicated	by lower values	5)	<u> </u>					<u> </u>
Ran	domised	No serious	No serious	No serious	No serious	None				SMD 0.36 lower	⊕⊕⊕⊕	
trial	ls	limitations	inconsistency	indirectness	imprecision		54	60	-	(0.73 lower to 0.01 higher)	HIGH	CRITIC
ant of al	cohol cons	sumed (DDD)	up to 6-month fo	llow-up - at 6-m	ionth follow-up	) (Better indicated	by lower values)					
Ran	domised	No serious	No serious	No serious	Serious <sup>2</sup>	None				SMD 0.25 lower	⊕⊕⊕O	
trial	ls	limitations	inconsistency	indirectness			54	60	-	(0.62 lower to 0.12 higher)	MODERATE	CRITIC
	domised	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	<b>Better indicated by</b> None	54	60	-	SMD 0.49 higher (0.12 to 0.87 higher)	⊕⊕⊕O MODERATE	CRITIC
titui			-							· · · · · · · · · · · · · · · · · · ·		
	cohol cons		>12-month follo	w-up - at 18-mor	nth follow-up (I	Better indicated by	lower values)					
unt of al			>12-month follo	w-up - at 18-mor	nth follow-up (I	Better indicated by	lower values)			SMD 0.17 higher		
unt of al	domised	sumed (DDD)					lower values)	60	-		⊕⊕⊕O MODERATE	CRITIC
unt of al Ran trial	idomised ls	s <b>umed (DDD)</b> No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>		54	60	-	SMD 0.17 higher (0.2 lower to 0.54	⊕⊕⊕O	CRITIC.
unt of alo Ran trial unt of alo	idomised ls cohol cons	s <b>umed (DDD)</b> No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	54	60	-	SMD 0.17 higher (0.2 lower to 0.54	⊕⊕⊕O	CRITIC

	Randomised	No serious	No serious	No serious	No serious	None	= 1	<i>(</i> 0		SMD 0.03 higher	$\oplus \oplus \oplus \oplus$	
ti	rials	limitations	inconsistency	indirectness	imprecision		54	60	-	(0.34 lower to 0.4 higher)	HIGH	CRITICA
int of	alcohol cons	sumed (DDD)	) >12-month follo	w-up - at 27-mo	nth follow-up (l	Better indicated b	y lower values)					
R	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None				SMD 0.15 higher	⊕⊕⊕O	
tı	rials	limitations	inconsistency	indirectness			54	60	-	(0.22 lower to 0.52 higher)	MODERATE	CRITICA
on (c	dropout) pos	t-treatment									<u> </u>	
R	Randomised	No serious	No serious	No serious	Serious <sup>3</sup>	None				13 fewer per 1000		
tı	rials	limitations	inconsistency	indirectness				6/71 (8.5%)	RR 0.85	(from 62 fewer to		
							5/70 (7.1%)		(0.27 to	139 more)	⊕⊕⊕O MODERATI	IMPORT
									2.64)	13 fewer per 1000		
								8.5%		(from 62 fewer to		
on (c	dropout) up t	to 6-month fol	llow-up - at 6 mor	nths						139 more)		
R	Randomised	No serious	No serious	No serious	No serious	None				0 more per 1000		1
1,	rials	limitations	inconsistency	indirectness	imprecision	i tone		0/65 (0%)		(from 0 fewer to 0		
tı							2/65 (3.1%)		RR 5 (0.24	more)	$\oplus \oplus \oplus \oplus$	
tı							2/00 (0.170)		to 102.16)		HIGH	IMPORT
tı									,	0 1000		
tı								0%	,	0 more per 1000 (from 0 fewer to 0		
tı								0%	,	0 more per 1000 (from 0 fewer to 0 more)		
	alcohol cons	sumed (DDD)	) 7 to 12-month fo	llow-up - at 9 m	onths (Better in	dicated by lower	values)	0%		(from 0 fewer to 0		
nt of		sumed (DDD) No serious limitations	7 to 12-month fo No serious inconsistency	llow-up - at 9 m No serious indirectness	onths (Better in No serious imprecision	dicated by lower	values)	60		(from 0 fewer to 0		

Attrition	(dropout) 7 to	12-month foll	ow-up - at 9 mon	hs								
1		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	3/63 (4.8%)	1/65 (1.5%)	RR 3.1 (0.33 to 28.97)	32 more per 1000 (from 10 fewer to 430 more)	⊕⊕⊕O MODERATE	IMPORTANT
								1.5%		31 more per 1000 (from 10 fewer to 420 more)		
mount	of alcohol cons	sumed (DDD)	7 to 12-month fo	low-up - at 12-1	nonth follow-up	(Better indicate	d by lower values)					
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	54	60	-	SMD 0.32 higher (0.05 lower to 0.69 higher)	⊕⊕⊕O MODERATE	CRITICAL
ttrition	(dropout) > 12	-month follow	v-up - at 18 montl	15	-1		-1	<u> </u>			<u> </u>	<u> </u>
		No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	1/59 (1.7%)	0/63 (0%)	RR 3.2 (0.13 to 77.04)	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		
ttrition	(dropout) > 12	-month follow	v-up - at 27 montl	IS			·					
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>5</sup>	None	2/56 (3.6%)	3/61 (4.9%)	(0.13 to	13 fewer per 1000 (from 43 fewer to 157 more)	⊕⊕⊕O _MODERATE II	IMPORTANT
								4.9%	4.19)	13 fewer per 1000 (from 43 fewer to 156 more)		

<sup>1</sup>95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.

<sup>2</sup> 95% CI includes no effect and lower confidence limit crosses an effect size of 0.5.

<sup>3</sup> 95% CIs around absolute effects from 62 fewer to 139 more events.

 $^4\,95\%$  CIs around absolute effects from 10 fewer to 430 more events.

<sup>5</sup> 95% CIs around absolute effects from 43 fewer to 157 more events.

## Counselling

#### Counselling versus other treatment

Quality assessment												
Quanty assessment								No. of patients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Counselling	Other treatment	Relative (95% CI)	Absolute	— Quality	
Abstinen	ce (percentage)	) post-treatmen	t (Better indicated	l by lower value	s)				I			I
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	12	22	-	SMD 0.31 higher (0.86 lower to 1.47 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce (percentage	or proportion)	up to 6 months - l	PDA at 2-month	follow-up (Bett	er indicated by lo	ower values)		1		1	
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	12	22	-	SMD 0.42 higher (0.29 lower to 1.14 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce (percentage	or proportion)	up to 6 months - l	PDA at 3-month	follow-up (Bett	er indicated by lo	ower values)					
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	59	69	-	SMD 0.12 higher (0.23 lower to 0.47 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce (percentage	or proportion)	up to 6 months - l	PDA at 6-month	follow-up (Bett	er indicated by lo	ower values)		L		1	
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	71	91	-	SMD 0.25 higher (0.06 lower to 0.56	⊕⊕⊕O MODERATE	CRITICAL

										higher)		
Abstine	nce (percentage	or proportion)	) at 7 to 12-month	follow-up - sob	er days at 12-mo	onth follow-up (Be	tter indicated	by lower val	ues)	<u> </u>		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	Strong association <sup>3</sup>	12	11	-	SMD 1.67 higher (0.7 to 2.65 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
bstine	nce (percentage	or proportion)	) at 7 to 12-month	follow-up - PDA	A at 9month fo	llow-up (Better in	dicated by low	ver values)		1		
L	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	59	69	-	SMD 0.24 higher (0.11 lower to 0.58 higher)	⊕⊕⊕O MODERATE	CRITICAL
bstine	nce (percentage	or proportion)	) at 7 to 12-month	follow-up - PDA	A at 12-month fo	ollow-up (Better in	idicated by low	ver values)	<u> </u>	1		
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	71	91	-	SMD 0.28 higher (0.03 lower to 0.59 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstine	nce (percentage	or proportion)	) >12-month follo	w-up - PDA at 1	5-month follow	-up (Better indicat	ed by lower va	ilues)		1	<u> </u>	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	59	69	-	SMD 0.28 higher (0.07 lower to 0.63 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstine	nce (percentage	or proportion)	) >12-month follo	w-up - PDA at 1	8-month follow	-up (Better indicat	ed by lower va	ilues)	1		<u> </u>	I
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	71	91	-	SMD 0.3 higher (0.01 lower to 0.61 higher)		CRITICAL
Abstine	nce (percentage	or proportion)	>12-month follo	w-up - PDA at 2	4-month follow	-up (Better indicat	ed by lower va	lues)				
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	12	22	-	SMD 0.34 higher (0.37 lower to 1.05 higher)	⊕⊕⊕O MODERATE	CRITICAL

nount	of alcohol cons	sumed at 7 to 1	2-month follow-u	ıp - cl pure alcoh	ol at 12-month	follow-up (Better	indicated by lo	wer values)				
	Randomised	No serious	No serious	No serious	No serious	Strong	10	44		SMD 1.15 higher	$\oplus \oplus \oplus \oplus$	
	trials	limitations	inconsistency	indirectness	imprecision	association <sup>4</sup>	12	11	-	(0.26 to 2.05 higher)	HIGH	CRITICA
ne to	first drink asse	ssed at 18-mor	nth follow-up (Bet	ter indicated by	lower values)			<u> </u>	<u> </u>			
	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.15 higher (0.2	$\oplus \oplus \oplus \oplus$	
	trials	limitations	inconsistency	indirectness	imprecision		59	69	-	lower to 0.5 higher)	HIGH	CRITICA
ne to	first heavy drin	k assessed at 1	18-month follow-1	up (Better indica	ited by lower va	lues)		1	1	<u> </u>		
	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.09 higher		
	trials	limitations	inconsistency	indirectness	imprecision		59	69	-	(0.26 lower to 0.44	⊕⊕⊕⊕ HIGH	CRITICA
										higher)	morr	
tes of	consumption u	p to 6-month f	follow-up - propo	rtion of days hea	avy drinking (>=	= 6 men, 4 women	) at 3-month fo	llow-up (Be	tter indicated	d by lower values)		
	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.14 higher	$\oplus \oplus \oplus \oplus$	
	trials	limitations	inconsistency	indirectness	imprecision		59	69	-	(0.21 lower to 0.49	₩ HIGH	CRITICA
										higher)	mon	ciurici
tes of	consumption u	p to 6-month f	follow-up - propo	rtion of days hea	avy drinking (>=	= 6 men, 4 women	) at 6-month fo	llow-up (Be	tter indicated	d by lower values)		<u> </u>
	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None	50	(0)		SMD 0.2 higher (0.15	⊕⊕⊕O	
	trials	limitations	inconsistency	indirectness			59	69	-	lower to 0.55 higher)	MODERATE	CRITICA
tes of	consumption 7	to 12-month f	ollow-up - propor	tion of days hea	vy drinking (>=	6 men, 4 women)	at 9-month fol	llow-up (Bet	ter indicated	l by lower values)		1
	Randomised	No serious	No serious	No serious	No serious	None						
	trials	limitations	inconsistency	indirectness	imprecision		59	69	-	SMD 0.1 higher (0.24		CRITICA
										lower to 0.45 higher)	HIGH	

Rates of	consumption 7	to 12-month f	ollow-up - propo	rtion of days hea	avy drinking (>=	= 6 men, 4 wom	en) at 12-month fo	ollow-up (Be	etter indicate	d by lower values)		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	59	69	-	SMD 0.17 higher (0.18 lower to 0.52 higher)	⊕⊕⊕O MODERATE	CRITICAL
ates of	consumption >	12-month foll	ow-up - proportio	on of days heavy	drinking (>= 6	men, 4 women)	at 15-month follo	ow-up (Bette	r indicated b	y lower values)		<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	59	69	-	SMD 0.07 higher (0.27 lower to 0.42 higher)	⊕⊕⊕⊕ HIGH	CRITICAI
ites of	consumption >	12-month foll	ow-up - proportio	on of days heavy	drinking (>= 6	men, 4 women)	at 18-month follo	ow-up (Bette	r indicated b	oy lower values)		1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	59	69	-	SMD 0.2 higher (0.15 lower to 0.55 higher)		CRITICAL
ipse up	to 6-month fo	llow-up - brok	e abstinence (laps	se) at 6-month fo	ollow-up			L		<u> </u>		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious⁵	None	150/201 (74.6%)	128/203 (63.1%)	RR 1.15 (1.01 to	95 more per 1000 (from 6 more to 202 more)	⊕⊕⊕O MODERATE	CRITICA
								70.6%	1.32)	106 more per 1000 (from 7 more to 226 more)		
psed -	7 to 12-month	follow-up - at	12-month follow-	up							•	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	115/161	125/161 (77.6%)	RR 0.92 (0.81 to	62 fewer per 1000 (from 148 fewer to 39 more)	⊕⊕⊕⊕	CRITICAI
							(71.4%)	77.6%	1.05)	62 fewer per 1000 (from 147 fewer to 39 more)	HIGH	

Lapse >	>12-month follow	v-up - broke a	bstinence (lapse)	at 5-year follow-	up							
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	16/21 (76.2%)	21/27 (77.8%)	RR 0.98 (0.72 to	16 fewer per 1000 (from 218 fewer to 264 more)	⊕⊕⊕O MODERATE	CRITICAL
							(70.2%)	77.8%	1.34)	16 fewer per 1000 (from 218 fewer to 265 more)	MODERATE	
Rates o	f consumption u	p to 6-month	follow-up - excee	ded national gui	delines at least	once (at 6 mont	hs)					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	31/40 (77.5%)	27/42 (64.3%)	RR 1.21 (0.91 to 1.6)	135 more per 1000 (from 58 fewer to 386 more)	⊕⊕⊕⊕ HIGH	CRITICAL
								64.3%		135 more per 1000 (from 58 fewer to 386 more)		
Rates o	f consumption u	p to 6-month	follow-up - excee	ded national gui	deline >=6 time	s (at 6 months)			•			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	31/40 (77.5%)	27/42 (64.3%)	RR 1.21 (0.91 to 1.6)	135 more per 1000 (from 58 fewer to 386 more)	⊕⊕⊕⊕ HIGH	CRITICAL
								64.3%		135 more per 1000 (from 58 fewer to 386 more)		
Rates o	f consumption u	p to 6-month	follow-up - drank	>=10 standard o	drinks at least o	nce (at 6 month	s)					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	31/40 (77.5%)	26/42 (61.9%)	RR 1.25 (0.94 to	155 more per 1000 (from 37 fewer to 415 more)	⊕⊕⊕⊕ HIGH	CRITICAL
								61.9%	1.67)	155 more per 1000 (from 37 fewer to 415 more)		

es of	consumption u	p to 6-month	follow-up - drank	>=10 standard o	drinks >= 6 time	es (at 6 months)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	25/40 (62.5%)	18/42 (42.9%)	RR 1.46 (0.95 to	197 more per 1000 (from 21 fewer to 527 more)	⊕⊕⊕⊕ HIGH	CRITICA
								42.9%	2.23)	197 more per 1000 (from 21 fewer to 528 more)		
s of	consumption >	12-month foll	ow-up - exceeded	national guidel	ines at least onc	e (at 5 years)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	13/21 (61.9%)	16/27 (59.3%)	RR 1.04 (0.66 to	24 more per 1000 (from 201 fewer to 385 more)	⊕⊕⊕O MODERATE	CRITIC
								59.3%	1.65)	24 more per 1000 (from 202 fewer to 385 more)		
s of	consumption >	12-month foll	ow-up - exceeded	national guidel	ines >= 6 times	(at 5 years)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	11/21 (52.4%)	12/27 (44.4%)	RR 1.18 (0.66 to	80 more per 1000 (from 151 fewer to 498 more)	⊕⊕⊕O MODERATE	CRITIC
								44.4%	2.12)	80 more per 1000 (from 151 fewer to 497 more)		
s of	consumption >	12-month foll	ow-up - drank >=	10 standard drir	nks at least once	(at 5 years)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	8/21 (38.1%)	9/27 (33.3%)	RR 1.14 (0.53 to	47 more per 1000 (from 157 fewer to 483 more)	⊕⊕⊕O MODERATE	CRITIC
								33.3%	2.45)	47 more per 1000 (from 157 fewer to		

Rates of	consumption >	12-month foll	ow-up - drank >=	10 standard drir	uks >=6 times	(at 5 years)						
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	4/21 (19%)	6/27 (22.2%)	RR 0.86 (0.28 to	31 fewer per 1000 (from 160 fewer to 367 more)	⊕⊕⊕0 MODERATE	CRITICAL
								22.2%	2.65)	31 fewer per 1000 (from 160 fewer to 366 more)		
Attrition	(dropout) up t	o 6-month fol	low-up - at 3-6-mo	onth follow-up								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	50/161 (31.1%)	49/161 (30.4%)	RR 1.02 (0.74 to	6 more per 1000 (from 79 fewer to 128 more)	⊕⊕⊕O MODERATE	IMPORTANT
								30.4%	1.42)	6 more per 1000 (from 79 fewer to 128 more)		
Attrition	(dropout) 7 to	12-month foll	ow-up - at 12-moi	nth follow-up								
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	56/123 (45.5%)	67/124 (54%)	RR 0.85 (0.67 to	81 fewer per 1000 (from 178 fewer to 43 more)	⊕⊕⊕O MODERATE	IMPORTANI
								33.6%	1.08)	50 fewer per 1000 (from 111 fewer to 27 more)		
Attrition	(dropout) >12-	-month follow	-up - at 5 year fol	low-up								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	19/40 (47.5%)	15/42 (35.7%)	RR 1.33 (0.79 to	118 more per 1000 (from 75 fewer to 443 more)	⊕⊕⊕O MODERATE	IMPORTANT
							. ,	35.7%	2.24)	118 more per 1000 (from 75 fewer to 443 more)		

<sup>1</sup> No explanation was provided.

<sup>2</sup> 95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.

<sup>3</sup> SMD=1.67, p=0.0008.

<sup>4</sup> SMD=1.15, p=0.01.

<sup>5</sup> RR increase greater than 25%.

<sup>6</sup> 95% CI includes no effect and RR increase greater than 25%.

<sup>7</sup> 95% CI includes no effect and RR reduction and RR increase greater than 25%.

### **Counselling versus control (no treatment)**

			Quality asses	sment				S	ummary of f	indings		
							No. of	patients		Effect	01''	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Counselling	Control (no treatment)	Relative (95% CI)	Absolute	Quality	
Lapse up	to 6-month fol	llow-up - broke	abstinence (laps	e) at 6 months	I	I	I	I	I		I	I
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	36/40 (90%)	37/40 (92.5%)	RR 0.97 (0.85 to	28 fewer per 1000 (from 139 fewer to 102 more)	⊕⊕⊕O MODERATE	CRITICAL
								92.5%	1.11)	28 fewer per 1000 (from 139 fewer to 102 more)		
Lapse >12	2-month follow	v-up - broke ab	stinence (lapse) a	t 5 years								
1		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	16/21	22/29 (75.9%)	RR 1 (0.73	0 more per 1000 (from 205 fewer to 288 more)	⊕⊕⊕Q	
							(76.2%)	75.9%	to 1.38)	0 more per 1000 (from 205 fewer to 288 more)	MODERATE	CRITICAL

tes of a	consumption u	1p to 6-month	follow-up - excee	ded national gu	idelines at least	once (at 6 months	5)					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	31/40 (77.5%)	29/40 (72.5%)	RR 1.07 (0.83 to	51 more per 1000 (from 123 fewer to 275 more)	⊕⊕⊕O MODERATE	CRITICAI
							(,	72.5%	1.38)	51 more per 1000 (from 123 fewer to 275 more)		
tes of o	consumption ı	1p to 6-month	follow-up - excee	ded national gu	idelines >=6 tin	nes (at 6 months)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	31/40 (77.5%)	29/40 (72.5%)	RR 1.07 (0.83 to	51 more per 1000 (from 123 fewer to 275 more)	⊕⊕⊕O MODERATE	CRITICA
								72.5%	1.38)	51 more per 1000 (from 123 fewer to 275 more)		
es of o	consumption u	1p to 6-month	follow-up - dranl	x >=10 standard	drinks at least o	once (at 6 months)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	31/40 (77.5%)	32/40 (80%)	RR 0.97 (0.77 to	24 fewer per 1000 (from 184 fewer to 176 more)	$\oplus \oplus \oplus \oplus$	CRITICA
								80%	1.22)	24 fewer per 1000 (from 184 fewer to 176 more)		
tes of c	consumption u	1p to 6-month	follow-up - dranl	x >=10 standard	drinks >= 6 tim	es (at 6 months)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	25/40 (62.5%)	26/40 (65%)	RR 0.96 (0.69 to	26 fewer per 1000 (from 201 fewer to 221 more)	⊕⊕⊕O MODERATE	CRITICA
							()	65%	1.34)	26 fewer per 1000 (from 201 fewer to 221 more)		

es of c	onsumption >	>12-month foll	ow-up - exceeded	l national guide	lines at least o	nce (at 5 years)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	13/21 (61.9%)	19/29 (65.5%)	RR 0.94 (0.62 to	39 fewer per 1000 (from 249 fewer to 295 more)	⊕⊕⊕O MODERATE	CRITIC
								65.5%	1.45)	39 fewer per 1000 (from 249 fewer to 295 more)		
s of c	onsumption >	12-month foll	ow-up - exceeded	l national guide	lines >= 6 time	s (at 5 years)	·					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	11/21 (52.4%)	14/29 (48.3%)	RR 1.09 (0.62 to	43 more per 1000 (from 183 fewer to 430 more)	⊕⊕⊕O MODERATE	CRITIC
								48.3%	1.89)	43 more per 1000 (from 184 fewer to 430 more)		
s of c	onsumption >	12-month foll	ow-up - drank >=	=10 standard dri	nks at least on	ce (at 5 years)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	8/21 (38.1%)	15/29 (51.7%)	RR 0.74 (0.38 to	134 fewer per 1000 (from 321 fewer to 212 more)	⊕⊕⊕O MODERATE	CRITIC
								51.7%	1.41)	134 fewer per 1000 (from 321 fewer to 212 more)		
	onsumption >	12-month foll	ow-up - drank >=	=10 standard dri	nks >=6 times	(at 5 years)						
s of c	1											
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	4/21 (19%)	9/29 (31%)	RR 0.61 (0.22 to 1.73)	121 fewer per 1000 (from 242 fewer to 227 more)	⊕⊕⊕O MODERATE	CRITIC

Attrition	(dropout) >12	-month follow	-up - at 5-year fol	low-up								
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	19/40 (47.5%)	11/40 (27.5%)	RR 1.73 (0.95 to	201 more per 1000 (from 14 fewer to 591 more)	⊕⊕⊕O	IMPORTANT
								27.5%	3.15)	201 more per 1000 (from 14 fewer to 591 more)		

<sup>1</sup>95% CI includes no effect and RR reduction and RR increase greater than 25%.

<sup>2</sup> 95% CI includes no effect and RR increase greater than 25%.

# **Couples therapy**

### Couples therapy versus other intervention

			Quality asses	sment				5	Summary of	findings		
							No. of	f patients		Effect	01"	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Couples therapy	Other intervention	Relative (95% CI)	Absolute	Quality	
Abstinen	nce (percentage	or proportion)	post-treatment (B	etter indicated l	oy lower values)	L						
6		No serious limitations	No serious inconsistency		No serious imprecision	None	78	136	-	SMD 0.16 lower (0.44 lower to 0.13 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	nce (percentage	or proportion)	up to 6-month fol	low-up - at 2-m	onth follow-up (	(Better indicated l	oy lower va	lues)				
2				No serious indirectness	Serious <sup>1</sup>	None	22	12	-	SMD 0.42 lower (1.14 lower to 0.29 higher)	⊕⊕⊕O MODERATE	CRITICAL

	Randomised	No serious	No serious	No serious	No serious	None					$\oplus \oplus \oplus \oplus$	
	trials	limitations	inconsistency	indirectness	imprecision		46	92	-	SMD 0.37 lower	HIGH	CRITICA
										(0.72 to 0.01 lower)		CRITICA
stine	ence (percentage	e or proportion	ı) up to 6-month f	ollow-up - at 6-r	nonth follow-up	(Better indicate	ed by lower va	lues)				
	Randomised	No serious	No serious	No serious	No serious	None	88	114		SMD 0.47 lower	⊕⊕⊕⊕	
	trials	limitations	inconsistency	indirectness	imprecision		00	114	-	(0.77 to 0.18 lower)	HIGH	CRITICA
stine	ence (percentage	e or proportion	n) 7 to 12-month fo	ollow-up - at 9-m	nonth follow-up	(Better indicate	d by lower val	lues)				1
	Randomised	No serious	No serious	No serious	No serious	None	46	92	_	SMD 0.6 lower (0.96	$\oplus \oplus \oplus \oplus$	
	randomioed						40	92	-	to 0.24 lower)	HIGH	CRITICA
	trials	limitations	inconsistency	indirectness	imprecision					10 0.24 lower)	111011	
stine	trials		inconsistency n) 7 to 12-month fo		1	p (Better indicate	ed by lower va	alues)		10 0.24 lower)	11011	
stine	trials ence (percentage Randomised	e or proportion	n) 7 to 12-month fo	Dllow-up - at 12- No serious	month follow-u	o (Better indicate	ed by lower va	alues) 138	   	SMD 0.54 lower	⊕⊕⊕⊕	
stine	trials ence (percentage	or proportion	n) 7 to 12-month fo	ollow-up - at 12-	month follow-uj		-		-	, 		CRITICA
	trials ence (percentage Randomised trials	e or proportion No serious limitations	n) 7 to 12-month fo	ollow-up - at 12- No serious indirectness	No serious imprecision	None	107		-	SMD 0.54 lower	⊕⊕⊕⊕	
	trials ence (percentage Randomised trials	e or proportion No serious limitations	n) 7 to 12-month fo	ollow-up - at 12- No serious indirectness	No serious imprecision	None	107		   -	SMD 0.54 lower	⊕⊕⊕⊕ HIGH	
	trials ence (percentage Randomised trials ence (percentage	No serious limitations	n) 7 to 12-month for No serious inconsistency n) >12-month follo	Dilow-up - at 12- No serious indirectness ow-up - at 18 mo	No serious imprecision nths (Better indi	None cated by lower	107		-	SMD 0.54 lower (0.81 to 0.27 lower)	⊕⊕⊕⊕	CRITICA
stine	trials  Randomised trials  Randomised trials  Randomised trials	or proportion No serious limitations or proportion No serious limitations	n) 7 to 12-month for No serious inconsistency n) >12-month follo No serious	No serious indirectness w-up - at 18 mo No serious indirectness	No serious imprecision nths (Better indi	None cated by lower w	107 values) 22	138	-	SMD 0.54 lower (0.81 to 0.27 lower) SMD 0.26 lower (0.97 lower to 0.45	⊕⊕⊕⊕ HIGH ⊕⊕⊕O	CRITICA
tine	trials cence (percentage Randomised trials cence (percentage Randomised trials cence (percentage Randomised trials cence (percentage Randomised	e or proportion No serious limitations e or proportion No serious limitations e or proportion No serious	n) 7 to 12-month for No serious inconsistency n) >12-month follo No serious inconsistency n) >12-month follo No serious	No serious indirectness w-up - at 18 mo No serious indirectness w-up - at 24 mo No serious	No serious imprecision nths (Better indi	None cated by lower w	107 values) 22	138		SMD 0.54 lower (0.81 to 0.27 lower) SMD 0.26 lower (0.97 lower to 0.45	⊕⊕⊕⊕ HIGH ⊕⊕⊕O	CRITICA
tine	trials  cnce (percentage  Randomised trials  Randomised trials  ence (percentage ence (percentage	or proportion No serious limitations or proportion No serious limitations	n) 7 to 12-month for No serious inconsistency n) >12-month follo No serious inconsistency n) >12-month follo	No serious indirectness ow-up - at 18 mo No serious indirectness ow-up - at 24 mo	No serious imprecision nths (Better indi Serious <sup>1</sup>	None cated by lower v None cated by lower v	107 values) 22	138		SMD 0.54 lower (0.81 to 0.27 lower) SMD 0.26 lower (0.97 lower to 0.45	⊕⊕⊕⊕ HIGH ⊕⊕⊕O MODERATE	CRITICA
tine	trials cence (percentage Randomised trials cence (percentage Randomised trials cence (percentage Randomised trials cence (percentage Randomised	e or proportion No serious limitations e or proportion No serious limitations e or proportion No serious	n) 7 to 12-month for No serious inconsistency n) >12-month follo No serious inconsistency n) >12-month follo No serious	No serious indirectness w-up - at 18 mo No serious indirectness w-up - at 24 mo No serious	No serious imprecision nths (Better indi Serious <sup>1</sup>	None cated by lower v None cated by lower v	107 values) 22	138	-	SMD 0.54 lower (0.81 to 0.27 lower) SMD 0.26 lower (0.97 lower to 0.45 higher)	⊕⊕⊕⊕ HIGH ⊕⊕⊕O	CRITIC.

	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None			1		1	1
	trials	limitations	inconsistency	indirectness	Senous	none	27	21	-	SMD 0.38 lower (0.95 lower to 0.2 higher)	⊕⊕⊕O MODERATE	CRITIC
un	t of alcohol con	sumed up to 6	-month follow-up	- units per wee	k at 6-month fol	low-up (Better in	dicated by lo	wer values)	•			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	21	24	-	SMD 0.16 lower (0.75 lower to 0.42 higher)	⊕⊕⊕O MODERATE	CRITIC
un	t of alcohol con	sumed at 7- 12	2-month follow-up	- Mean numbe	r DDD at 12-mo	nth follow-up (Be	tter indicate	d by lower valu	1es)		<u> </u>	I
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	19	24	-	SMD 0.11 lower (0.71 lower to 0.49 higher)	⊕⊕⊕0 Moderate	CRITIC
s of	trials	limitations		indirectness				24	-	(0.71 lower to 0.49		CRITIC
s of	trials	limitations	inconsistency	indirectness				24	-	(0.71 lower to 0.49		
	trials f consumption p Randomised trials	limitations post-treatment No serious limitations	inconsistency - % <b>days heavy d</b> No serious	indirectness rinking post-tre No serious indirectness	atment (Better in No serious imprecision	None	values)		-	(0.71 lower to 0.49 higher) SMD 0.01 higher (0.33 lower to 0.35	MODERATE ©©©©	
ays	trials f consumption Randomised trials abstinent/light Randomised trials	limitations post-treatment No serious limitations use (no alcoh No serious limitations	inconsistency - % days heavy d No serious inconsistency ol or 1-3 drinks) a No serious inconsistency	indirectness rinking post-tre No serious indirectness t 3-month follov No serious indirectness	atment (Better in No serious imprecision v-up (Better indi No serious imprecision	None None Strong association <sup>2</sup>	values) 52 ilues) 41	100	-	(0.71 lower to 0.49 higher) SMD 0.01 higher (0.33 lower to 0.35 higher) SMD 0.77 lower (1.31 to 0.23 lower)	MODERATE ©©©©	CRITIC
ays	trials f consumption Randomised trials abstinent/light Randomised trials	limitations post-treatment No serious limitations use (no alcoh No serious limitations	inconsistency - % days heavy d No serious inconsistency ol or 1-3 drinks) a No serious	indirectness rinking post-tre No serious indirectness t 3-month follov No serious indirectness	atment (Better in No serious imprecision v-up (Better indi No serious imprecision	None None Strong association <sup>2</sup>	values) 52 ilues) 41	100	-	(0.71 lower to 0.49 higher) SMD 0.01 higher (0.33 lower to 0.35 higher) SMD 0.77 lower (1.31 to 0.23 lower)	MODERATE Determine HIGH Determine	CRITIC CRITIC

	trials	limitations	inconsistency	indirectness	imprecision					(1.04 lower to 0.01 higher)	HIGH	
Rates o	of consumption	up to 6-month	follow-up - % day	/s heavy drinkir	ng(>6 drinks per	day) at 3-mont	h follow-up (Be	etter indicated	by lower val	ues)		
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	93	122	_	SMD 0.5 lower (0.79 to 0.22 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates o	of consumption	up to 6-month	follow-up - % day	/s heavy drinkir	ng (>6 drinks pe	r day) at 6-mon	th follow-up (B	etter indicated	d by lower va	lues)	<u> </u>	<u> </u>
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	93	122	-	SMD 0.57 lower (0.86 to 0.29 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates o	of consumption	7 to 12-month	follow-up - days	light drinking (p	proportion) at 12	-month follow	-up (Better indi	cated by lowe	r values)	1	1	
L	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	19	24	-	SMD 0.08 lower (0.68 lower to 0.52 higher)	⊕⊕⊕O MODERATI	CRITICAL
Rates o	of consumption ?	7 to 12-month	follow-up - % day	/s abstinent/ligh	it (no alcohol or	1-3 drinks) at 9	-month follow-	up (Better ind	icated by low	ver values)		
5	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	41	20	-	SMD 0.6 lower (1.15 to 0.05 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates o	of consumption '	7 to 12-month	follow-up - % day	s abstinent/ligh	t (no alcohol or 1	1-3 drinks) at 12	2-month follow	up (Better ind	dicated by lov	wer values)		
5	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	41	20	-	SMD 0.54 lower (1.09 lower to 0.01 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
<b>Cates</b> o	of consumption ?	7 to 12-month	follow-up - days d	lrinking 5-9 drir	ıks (proportion)	at 12-month fo	llow-up (Better	indicated by	lower values)	 		
L	Randomised	No serious	No serious	No serious	Serious <sup>3</sup>	None	19	24	-	SMD 0.05 higher (0.56 lower to 0.65	⊕⊕⊕O	CRITICAL

	trials	limitations	inconsistency	indirectness						higher)	MODERATE	
Rates of	f consumption 7	to 12-month f	follow-up - % day	s heavy drinkin	g (>6 drinks per	day) at 9-month	follow-up (B	etter indicated	by lower valu	ies)		
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	93	120	-	SMD 0.7 lower (0.99 to 0.41 lower)		CRITICAL
Rates of	f consumption 7	to 12-month f	follow-up - % day	s heavy drinkin	g (>6 drinks per	day) at 12-month	follow-up (	Better indicated	d by lower va	lues)		
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	93	120	-	SMD 0.71 lower (1.01 to 0.42 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of	f consumption 7	to 12-month f	ollow-up - days o	drinking >= 10 d	rinks(proportio	n) at 12-month fo	llow-up (Bet	ter indicated by	y lower value	s)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	19	24	-	SMD 0.25 lower (0.86 lower to 0.35 higher)	⊕⊕⊕O MODERATE	CRITICAL
Relapse	e (>6 units most	days of the we	eek) post-treatme	nt	-	-1						
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	12/21 (57.1%)	6/27 (22.2%)	RR 2.57 (1.16 to 5.71)	349 more per 1000 (from 36 more to 1047 more)	⊕⊕⊕O MODERATE	CRITICAL
							(07.170)	22.2%	(1.10 10 0.71)	349 more per 1000 (from 36 more to 1046 more)	WODERTE	
Regular	r relapse (>6 uni	ts a few times	a month) post-tre	eatment								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious⁵	None	3/21 (14.3%)	6/27 (22.2%)	RR 0.64 (0.18 to 2.27)	80 fewer per 1000 (from 182 fewer to 282 more)	⊕⊕⊕O MODERATE	CRITICAL
							(14.3%)       (0.18 to 2.27)       MOD         22.2%       80 fewer per 1000       (from 182 fewer to 282 more)					

Severe la	pse (>6 units o	n one occasio	n) post-treatment									
	- ·	I			-	-1		I	I	1	I	Γ
		No serious limitations	No serious inconsistency	No serious indirectness	Serious⁵	None	16/21 (76.2%)	12/27 (44.4%)	RR 1.71 (1.06 to 2.78)	316 more per 1000 (from 27 more to 791 more)	AAAA	CRITICAL
								44.4%		315 more per 1000 (from 27 more to 790 more)		
Attrition	(dropout) post	-treatment										
		No serious limitations	No serious inconsistency	No serious indirectness	Serious⁵	None	25/138 (18.1%)	25/175 (14.3%)	RR 1.22 (0.74 to 2.02)	31 more per 1000 (from 37 fewer to 146 more)	⊕⊕⊕O MODERATE	IMPORTANT
								9.8%		22 more per 1000 (from 25 fewer to 100 more)		
Attrition	(dropout) up t	o 6-month foll	ow-up - at 3-mon	th follow-up								
		No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	1/42 (2.4%)	0/22 (0%)	RR 1.64 (0.07 to	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTAN
							()	0%	37.15)	0 more per 1000 (from 0 fewer to 0 more)		
Attrition	(dropout) up t	o 6-month foll	ow-up - at 6-mon	th follow-up								
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	0/62 (0%)	13/49 (26.5%)	RR 0.05 (0 to 0.75)	252 fewer per 1000 (from 66 fewer to 265 fewer)	⊕⊕⊕O MODERATE	IMPORTANT
								0%		0 fewer per 1000 (from 0 fewer to 0 fewer)		

Attrition	(dropout) 7 to	12-month follo	ow-up - at 9-montl	n follow-up								
2	Randomised	No serious	No serious	No serious	Serious <sup>7</sup>	None				147 fewer per 1000		
	trials	limitations	inconsistency	indirectness				4/22 (18.2%)		(from 176 fewer to		
							1/41		RR 0.19	31 more)	$\oplus \oplus \oplus \Theta$	
							(2.4%)		(0.03 to 1.17)		MODERATE	IMPORTANT
										147 fewer per 1000		
								18.2%		(from 177 fewer to		
										31 more)		
Attrition	(dropout) 7 to	12-month follo	ow-up - at 12-mon	th follow-up								
5	Randomised	No serious	No serious	No serious	Serious <sup>8</sup>	None		10/101		173 more per 1000		
	trials	limitations	inconsistency	indirectness				18/131 (13.7%)		(from 45 more to 390		
							25/111	(13.7 %)	RR 2.26	more)	$\oplus \oplus \oplus \Theta$	
							(22.5%)		(1.33 to 3.84)		MODERATE	IMPORTANT
										180 more per 1000		
								14.3%		(from 47 more to 406		
										more)		

<sup>1</sup> 95% CI includes no effect and lower confidence limit crosses an effect size of 0.5.

<sup>2</sup> SMD =-0.77, p=0.005.

<sup>3</sup> 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

 $^4\,95\%$  CI includes no effect and RR reduction and RR increase greater than 25%.

<sup>5</sup> 95% CI includes no effect and RR increase greater than 25%.

<sup>6</sup> 95% CIs around absolute effects from 66 fewer to 265 more events.

<sup>7</sup> 95% CIs around absolute effects from 176 fewer to 32 more events.

<sup>8</sup> 95% CIs around absolute effects from 45 more to 390 more events.

# Behavioural couples therapy (BCT) versus other couples therapy

			Quality asses	sment					Summary	of findings		
			- ,				No. o	of patients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	ВСТ	Other couples therapy	Relative (95% CI)	Absolute	Quality	
Abstinen	ce (percentage	or proportion) p	oost-treatment (Be	tter indicated by	lower values)	I				I		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	10	12	-	SMD 0.67 lower (1.54 lower to 0.2 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce (percentage	or proportion) u	ip to 6-month follo	ow-up - at 2-mon	th follow-up (Be	tter indicated by 1	ower val	ues)	1	1	I	
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	10	12	-	SMD 0.17 lower (1.01 lower to 0.67 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce (percentage	or proportion) u	ıp to 6-month follo	ow-up - at 6-mon	th follow-up (Be	tter indicated by 1	ower val	ues)				
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)		CRITICAL
Abstinen	ce (percentage	or proportion) 7	to 12-month follo	ow-up - at 12-mor	ath follow-up (Be	etter indicated by	lower va	lues)		I		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)		CRITICAL
Abstinen	ce (percentage	or proportion) >	•12-month follow-	up - at 18-month	follow-up (Bette	r indicated by lov	ver value	es)	<u> </u>	I		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	10	12	-	SMD 0.1 higher (0.74 lower to 0.94 higher)	⊕⊕⊕O MODERATE	CRITICAL

stinen	ice (percentage	or proportion)	>12-month follow	v-up - at 24-mont	h follow-up (Bet	ter indicated by	lower value	25)				
	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None	10	12		SMD 0.26 higher (0.58	⊕⊕⊕O	
	trials	limitations	inconsistency	indirectness			10	12	-	lower to 1.1 higher)	MODERATE	CRITICAI
tes of	consumption p	ost-treatment -	- % days heavy dri	nking (Better inc	licated by lower	values)		<u> </u>			<u> </u>	•
	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None				SMD 0.02 higher (0.54	⊕⊕⊕O	
	trials	limitations	inconsistency	indirectness			25	25	-	lower to 0.57 higher)		CRITICA
tes of	consumption u	p to 6-month f	ollow-up - % days	abstinent/light u	use (no alcohol or	1-3 drinks) at 3-	-month foll	ow-up (Better	r indicated b	y lower values)		
		-				· ·				- · ·		1
	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None						
	trials	limitations	inconsistency	indirectness						SMD 0.13 lower (0.74	⊕⊕⊕O	CRITICA
							20	21	-	lower to 0.48 higher)		
										0,		
tes of	consumption u	p to 6-month f	follow-up - % days	abstinent/light u	1se (no alcohol or	: 1-3 drinks) at 6-	-month foll	ow-up (Better	r indicated b	y lower values)		
tes of		-			15e (no alcohol or Serious <sup>2</sup>	• 1-3 drinks) at 6•		- `	r indicated b	, ,	ወ⊕⊕ወ	
tes of	consumption u Randomised trials	p to 6-month f No serious limitations	ollow-up - % days	abstinent/light u No serious indirectness	``	,	-month foll	ow-up (Better 21	r indicated b	y lower values) SMD 0.05 lower (0.67 lower to 0.56 higher)	⊕⊕⊕O MODERATE	CRITICA
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher)		CRITICA
	Randomised trials	No serious limitations	No serious	No serious indirectness	Serious <sup>2</sup>	None	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher)		CRITICA
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	20 bllow-up (Bo	21 etter indicate	-	SMD 0.05 lower (0.67 lower to 0.56 higher)		CRITICA
	Randomised trials consumption u	No serious limitations <b>p to 6-month f</b>	No serious inconsistency ollow-up - % days	No serious indirectness heavy drinking	Serious <sup>2</sup>	None y) at 3-month fo	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher) alues)	MODERATE	
ites of a	Randomised trials consumption u Randomised trials	No serious limitations <b>p to 6-month f</b> No serious limitations	No serious inconsistency ollow-up - % days No serious	No serious indirectness heavy drinking No serious indirectness	Serious <sup>2</sup> (>6 drinks per da No serious imprecision	None y) at 3-month fo	20 0110w-up (Be 45	21 etter indicate 46	- d by lower v -	SMD 0.05 lower (0.67 lower to 0.56 higher) ralues) SMD 0.07 lower (0.48 lower to 0.34 higher)	MODERATE DDDD	
ates of a	Randomised trials consumption u Randomised trials	No serious limitations <b>p to 6-month f</b> No serious limitations	No serious inconsistency ollow-up - % days No serious inconsistency	No serious indirectness heavy drinking No serious indirectness	Serious <sup>2</sup> (>6 drinks per da No serious imprecision	None y) at 3-month fo	20 0110w-up (Be 45	21 etter indicate 46	- d by lower v -	SMD 0.05 lower (0.67 lower to 0.56 higher) ralues) SMD 0.07 lower (0.48 lower to 0.34 higher)	MODERATE ®®®® HIGH	CRITICA

Rates of	consumption 7	to 12-month fo	llow-up - % days	abstinent or ligh	t use (no alcohol	or 1-3 drinks) a	t 9-month fo	ollow-up (Bett	er indicated	by lower values)		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	20	21	-	SMD 0.17 lower (0.78 lower to 0.44 higher)		CRITICAL
ates of	consumption 7	to 12-month fo	llow-up - % days	abstinent or ligh	t use (no alcohol	or 1-3 drinks) a	t 12-month f	follow-up (Be	tter indicated	d by lower values)	<u> </u>	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	20	21	-	SMD 0.4 lower (1.02 lower to 0.22 higher)	⊕⊕⊕O MODERATE	CRITICAL
ates of	consumption 7	to 12-month fo	llow-up - % days	heavy drinking (	>6 drinks per da	y) at 9-month fo	ollow-up (Be	tter indicated	by lower va	lues)		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	45	46	-	SMD 0.02 lower (0.43 lower to 0.39 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
ates of	consumption 7	to 12-month fo	llow-up - % days	heavy drinking (	(>6 drinks per da	y) at 12-month f	follow-up (B	etter indicate	d by lower v	alues)		<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	45	46	-	SMD 0.07 higher (0.34 lower to 0.49 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
ttrition	(dropout) up to	o 6-month follo	ow-up - at 3-month	1 follow-up						<u> </u>		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	1/21 (4.8%)	0/21 (0%)	RR 3 (0.13 to 69.7)	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTA
								0%		0 more per 1000 (from 0 fewer to 0 more)	-	
ttrition	(dropout) up to	o 6-month follo	w-up - at 9-month	n follow-up								

trials	limitations	inconsistency	indirectness		(4.8%)		to 14.95)	more)	MODERATE	
								0 fewer per 1000		
						4.8%		(from 45 fewer to 670		
								more)		

<sup>1</sup>95% CI includes no effect and lower confidence limit crosses an effect size of 0.5.

<sup>2</sup> 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

<sup>3</sup> 95% CIs around absolute effects from 44 fewer to 664 more events.

## Intensive couples therapy versus brief couples therapy

			Quality asses	sment				1	Summary of f	indings		
							No. of pa	atients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Intensive couples therapy	Brief couples therapy	Relative (95% CI)	Absolute	Quality	
Abstinen	ce (percentage	or proportion)	up to 6-month fo	llow-up - at 1-m	onth follow-up	(Better indicated	by lower value	es)				
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	70	46	-	SMD 0.64 higher (0.26 to 1.02 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce (percentage	or proportion)	up to 6-month fo	llow-up - at 2-m	onth follow-up	(Better indicated	by lower value	es)	I	L	I	
		No serious limitations		No serious indirectness	Serious <sup>1</sup>	None	70	46	-	SMD 0.22 higher (0.15 lower to 0.6 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinen	ce (percentage	or proportion)	up to 6-month fo	llow-up - at 6-m	onth follow-up	(Better indicated	by lower value	es)				
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	70	46	-	SMD 0.17 higher (0.21 lower to 0.54 higher)	⊕⊕⊕O MODERATE	CRITICAL

bstinen	ce (percentage	e or proportion	n) 7 to 12-month fo	ollow-up - at 12	-month follow	-up (Better indica	ated by lower valu	les)				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	70	46	-	SMD 0.26 higher (0.11 lower to 0.63 higher)	⊕⊕⊕O MODERATE	CRITICA
bstinen	ce (percentage	e or proportion	n) >12-month follo	ow-up - at 18-me	onth follow-u	p (Better indicated	d by lower values)	1				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	70	46	-	SMD 0.15 higher (0.22 lower to 0.52 higher)	⊕⊕⊕O MODERATE	CRITICA
ates of c	consumption p	post-treatment	t - % days heavy d	rinking (Better	indicated by l	ower values)	1			I		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	25	25	-	SMD 0.02 higher (0.54 lower to 0.57 higher)	⊕⊕⊕O MODERATE	CRITICA
ates of c	consumption u	1p to 6-month	follow-up - % day	ys heavy drinki	ng (> 6 drinks	per day) at 1-mor	nth follow-up (Bet	ter indicate	d by lower val	lues)		1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	70	46	-	SMD 0.36 higher (0.02 lower to 0.73 higher)	⊕⊕⊕O MODERATE	CRITICA
ates of c	consumption u	1p to 6-month	follow-up - % day	ys heavy drinki	ng (> 6 drinks	per day) at 2-mor	nth follow-up (Bet	ter indicate	d by lower val	lues)	1	<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	70	46	-	SMD 0.14 lower (0.51 lower to 0.23 higher)	⊕⊕⊕O MODERATE	CRITICA
ates of c	consumption u	1p to 6-month	follow-up - % day	ys heavy drinki	ng (> 6 drinks	per day) at 3-mor	nth follow-up (Bet	ter indicate	d by lower val	lues)	<u> </u>	I
	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None	25	25	-	SMD 0.01 lower (0.57 lower to 0.54	⊕⊕⊕O	CRITICA

	trials	limitations	inconsistency	indirectness						higher)	MODERATE	
Rates of	consumption u	1p to 6-month	follow-up - % day	ys heavy drinki	ng (> =5 drinks p	per day) at 6-mont	h follow-up (B	etter indicate	ed by lower v	alues)		<u> </u>
2	Randomised trials	limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	95	71	-	SMD 0.02 higher (0.29 lower to 0.32 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of	consumption u	1p to 6-month	follow-up - % mo	oderate drinking	g days (1-4 drinks	s per day) at 1-mo	nth follow-up (	(Better indica	ated by lower	values)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	70	46	-	SMD 0.57 lower (0.95 to 0.2 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of	consumption u	1p to 6-month	follow-up - % mo	oderate drinking	; days (1-4 drink	s per day) at 2-mo	nth follow-up (	(Better indica	ated by lower	values)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	70	46	-	SMD 0.34 lower (0.71 lower to 0.04 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rates of	consumption u	1p to 6-month	follow-up - % mo	derate drinking	; days (1-4 drinks	s per day) at 6-mo	nth follow-up (	(Better indica	ated by lower	values)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	70	46	-	SMD 0.15 lower (0.52 lower to 0.22 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rates of	consumption 7	' to 12-month	follow-up - % mo	derate drinking	days (1-4 drinks	per day) at 12-m	onth follow-up	(Better indic	ated by lowe	r values)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	70	46	-	SMD 0.3 lower (0.67 lower to 0.07 higher)		CRITICAL
Rates of	consumption 7	to 12-month	follow-up - % day	vs heavy drinkir	ng (> 6 drinks pe	r day) at 9-month	follow-up (Bet	ter indicated	by lower val	ues)		<u> </u>
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	25	25	-	SMD 0.01 lower (0.57 lower to 0.54	⊕⊕⊕O MODERATE	CRITICAL

										higher)		
Rates of	consumption 7	to 12-month f	follow-up - % day	s heavy drinkin	ng (>=5 drinks p	er day) at 12-mont	h follow-up (Bo	etter indicat	ed by lower v	alues)		
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	95	71	-	SMD 0.03 lower (0.34 lower to 0.27 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of	consumption >	> 12-month fol	low-up - % mode	rate drinking da	ys (1-4 drinks p	er day) at 18-mon	th follow-up (B	etter indicat	ed by lower v	values)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	70	46	-	SMD 0.23 lower (0.6 lower to 0.14 higher)		CRITICAL
Rates of	consumption >	> 12-month fol	low-up - % days	heavy drinking	(>=5 drinks per	day) at 18-month	follow-up (Bett	er indicated	by lower valu	ues)		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	70	46	-	SMD 0.04 lower (0.42 lower to 0.33 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attrition	(dropout) pos	t-treatment	1	_	_		<u> </u>	Į		<u> </u>	<u></u>	
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision <sup>4</sup>	None	55/139 (39.6%)	0/79 (0%)	RR 63.43 (3.97 to	0 more per 1000 (from 0 more to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTAN
								0%	1012.92)	0 more per 1000 (from 0 more to 0 more)		
Attrition	(dropout) > 12	-month follow	v-up - at 1-18-mor	nth follow-up								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	14/84 (16.7%)	33/79 (41.8%)	RR 0.4 (0.23 to 0.69)	251 fewer per 1000 (from 129 fewer to	⊕⊕⊕⊕ HIGH	IMPORTAN'

					322 fewer)	
				41.8%	251 fewer per 1000 (from 130 fewer to	
				11.070	322 fewer)	

<sup>1</sup> 95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.

<sup>2</sup> 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

<sup>3</sup> 95% CI includes no effect and lower confidence limit crosses an effect size of 0.5.

<sup>4</sup> Counselling was only 1 session therefore it was impossible to have participants who dropout.

#### Parental skills + BCT versus BCT alone

			Quality assessm	ent					Summa	ry of findings		
							No. of pati	ents		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Parental skills + BCT	BCT alone	Relative (95% CI)	Absolute	Quality	
Abstinenc	e (PDA) post-tr	eatment (Better i	ndicated by lower v	values)								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	10	10	-	SMD 0.12 higher (0.75 lower to 1 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinenc	e (PDA) at 6-mo	onth follow-up (	Better indicated by 1	lower values)	-							
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	10	10	-	SMD 0.04 higher (0.84 lower to 0.91 higher)	⊕⊕⊕O MODERATE	CRITICAL
Abstinenc	e (PDA) at 12-m	nonth follow-up	(Better indicated by	lower values)								•
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	10	10	-	SMD 0.04 lower (0.92 lower to 0.84 higher)	⊕⊕⊕O MODERATE	CRITICAL

<sup>1</sup> No explanation was provided.

<sup>2</sup> 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

# Motivational techniques

## Motivational enhancement therapy (MET) versus control

			Quality asses	sment			No. of j	patients		Effect	Quality	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	MET	Control	Relative (95% CI)	Absolute		
Amount o	of alcohol cons	umed up to 6-m	onth follow-up - a	verage drinks pe	er day (log transf	ormed) over entir	e assessme	ent period a	at 1-month fo	ollow-up (Better indicat	ed by lower v	/alues)
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	35	26	-	SMD 0.67 lower (1.2 to 0.15 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount o	of alcohol cons	umed up to 6-m	onth follow-up - a	verage drinks pe	er day (log transf	ormed) over entir	e assessme	ent period a	at 2month f	ollow-up (Better indica	ted by lower	values)
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	35	26	-	SMD 0.46 lower (0.97 lower to 0.06 higher)	⊕⊕⊕O MODERATE	CRITICAL
Amount o	of alcohol cons	umed up to 6-m	ionth follow-up - I	DDD (log transfo	ormed) at 1-mont	h follow-up (Bette	er indicate	d by lower	values)			
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	35	26	-	SMD 0.17 lower (0.68 lower to 0.34 higher)	⊕⊕⊕O MODERATE	CRITICAL
Amount o	of alcohol cons	umed up to 6-m	onth follow-up - I	DDD (log transfo	ormed) at 2-mont	h follow-up (Bette	er indicate	d by lower	values)	<u> </u>		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	35	26	-	SMD 0.21 higher (0.3 lower to 0.72 higher)	⊕⊕⊕O MODERATE	CRITICAL
Amount o	of alcohol cons	umed 7 to 12-m	onth follow-up - a	verage drinks pe	r day (log transf	ormed) over entire	e assessme	nt period a	t 12-month f	ollow-up (Better indica	ted by lower	values)
1	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None	35	26	-	SMD 0.2 lower (0.71	⊕⊕⊕O	CRITICAL

Amount of slochol consumed 7 to 12-month follow-up - drinks per drinking day (log transformed) at 12-month follow-up (Better indicated by lower values)         1       Randomised       No serious       No serious       Strious <sup>1</sup> None       25       26       -       SMD 0.36 higher (0.15)       @@@@         Rates of consumption up to 6-month follow-up - days any alcohol use at 5-month follow-up (Better indicated by lower values)       1       Randomised       No serious       No serious       Serious <sup>1</sup> None       69       70       -       SMD 0.31 lower (0.64       @@@@         Rates of consumption up to 6-month follow-up - days havy alcohol use at 5-month follow-up (Better indicated by lower values)       1       Randomised       No serious       No serious       Serious <sup>1</sup> None       69       70       -       SMD 0.31 lower (0.64       @@@@       @@@@@       MODERATE CR         Rates of consumption up to 6-month follow-up - days heavy alcohol use (24 drinks) at 5-month follow-up (Better indicated by lower values)       1       SMD 0.7 lower (1.3 to 0.01 higher (0.15)       @@@@@       MODERATE CR         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines at least once at 6-month follow-up       22       24       -       SMD 0.7 lower (1.3 to 0.01 higher (0.15)       @@@@@       MODERATE CR         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines 6 or m		trials	limitations	inconsistency	indirectness						lower to 0.31 higher)	MODERATE	
1       Randomised trials       No serious linitations       No serious indirectness       Serious <sup>3</sup> None       35       26       -       SMD 0.36 higher (0.15 lower to 0.88 higher)       MODERATE CR         Rates of consumption up to 6-month follow-up - days any alcohol use at 5-month follow-up (Better indicated by lower values)       Image: Consumption up to 6-month follow-up - days any alcohol use at 5-month follow-up (Better indicated by lower values)         1       Randomised trials       No serious lindirectness       Serious <sup>1</sup> None       69       70       -       SMD 0.31 lower (0.64 lower to 0.03 higher)       MODERATE CR         Rates of consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)       Image: Consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)         1       Randomised trials       No serious lindirectness       No serious <sup>2</sup> None       22       24       -       SMD 0.7 lower (1.3 to 0.11 lower)       MODERATE CR         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines at least once at 6-month follow-up       Erious <sup>2</sup> None       27/42 (64.3%)       29/40 (72.5%)       S0 fewer per 1000 (from 246 fewer to 138 more)       MODERATE CR         1       Randomised trials       No serious lindirectness       Serious <sup>2</sup> None       27/42	Amount o	of alcohol consi	1med 7 to 12-m	onth follow-up - o	lrinks per drinki	ng day (log trans	sformed) at 12-mo	nth follow-	-up (Better	r indicated by	lower values)		
trials       limitations       inconsistency       indirectness       number of the second secon				1	1	0 9 0	,		1 \	,	,		
Irials       limitations       inconsistency       indirectness       indirectness       indirectness       incomised       lower to 0.88 higher)       MODERATE       CR         Rates of consumption up to 6-month follow-up - days any alcohol use at 5-month follow-up (Better indicated by lower values)       69       70       -       SMD 0.31 lower (0.64 lower to 0.03 higher)       00DERATE       CR         Rates of consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)       09       70       -       SMD 0.71 lower (1.3 to 0.03 higher)       00DERATE       CR         Rates of consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)       00DERATE       CR         1       Randomised       No serious       No serious       No serious       No serious       No serious       None       22       24       -       SMD 0.71 lower (1.3 to 0.07 lower	1			No serious	No serious	Serious <sup>1</sup>	None	35	26	_			
I       Randomised trials       No serious inconsistency       No serious indirectness       Serious indirectness       None       69       70       -       SMD 0.31 lower (0.64 lower to 0.03 higher)       MODERATE CR         Rates of consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)       SMD 0.7 lower (1.3 to 0.11 lower) $@@@@O$ (none trials)         1       Randomised trials       No serious inconsistency       No serious indirectness       Serious <sup>1</sup> None       22       24       -       SMD 0.7 lower (1.3 to 0.11 lower) $@@@@O$ (none trials)         1       Randomised trials       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None       22       24       -       SMD 0.7 lower (1.3 to 0.11 lower) $@@@@O$ (none trials)         1       Randomised trials       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None       27/42 (64.3%)       29/40 (72.5%)       RR 0.89 (0.66 to 1.19)       80 fewer per 1000 (from 246 fewer to 138 more)       @@@@O         1       Randomised trials       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None       27/42 (64.3%)       29/40 (72.5%)       80 fewer per 1000 (from 246 fewer to 138 more)       @@@@O       @@@@O       @@@@O       @@@@O		trials	limitations	inconsistency	indirectness				_0		lower to 0.88 higher)	MODERATE	CRITICAL
trials       limitations       inconsistency       indirectness       noise       0       0       1       lower to 0.03 higher)       MODERATE CR         Rates of consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)       22       24       -       SMD 0.7 lower (1.3 to 0.11 lower)       0 </td <td>Rates of c</td> <td>onsumption uj</td> <td>o to 6-month fo</td> <td>llow-up - days an</td> <td>y alcohol use at 5</td> <td>-month follow-u</td> <td>ıp (Better indicated</td> <td>d by lower</td> <td>values)</td> <td></td> <td>I</td> <td></td> <td></td>	Rates of c	onsumption uj	o to 6-month fo	llow-up - days an	y alcohol use at 5	-month follow-u	ıp (Better indicated	d by lower	values)		I		
trials       limitations       inconsistency       indirectness       noise       0       0       1       lower to 0.03 higher)       MODERATE CR         Rates of consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)       22       24       -       SMD 0.7 lower (1.3 to 0.11 lower)       0 </td <td>1</td> <td>Randomised</td> <td>No serious</td> <td>No serious</td> <td>No serious</td> <td>Serious<sup>1</sup></td> <td>None</td> <td></td> <td>[</td> <td></td> <td>SMD 0 31 lower (0 64</td> <td> ⊕⊕⊕0</td> <td></td>	1	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None		[		SMD 0 31 lower (0 64	 ⊕⊕⊕0	
1       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       Serious <sup>1</sup> None       22       24       -       SMD 0.7 lower (1.3 to 0.11 lower) $\square$ MODERATE CR         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines at least once at 6-month follow-up         1       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None $\frac{27/42}{(64.3\%)}$ $\frac{29/40}{(72.5\%)}$ RR 0.89 (0.66 more) $\frac{80 \text{ fewer per 1000}}{MODERATE CR}$ Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines 6 or more times at 6-month follow-up         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines 6 or more times at 6-month follow-up         1       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None $\frac{27/42}{(64.3\%)}$ $\frac{29/40}{(72.5\%)}$ $\frac{80 \text{ fewer per 1000}}{(from 246 \text{ fewer to 138}}$ $\frac{90 \oplus 0}{more}$ 1       Randomised trials       No serious       No serious inconsistency       No serious <sup>2</sup> None $\frac{27/42}{(64.3\%)}$ $\frac{29/40}{(72.5\%)}$ $\frac{80 \text{ fewer per 1000}}{(from 246 \text{ fewer to 138}}}$ $\frac{90 \oplus 0}{0}$ $\frac{90 \oplus 0}{(72.5\%$	1					Serious	i vone	69	70	-	· · · · ·		CRITICAL
trials       limitations       inconsistency       indirectness       22       24       -       0.11 lower)       MODERATE CR         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines at least once at 6-month follow-up       80 fewer per 1000       60 from 246 fewer to 138       80 fewer per 1000       60 from 246 fewer to 138       more)       ####################################	Rates of c	onsumption uj	o to 6-month fo	llow-up - days he	avy alcohol use (	>4 drinks) at 5-m	nonth follow-up (B	etter indic	ated by lo	wer values)	<u> </u>	<u> </u>	
trials       limitations       inconsistency       indirectness       inconsistency       indirectness       MODERATE CR         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines at least once at 6-month follow-up         1       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None       27/42 (64.3%)       29/40 (72.5%)       80 fewer per 1000 (from 246 fewer to 138 more)       ####################################	1	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None		24		SMD 0.7 lower (1.3 to	⊕⊕⊕O	
$\frac{1}{1}  \frac{\text{Randomised}}{\text{trials}}  \frac{\text{No serious}}{\text{limitations}}  \frac{\text{No serious}}{\text{inconsistency}}  \frac{\text{No serious}}{\text{indirectness}}  \frac{\text{Serious}^2}{\text{indirectness}}  \frac{\text{None}}{\text{friends}}  \frac{27/42}{(64.3\%)}  \frac{29/40}{(72.5\%)}  \frac{\text{RR}}{\text{RR}}  \frac{80 \text{ fewer per 1000}}{(\text{from 246 fewer to 138}}  \frac{9 \oplus \oplus \odot}{\text{MODERATE}}  \frac{9 \oplus \oplus \odot}{\text{CR}}  \frac{80 \text{ fewer per 1000}}{(\text{from 246 fewer to 138}}  \frac{9 \oplus \oplus \odot}{\text{MODERATE}}  \frac{1}{(72.5\%)}  \frac{1}{(72.5\%)} $		trials	limitations	inconsistency	indirectness			22	24	-	0.11 lower)	MODERATE	CRITICAL
trials       limitations       inconsistency       indirectness       indirectness       27/42       29/40       (from 246 fewer to 138       more)       ####################################	Rate of co	nsumption up	to 6-month fol	low-up - exceeded	national drinkin	ng guidelines at	least once at 6-moi	nth follow-	-up	1	I		
$\frac{1}{1}$ trials $\frac{1}{1}$ initiations inconsistency indirectness indirectness inconsistency indirectness inconsistency indirectness indirectness inconsistency indirectness inconsistency indirectness inconsistency indirectness indirectness inconsistency indirectness inconsistency indirectness indir	1	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None				80 fewer per 1000		
RR 0.89 (0.66       more)       ####O         MODERATE CR         80 fewer per 1000       (from 246 fewer to 138 more)       MODERATE CR         Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines 6 or more times at 6-month follow-up       80 fewer per 1000         1       Randomised trials       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None       27/42       29/40       80 fewer per 1000       (from 246 fewer to 138 more)       ####################################		trials	limitations	inconsistency	indirectness				-		-		
Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines 6 or more times at 6-month follow-up       80 fewer per 1000 (from 246 fewer to 138 more)         1       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       Serious <sup>2</sup> None       27/42 (64.3%)       29/40 (72.5%)       80 fewer per 1000 (from 246 fewer to 138 more)       0         1       Randomised trials       No serious limitations       No serious inconsistency       Serious <sup>2</sup> None       27/42 (64.3%)       29/40 (72.5%)       80 fewer per 1000 (from 246 fewer to 138 more)       0         80 fewer per 1000       0.66       MODERATE MODERATE       0								(64.3%)	(72.5%)	```	more)		CRITICAI
Image: Construction of the second										(0 1.19)	80 fewer per 1000	MODERATE	CIGITICAL
Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines 6 or more times at 6-month follow-up       27/42       29/40       80 fewer per 1000       80 fewer per 1000       9000000000000000000000000000000000000									72.5%		_		
Image: Second											more)		
trials limitations inconsistency indirectness indirectness $27/42$ $29/40$ (from 246 fewer to 138 more) $(64.3\%)$ (72.5%) RR 0.89 (0.66 to 1.19) 80 fewer per 1000	Rate of co	nsumption up	to 6-month fol	low-up - exceede	d national drinki	ng guidelines 6 o	or more times at 6-	month foll	low-up				
trials limitations inconsistency indirectness (64.3%) (72.5%) (72.5%) (100 more) (100 mo	1	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None	27/42	20/40		80 fewer per 1000		
RR 0.89 (0.66 RR 0.89 (0.66 to 1.19) 80 fewer per 1000 B   CR		trials	limitations	inconsistency	indirectness				,		(from 246 fewer to 138		
80 fewer per 1000								(04.370)	(72.070)	RR 0.89 (0.66			
										to 1.19)	00.6 1005	MODERATE	CRITICAL
72.5% (from 246 fewer to 138									72 5 %		*		
more)									12.5%		•		

	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	26/42 (61.9%)	32/40 (80%)	RR 0.77 (0.58 to 1.03)	184 fewer per 1000 (from 336 fewer to 24 more)	⊕⊕⊕0	CRITIC
								80%	_ , _ ,	184 fewer per 1000 (from 336 fewer to 24 more)	MODERATE	
of c	onsumption up	to 6-month fo	llow-up - drank 1	0+ or more drinl	cs 6 or more tir	nes at 6-month f	ollow-up		·		•	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	18/42 (42.9%)	26/40 (65%)	RR 0.66 (0.43 to 1)		⊕⊕⊕O MODERATE	CRITIC
								65%		221 fewer per 1000 (from 370 fewer to 0 more)		
s of	consumption >	10						1		,		
		12-month follo	ow-up - exceeded 1	national drinking	g guidelines at	least once at 5-y	ear follow-up	<u> </u>		, , , , , , , , , , , , , , , , , , ,	1	1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	g guidelines at	None	ear follow-up 16/27 (59.3%)	19/29 (65.5%)	RR 0.9 (0.6 to 1.36)	66 fewer per 1000 (from 262 fewer to 236 more)	⊕⊕⊕0 MODERATE	CRITIC
		No serious	No serious	No serious		-	16/27		RR 0.9 (0.6 to 1.36)	(from 262 fewer to 236	⊕⊕⊕O MODERATE	CRITIC
s of	trials	No serious limitations	No serious	No serious indirectness	Serious <sup>2</sup>	None	16/27 (59.3%)	(65.5%) 65.5%		(from 262 fewer to 236 more) 66 fewer per 1000 (from 262 fewer to 236	⊕⊕⊕O MODERATE	CRITIC
s of	trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	16/27 (59.3%)	(65.5%) 65.5%		(from 262 fewer to 236 more) 66 fewer per 1000 (from 262 fewer to 236 more) 39 fewer per 1000 (from 232 fewer to 299	⊕⊕⊕O MODERATE	

Rates o	f consumption >	12-month follo	ow-up - drank 10+	standard drinks	at least once a	t 5-year follow-u	р					
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	9/27 (33.3%)	15/29 (51.7%)	RR 0.64 (0.34 to 1.22)	186 fewer per 1000 (from 341 fewer to 114 more)	⊕⊕⊕O MODERATE	CRITICAL
								51.7%	10 1.22)	186 fewer per 1000 (from 341 fewer to 114 more)	WODLINT	
Rates o	f consumption >	12-month follo	ow-up - drank 10+	or more drinks s	six or more tim	es at 5-year follo	w-up					
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	6/27 (22.2%)	9/29 (31%)	RR 0.72 (0.29 to 1.74)		⊕⊕⊕O MODERATE	CRITICAL
								31%		87 fewer per 1000 (from 220 fewer to 229 more)		
Lapsed	up until 6-mont	h follow-up - a	t 6 months									
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	35/42 (83.3%)	37/40 (92.5%)	RR 0.9 (0.77 to 1.06)	93 fewer per 1000 (from 213 fewer to 55 more)	⊕⊕⊕O MODERATE	CRITICAL
								92.5%		93 fewer per 1000 (from 213 fewer to 55 more)		
Lapsed	>12-month follo	w-up - at 5-yea	ar follow-up									
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	21/27 (77.8%)	22/29 (75.9%)	RR 1.03 (0.77	23 more per 1000 (from 174 fewer to 281 more)	⊕⊕⊕O	
								75.9%	to 1.37)	1.03 (0.77		CRITICAL

Attrition	(dropout) post-	treatment										
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	45/151 (29.8%)	38/139 (27.3%) 27.3%	RR 1.09 (0.76 to 1.57)	25 more per 1000 (from 66 fewer to 156 more) 25 more per 1000 (from 66 fewer to 156 more)	⊕⊕⊕O MODERATE	IMPORTANT
Attrition (	(dropout) > 12-	month follow-u	1p - at 5-year follo	w-up				1		,		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	15/42 (35.7%)	11/40 (27.5%)		82 more per 1000 (from 88 fewer to 407 more)	$\oplus \oplus \oplus \Theta$	IMPORTANT
								27.5%		82 more per 1000 (from 88 fewer to 407 more)		
Attrition	(dropout) at 7 t	o 12-month foll	low-up - at 12 mon	ths								
l	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>5</sup>	None	6/35 (17.1%)	5/26 (19.2%)	RR 0.89 (0.3	21 fewer per 1000 (from 135 fewer to 310 more)	⊕⊕⊕O	
								19.2%	to 2.61)	21 fewer per 1000 (from 134 fewer to 309 more)	MODERATE	IMPORTANT

<sup>1</sup>95% CI includes no effect and lower confidence limit crosses an effect size of 0.5.

 $^2\,95\%$  CI includes no effect and RR increase greater than 25%.

<sup>3</sup> RR increase greater than 25%.

<sup>4</sup> 95% CI includes no effect and RR reduction and RR increase greater than 25%.

<sup>5</sup> 95% CIs around absolute effects from 135 fewer to 310 more events.

# Motivational enhancement therapy (MET) versus other intervention

			Quality asses	sment			No. of j	patients		Effect	Quality	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	MET	Other therapy	Relative (95% CI)	Absolute		
Abstinen	t post-treatmer	nt (Better indica	ted by lower valu	es)	1		<u> </u>		I			1
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	628	1173	-	SMD 0.08 higher (0.02 lower to 0.18 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce up to 6-mon	th follow-up - a	at 3-month follow-	up (Better indic	ated by lower va	alues)	<u> </u>		1			
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	469	366	-	SMD 0.09 higher (0.12 lower to 0.3 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce up to 6-mon	th follow-up - a	at 6-month follow-	-up (Better indic	ated by lower va	alues)	1		1			
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	546	1095	-	SMD 0.01 lower (0.11 lower to 0.1 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce - 7 to 12-mo	nth follow-up -	at 9-month follow	-up (Better indi	cated by lower v	alues)	<u> </u>	<u>.</u>				
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	534	1082	-	SMD 0.05 higher (0.06 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce - 7 to 12-mo	nth follow-up –	at 12-month follo	w-up (Better ind	licated by lower	values)	I	1	<u> </u>			1
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	877	795	-	SMD 0.04 higher (0.07 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL

Abstinei	nce > 12-month	follow-up - at	15-month follow-	up (Better indica	ated by lower va	lues)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	518	1055	-	SMD 0.06 higher (0.05 lower to 0.16 higher)		CRITICAL
apsed u	1p to 6-month fo	ollow-up - at 6	months					<u> </u>	<u> </u>		<u> </u>	<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	35/42 (83.3%)	36/40 (90%)	RR 0.93 (0.78 to 1.1)	63 fewer per 1000 (from 198 fewer to 90 more)	⊕⊕⊕O MODERATE	CRITICAI
								90%		63 fewer per 1000 (from 198 fewer to 90 more)		
ate of c	consumption po	st-treatment -	% heavy drinking	g days (Better ind	dicated by lower	values)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	76	73	-	SMD 0.05 higher (0.27 lower to 0.37 higher)		CRITICAI
apsed >	>12-month follo	w-up - at 5-ye	ar follow-up						ļ	<u> </u>		Į
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	21/27 (77.8%)	16/21 (76.2%)	RR 1.02 (0.75 to 1.4)	15 more per 1000 (from 190 fewer to 305 more)	⊕⊕⊕O MODERATE	CRITICA
								76.2%		15 more per 1000 (from 190 fewer to 305 more)		
ate of c lues)	consumption up	to 6-month fo	ollow-up - binge c	onsumption - oc	casions in prior	30 days where	at least 7 (males)	or 5 (femal	es) drinks co	nsumed at 6 months ()	Better indicat	ed by lowe
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	61	54	-	SMD 0.02 higher (0.35 lower to 0.38 higher)	⊕⊕⊕⊕ HIGH	CRITICAI

	consumption up	to 6-month to	ollow-up - exceede	u national arm	ang guidenne		o-month ronow-	up				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	27/42 (64.3%)	31/40 (77.5%)	RR 0.83 (0.63 to 1.1)	132 fewer per 1000 (from 287 fewer to 78 more)	⊕⊕⊕O MODERATE	CRITICA
								77.5%		132 fewer per 1000 (from 287 fewer to 78 more)		
e of	consumption up	o to 6-month fo	ollow-up - exceede	d national drinl	cing guideline	s six or more tim	es at 6-month fol	low-up				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	27/42 (64.3%)	31/40 (77.5%)	RR 0.83 (0.63 to 1.1)	132 fewer per 1000 (from 287 fewer to 78 more)	⊕⊕⊕O MODERATE	CRITIC
								77.5%		132 fewer per 1000 (from 287 fewer to 78 more)		
ot	consumption up	to 6-month fo	ollow-up - drank 1	0+ standard drii	iks at least one	ce at 6-month fol	low-up					
	Randomised											
	trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	26/42 (61.9%)	31/40 (77.5%)	RR 0.8 (0.6 to 1.07)	155 fewer per 1000 (from 310 fewer to 54 more)	$\oplus \oplus \oplus \Theta$	CRITIC
					Serious <sup>2</sup>	None			RR 0.8 (0.6 to 1.07)	(from 310 fewer to 54	⊕⊕⊕O MODERATE	CRITIC
of	trials	limitations		indirectness			(61.9%)	(77.5%)	```	(from 310 fewer to 54 more) 155 fewer per 1000 (from 310 fewer to 54	⊕⊕⊕O MODERATE	CRITIC.
of	trials	limitations	inconsistency	indirectness			(61.9%)	(77.5%)	```	(from 310 fewer to 54 more) 155 fewer per 1000 (from 310 fewer to 54 more) 194 fewer per 1000 (from 344 fewer to 31 more)	⊕⊕⊕O MODERATE	

e of co	nsumption - 7	to 12-month fo	ollow-up - number	r of days drinkiı	ng per week at 1	2-month follow	-up (Better indi	cated by lo	wer values)			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	321	336	-	SMD 0 higher (0.15 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICA
of co	nsumption - 7	to 12-month fo	ollow-up - days >	5 drinks at 12 m	onths (Better in	dicated by lower	r values)					1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	321	336	-	SMD 0.08 lower (0.23 lower to 0.08 higher)	⊕⊕⊕⊕ HIGH	CRITIC
of co	onsumption >	12-month follo	w-up - exceeded r	national drinkin	g guidelines at 1	least once at 5-y	ear follow-up					<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	16/27 (59.3%)	13/21 (61.9%)	RR 0.96 (0.61 to 1.51)	25 fewer per 1000 (from 241 fewer to 316 more)	⊕⊕⊕O MODERATE	CRITIC
								61.9%		25 fewer per 1000 (from 241 fewer to 316 more)		
s of c	onsumption >	12-month follo	w-up - exceeded r	national drinkin	g guidelines six	or more times a	at 5-year follow-	up				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	12/27 (44.4%)	11/21 (52.4%)	RR 0.85 (0.47 to 1.53)	79 fewer per 1000 (from 278 fewer to 278 more)	⊕⊕⊕O MODERATE	CRITIC
								52.4%		79 fewer per 1000 (from 278 fewer to 278 more)		
s of co	onsumption >	12-month follo	w-up - drank 10+	standard drinks	at least once at	5-year follow-u	p					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	9/27 (33.3%)	8/21 (38.1%)	RR 0.88 (0.41 to 1.88)	46 fewer per 1000 (from 225 fewer to 335 more)	⊕⊕⊕O MODERATE	CRITIC
								38.1%		46 fewer per 1000 (from 225 fewer to		

Rates of consumption >12-month follow-up - drank 10+ or more drinks six or more times at 5-year follow-up       Serious       None       6/27 (2.2.%)       4/21 (19%) (19.1%       RR 11.7 (0.38 to 3.61)       Serious       Serious       Serious       Serious       Serious       None       6/27 (2.2.%)       4/21 (19%) (19.1%       RR 11.7 (0.38 to 3.61)       Serious       No serious       No serious       No serious       No serious       Serious       No serious       SiMD 0.1 higher (0 to 0.2 higher)       SMD 0.05 higher (0.06 0.2 higher)       SMD 0.05 higher (0.06 0.2 higher)       SMD 0.05 higher (0.06 0.0 higher (0.08 0.0 higher)       Serious       No serious       Serious       No serious											335 more)		
trials       limitations       inconsistency       indirectness       end	Rates of	consumption >	12-month follo	ow-up - drank 10+	or more drinks	six or more times	at 5-year follow-	up					
trials       limitations       inconsistency       indirectness       end										-			-
Image: Indications       Inconsistency       Indirectness       Image: Indirectness <td< td=""><td>1</td><td></td><td></td><td></td><td></td><td>Serious<sup>2</sup></td><td>None</td><td>6/27</td><td></td><td></td><td><u>^</u></td><td></td><td></td></td<>	1					Serious <sup>2</sup>	None	6/27			<u>^</u>		
Amount of alcohol consumed post-treatment - DDD (Better indicated by lower values)       No serious indirectness imprecision inconsistency indirectness imprecision indirectnes imprecision indirectness imprecision indirectnes imprec		trials	limitations	inconsistency	indirectness				4/21 (19%)	RR 1.17	`		
Amount of alcohol consumed post-treatment - DDD (Better indicated by lower values)       Noserious       Noserious       Noserious       Noserious       Noserious       None       552       1100       -       SMD 0.1 higher (0 to 0.2 higher)       @@@@       CRITICAL         Amount of alcohol consumed up to 6-month follow-up - DDD/drinks per week at 3 and 6 months (Better indicated by lower values)       552       1100       -       SMD 0.05 higher (0.04 0.2 higher)       @@@@@       CRITICAL         4       trials       No serious       No serious       No serious       No serious       No serious       No serious       Nore       968       1412       -       SMD 0.05 higher (0.04 0.02 higher)       @@@@@       CRITICAL         4       trials       No serious       No serious       No serious       No serious       None       968       1412       -       SMD 0.05 higher (0.04 10wer to 0.13 higher)       @@@@@       CRITICAL         4       trials       No serious       No serious       No serious       No serious       No serious       None       534       1082       -       SMD 0.07 higher (0.03 10wer to 0.18 higher)       @@@@@       CRITICAL         2       trials       No serious       No serious       No serious       No serious       No serious       Nore       534								()			497 more)		
Amount of alcohol consumed post-treatment - DDD (Better indicated by lower values)No serious imprecisionNo serious imprecisionNone5521100.SMD 0.1 higher (0 to 0.2 higher)@@@@@ HIGHCRITICALAmount of alcohol consumed up to 6-month follow-up - DDD/drinks per week at 3 and 6 months (Better indicated by lower values)9681412SMD 0.05 higher (0.04) lower to 0.15 higher (0.04) lower to 0.13 higher)@@@@@ HIGHCRITICAL4Randomised trialsNo serious inconsistencyNo serious indirectnessNo serious imprecisionNone9681412SMD 0.05 higher (0.04) lower to 0.13 higher)@@@@@ HIGHCRITICAL4Randomised trialsNo serious inconsistencyNo serious indirectnessNo serious indirectnessNo serious indirectnessNone9681412SMD 0.07 higher (0.04) lower to 0.13 higher)@@@@ HIGHCRITICAL2Randomised trialsNo serious inconsistencyNo serious indirectnessNo serious indirectnessNone5341082SMD 0.07 higher (0.03) lower to 0.18 higher)@@@@ HIGHCRITICAL4trialsNo serious inconsistencyNo serious indirectnessNo serious indirectnessNone5341082SMD 0.07 higher (0.03) lower to 0.18 higher)@@@@ HIGHCRITICAL4trialsNo serious inconsistencyNo serious indirectnessNone5341082. <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>(0.38 to 3.61)</td> <td></td> <td>MODERATE</td> <td>CRITICAL</td>										(0.38 to 3.61)		MODERATE	CRITICAL
Anount of alcohol consumed post-treatment - DDD (Better indicated by lower values)       No serious inconsistency indirectness indirec									10.10/		<u>^</u>		
Amount of alcohol consumed post-treatment - DDD (Better indicated by lower values)         2       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       None       552       1100       SMD 0.1 higher (0 to 0.2 higher) $\oplus \oplus \oplus \oplus$ HICH       CRITICAL         Amount of alcohol consumed up to 6-month follow-up - DDD/drinks per week at 3 and 6 months (Better indicated by lower values)        SMD 0.05 higher (0.04 lower to 0.13 higher) $\oplus \oplus \oplus \oplus$ HICH       CRITICAL         4       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No serious indirectness       None       968       1412       SMD 0.05 higher (0.04 lower to 0.13 higher) $\oplus \oplus \oplus \oplus$ HICH       CRITICAL         Amount of alcohol consumed 7 to 12-month follow-up - DDD at 9-month follow-up (Better indicated by lower values)         SMD 0.07 higher (0.03 lower to 0.18 higher) $\oplus \oplus \oplus \oplus$ HICH       CRITICAL         2       Randomised trials       No serious inconsistency       No serious indirectness       None       534       1082       SMD 0.07 higher (0.03 lower to 0.18 higher) $\oplus \oplus \oplus \oplus$ HICH       CRITICAL         Attrition (dropout) > 12-month follow-up       No serious inconsistency       No serious indirectness       None       534       1082       SMD 0.07 higher (0.03 lower to 0.18 higher) <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>19.1%</td><td></td><td>`</td><td></td><td></td></td<>									19.1%		`		
2       Randomised limitations       No serious inconsistency       No serious indirectness       No serious imprecision       None       552       1100       -       SMD 0.1 higher (0 to 0.2 higher) $@@@@@$ HIGH       CRITICAL         Amount of alcohol consumed up to 6-month follow-up - DDD/drinks per week at 3 and 6 months (Better indicated by lower values)       SMD 0.05 higher (0.04 lower to 0.13 higher) $@@@@@$ HIGH       CRITICAL         4       Randomised trials       No serious inconsistency       No serious indirectness       No serious indirectness       None       968       1412       -       SMD 0.05 higher (0.04 lower to 0.13 higher) $@@@@@$ HIGH       CRITICAL         Amount of alcohol consumed 7 to 12-month follow-up - DDD at 9-month follow-up (Better indicated by lower values)       968       1412       -       SMD 0.07 higher (0.03 lower to 0.13 higher) $@@@@@$ HIGH       CRITICAL         2       Randomised trials       No serious limitations       No serious indirectness       No serious imprecision       None       534       1082       -       SMD 0.07 higher (0.03 lower to 0.18 higher) $@@@@@}{HIGH}       CRITICAL         2       Randomisedtrials       No seriouslimitations       No seriousindirectness       No serious2Serious2       None       534       1082       -       SMD 0.07 higher (0.03lower to 1.8 higher)       @@@@@    $											499 more)		
trials       limitations       inconsistency       indirectness       imprecision       552       1100       -       0.2 higher)       HIGH       CRITICAL         Amount of alcohol consumed up to 6-month follow-up - DDD/drinks per week at 3 and 6 months (Better indicated by lower values)       -       0.2 higher)       HIGH       CRITICAL         4       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No noe       968       1412       -       SMD 0.05 higher (0.04 lower to 0.13 higher)       #HGH       CRITICAL         Amount of alcohol consumed 7 to 12-month follow-up - DDD at 9-month follow-up (Better indicated by lower values)       -       SMD 0.07 higher (0.04 lower to 0.13 higher)       #HGH       CRITICAL         2       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No serious inprecision       None       534       1082       -       SMD 0.07 higher (0.03 lower to 0.18 higher)       ##HGH       CRITICAL         Attrition (dropout) > 12-month follow-up       No serious limitations       No serious indirectness       No serious <sup>2</sup> None       534       1082       -       SMD 0.07 higher (0.03 lower to 0.18 higher)       #HGH       CRITICAL         4 fewer per 1000 (from 13 fewer to 10 more)       No serious limitations	Amount	of alcohol cons	umed post-tre	atment - DDD (Be	tter indicated by	lower values)							
trials       limitations       inconsistency       indirectness       imprecision       552       1100       -       0.2 higher)       HIGH       CRITICAL         Amount of alcohol consumed up to 6-month follow-up - DDD/drinks per week at 3 and 6 months (Better indicated by lower values)       -       0.2 higher)       HIGH       CRITICAL         4       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No noe       968       1412       -       SMD 0.05 higher (0.04 lower to 0.13 higher)       #HGH       CRITICAL         Amount of alcohol consumed 7 to 12-month follow-up - DDD at 9-month follow-up (Better indicated by lower values)       -       SMD 0.07 higher (0.04 lower to 0.13 higher)       #HGH       CRITICAL         2       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No serious inprecision       None       534       1082       -       SMD 0.07 higher (0.03 lower to 0.18 higher)       ##HGH       CRITICAL         Attrition (dropout) > 12-month follow-up       No serious limitations       No serious indirectness       No serious <sup>2</sup> None       534       1082       -       SMD 0.07 higher (0.03 lower to 0.18 higher)       #HGH       CRITICAL         4 fewer per 1000 (from 13 fewer to 10 more)       No serious limitations		<b>_</b>	<b>L</b>	<u> </u>				1	1	1			1
International limit and limit l	2						None	552	1100	-	0,		CDITICAL
4       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No serious imprecision       None       968       1412       -       SMD 0.05 higher (0.04 lower to 0.13 higher)       ©#@##       CRITICAL         Amount of alcohol consumed 7 to 12-month follow-up - DDD at 9-month follow-up (Better indicated by lower values)       1412       -       SMD 0.07 higher (0.03 lower to 0.13 higher)       ####################################		trials	limitations	inconsistency	indirectness	imprecision					0.2 higher)	HIGH	CRITICAL
4       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No serious imprecision       None       968       1412       -       SMD 0.05 higher (0.04 lower to 0.13 higher)       ©#@##       CRITICAL         Amount of alcohol consumed 7 to 12-month follow-up - DDD at 9-month follow-up (Better indicated by lower values)       1412       -       SMD 0.07 higher (0.03 lower to 0.13 higher)       ####################################									1 1				<u> </u>
trialslimitationsinconsistencyindirectnessimprecision9681412-lower to 0.13 higher)HIGHCRITICALAmount of alcohol consumed 7 to 12-month follow-up - DDD at 9-month follow-up (Better indicated by lower values)No seriousNo seriousNo seriousNo seriousNo seriousNo seriousNo seriousMo seriousNo seriousSerious <sup>2</sup> None5341082-SMD 0.07 higher (0.03 lower to 0.18 higher) $\Theta \oplus \oplus$ HIGHCRITICALAttrition (dropout) > 12-month follow-upBinitationsNo serious indirectnessNo serious <sup>2</sup> None $534$ 1082-SMD 0.07 higher (0.03 lower to 0.18 higher) $\Theta \oplus \oplus$ (CRITICALAttrition (dropout) > 12-month follow-upBinitationsNo serious indirectnessSerious <sup>2</sup> None $23/568$ (4%) $32/1108$ (2.9%)4 fewer per 1000 (from 13 fewer to 10 more) $\Theta \oplus \oplus$ (MODERATE $\Theta \oplus \oplus$ (MODERATE $\Theta \oplus \oplus$ (MODERATE $\Theta \oplus \oplus$ (from 8 fewer to 6 $\Theta \oplus \oplus$ (from 8 fewer to 6 $\Theta \oplus \oplus$	Amount	of alcohol cons	umed up to 6-	month follow-up	- DDD/drinks pe	er week at 3 and	6 months (Better	indicated by	lower value	s)			
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Initial	4						INOILE	968	1412	-			CRITICAL
2       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No ne       534       1082       -       SMD 0.07 higher (0.03 lower to 0.18 higher) $\oplus \oplus \oplus$ CRITICAL         Attrition (dropout) > 12-month follow-up       No serious       No serious       Serious <sup>2</sup> None       23/568       32/1108       4 fewer per 1000 (from 13 fewer to 10 more) $\oplus \oplus \oplus \oplus$ 3       Randomised trials       No serious       No serious       Serious <sup>2</sup> None       23/568 (4%)       32/1108 (2.9%)       4 fewer per 1000 (from 13 fewer to 10 more) $\oplus \oplus \oplus \oplus$ 0       Imitations       Inconsistency       Indirectness       Serious <sup>2</sup> None       23/568 (1%)       32/1108 (2.9%)       4 fewer per 1000 (from 13 fewer to 10 more) $\oplus \oplus \oplus \oplus$ 0       Imitations       Inconsistency       Indirectness       Imitations       1.7%       2 fewer per 1000 (from 8 fewer to 6 $\oplus \oplus \oplus \oplus$		111115	mintations	inconsistency	munectiess	Imprecision					lower to 0.15 higher)	Inon	CIGITICAL
2       Randomised trials       No serious limitations       No serious inconsistency       No serious indirectness       No ne       534       1082       -       SMD 0.07 higher (0.03 lower to 0.18 higher) $\oplus \oplus \oplus$ CRITICAL         Attrition (dropout) > 12-month follow-up       No serious       No serious       Serious <sup>2</sup> None       23/568       32/1108       4 fewer per 1000 (from 13 fewer to 10 more) $\oplus \oplus \oplus \oplus$ 3       Randomised trials       No serious       No serious       Serious <sup>2</sup> None       23/568 (4%)       32/1108 (2.9%)       4 fewer per 1000 (from 13 fewer to 10 more) $\oplus \oplus \oplus \oplus$ 0       Imitations       Inconsistency       Indirectness       Serious <sup>2</sup> None       23/568 (1%)       32/1108 (2.9%)       4 fewer per 1000 (from 13 fewer to 10 more) $\oplus \oplus \oplus \oplus$ 0       Imitations       Inconsistency       Indirectness       Imitations       1.7%       2 fewer per 1000 (from 8 fewer to 6 $\oplus \oplus \oplus \oplus$	Amount	of alcohol cons	umed 7 to 12-r	nonth follow-up -	DDD at 9-mont	h follow-up (Bet	ter indicated by lo	ower values)			L		I
trialslimitationsinconsistencyindirectnessimprecision $534$ $1082$ $-$ lower to $0.18$ higher)HIGHCRITICALAttrition (dropout) > 12-month follow-upBRandomised trialsNo serious limitationsNo serious inconsistencyNo serious indirectnessSerious <sup>2</sup> None $23/568$ (4%) $32/1108$ (2.9%)4 fewer per 1000 (from 13 fewer to 10 more) $\theta \oplus \oplus \Theta$ BRandomised trialsNo serious limitationsNo serious indirectnessSerious <sup>2</sup> None $23/568$ (4%) $32/1108$ (2.9%) $4$ fewer per 1000 (from 13 fewer to 10 more) $\theta \oplus \oplus \Theta$ MODERATE MODERATE IMPORTANNone $23/568$ (1.7%) $32/1108$ (1.55 to 1.35) $4$ fewer per 1000 (from 8 fewer to 6 $\theta \oplus \oplus \Theta$				· · · · · · · · · · · · · · · · · · ·		i i i i i	······································	,					
trialslimitationsinconsistencyindirectnessimprecisionImprecision	2	Randomised	No serious	No serious	No serious	No serious	None	50.4	1000		SMD 0.07 higher (0.03	$\oplus \oplus \oplus \oplus$	
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Randomised trials No serious inconsistency indirectness Serious <sup>2</sup> None 23/568 (4%) 32/1108 (2.9%) 4 fewer per 1000 (from 13 fewer to 10 more) RR 0.86 - + + + + + + + + + + + + + + + + + +						_							
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trials limitations inconsistency indirectness (4%) (2.9%) (100 (100 13 fewer to 10 more) (4%) (2.9%) (2.9%) (100 13 fewer to 10 more) (4%) (2.9%) (100 13 fewer to 10 more) (4%) (2.9%) (100 13 fewer to 10 more) (4%) (4%) (100 13 fewer to 10 more) (4%) (4%) (100 13 fewer to 10 more) (4%) (4%) (4%) (4%) (4%) (4%) (4%) (4%	3	Randomised	No serious	No serious		Serious <sup>2</sup>	None	23/568	32/1108				
Image: Second		trials	limitations	inconsistency	indirectness						(from 13 fewer to 10		
(0.55 to 1.35)MODERATE2 fewer per 10002 fewer per 10001.7%(from 8 fewer to 6)								(1/0)	(2.570)		more)		
1.7%         2 fewer per 1000           (from 8 fewer to 6)										RR 0.86		$\oplus \oplus \oplus \Theta$	
1.7% (from 8 fewer to 6										(0.55 to 1.35)		MODERATE	IMPORTAN
											±		
more)									1.7%		(from 8 fewer to 6		
											more)		

Amoun	t of alcohol cons	umed 7 to 12-1	month follow-up -	DDD at 12-mor	nth follow-up (B	etter indicated	l by lower values	)				
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	1150	1621	-	SMD 0.01 higher (0.07 lower to 0.08 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amoun	t of alcohol cons	sumed 7 to 12-1	month follow-up -	drinks per wee	k at 12 months (1	Better indicate	d by lower values	s)				
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	321	336	-	SMD 0.01 lower (0.16 lower to 0.14 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attritio	n (dropout) up t	o 6-month foll	ow-up	<u> </u>				<u> </u>				
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	109/1165 (9.4%)	61/1554 (3.9%)	RR 1.37 (1.05 to 1.8)	15 more per 1000 (from 2 more to 31 more)	⊕⊕⊕O MODERATE	IMPORTAN
								0.6%	(1.00 10 1.0)	2 more per 1000 (from 0 more to 5 more)		
Amoun	t of alcohol cons	sumed >12-mo	nth follow-up – D	DD at 15-month	follow-up (Bett	er indicated by	y lower values)	•	•			•
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	518	1055	-	SMD 0.05 higher (0.05 lower to 0.16 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attritio	n (dropout) post	-treatment						<u> </u>	<u>I</u>			1
3	Randomised trials	No serious limitations	Serious <sup>3</sup>	No serious indirectness	Serious <sup>2</sup>	None	44/725 (6.1%)	103/1297 (7.9%)	RR 0.7 (0.31 to 1.59)	24 fewer per 1000 (from 55 fewer to 47 more)	⊕⊕OO LOW	IMPORTAN
								4.5%		14 fewer per 1000 (from 31 fewer to 27 more)		
Attritio	n (dropout) at 7	to 12-month fo	ollow-up - at 9-mo	nth follow-up								
2	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None	12/546	13/1095	RR 1.85	10 more per 1000	⊕⊕⊕O	IMPORTANT

	trials	limitations	inconsistency	indirectness			(2.2%)	(1.2%)	(0.83 to 4.11)	(from 2 fewer to 37 more)	MODERATE	
								1.2%		10 more per 1000 (from 2 fewer to 37 more)		
Attrition	Attrition (dropout) at 7 to 12-month follow-up - at 12-month follow-up											
4				No serious indirectness	Serious <sup>1</sup>	None	142/1341 (10.6%)	120/1789 (6.7%)	RR 1.15 (0.87 to 1.52)	10 more per 1000 (from 9 fewer to 35 more)	⊕⊕⊕O MODERATE	IMPORTANT
								6.3%		9 more per 1000 (from 8 fewer to 33 more)		

<sup>1</sup>95% CI includes no effect and RR reduction and RR increase greater than 25%.

<sup>2</sup> 95% CI includes no effect and RR increase greater than 25%.

<sup>3</sup> High heterogeneity [I-squared = 82%].

### Multimodal intervention

#### Multimodal versus other intervention

			Quality asses	sment								
								ntients		Effect	Orality	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Multimodal	Iultimodal Other		Absolute	Quality	
Length of	Length of sobriety (in months) post-treatment (follow-up mean 6 months; Better indicated by lower values)											
1	Randomised trials				No serious imprecision	None	44	33	-	SMD 0.48 lower (0.93 to 0.02 lower)	⊕⊕⊕⊕ HIGH	CRITICAL

apsed j	post-treatmen	t (follow-up r	nean 6 months; B	Setter indicated	by lower value	es)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	30	30	-	MD 0.79 higher (0.6 to 1.03 higher)	⊕⊕⊕O MODERATE	CRITICAL
apsed	up to 6-month	follow-up - a	it 6 months	_		<b>I</b>		<u> </u>	<u> </u>			<u> </u>
	Randomised trials	Serious <sup>2</sup>	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	114/161 (70.8%)	93/161 (57.8%)	RR 1.23 (1.04 to 1.45)	133 more per 1000 (from 23 more to 260 more)	⊕⊕OO LOW	CRITICAL
								57.8%		133 more per 1000 (from 23 more to 260 more)		
ates of	consumption	post-treatme	nt - days drinkin	g (follow-up me	ean 6 months;	Better indicated	l by lower value	es)				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	44	36	-	SMD 0.41 lower (0.85 lower to 0.04 higher)	⊕⊕⊕O MODERATE	CRITICAL
mount	of alcohol co	nsumed post-	treatment - oz/da	y (follow-up mo	ean 6 months;	Better indicated	d by lower value	es)			•	I
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	41	34	-	SMD 0.25 lower (0.71 lower to 0.21 higher)	⊕⊕⊕O MODERATE	CRITICAL
apsed -	7 to 12-montl	n follow-up -	at 12-month follo	ow-up (follow-u	p mean 12 mo	nths)			<u> </u>			
	Randomised trials	Serious <sup>2</sup>	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	115/161 (71.4%)	125/161 (77.6%)	RR 0.92 (0.81 to 1.05)	62 fewer per 1000 (from 148 fewer to 39 more)	⊕⊕OO LOW	CRITICAL
								77.6%		62 fewer per 1000 (from 147 fewer to 39 more)		
ttritior	n (dropout) po	st-treatment	follow-up mean	6 months)	1	1						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>5</sup>	None	9/49 (18.4%)	7/40 (17.5%)	RR 1.05 (0.43 to 2.57)	9 more per 1000 (from 100 fewer to 275 more)	⊕⊕⊕O MODERATE	IMPORTA
							())	17.5%	,	9 more per 1000 (from 100 fewer to 275 more)		

Randomised	l Serious <sup>2</sup>	No serious	No serious	Serious <sup>6</sup>	None		49/161		6 more per 1000 (from 79 fewer		
trials		inconsistency	indirectness			50/161	(30.4%)	RR 1.02 (0.74	to 128 more)	$\oplus \oplus OO$	
						(31.1%)		to 1.42)		LOW	IMPORTA
							30.4%		6 more per 1000 (from 79 fewer		
							50.4 /0		to 128 more)		
on (dropout) at	7 to 12-mont	h follow-up - at 12	2-month follow-	up (follow-up	nean 12 month	s)					
ion (dropout) at		h follow-up - at 12 No serious	<b>P-month follow</b> -	up (follow-up : Serious <sup>6</sup>	nean 12 month	s)	66/112		82 fewer per 1000 (from 194		
		-			- 1	s) 56/111	'	RR 0.86 (0.67	82 fewer per 1000 (from 194	⊕⊕00	
Randomised		No serious	No serious		- 1		'	RR 0.86 (0.67 to 1.09)	82 fewer per 1000 (from 194		IMPORT /
Randomised		No serious	No serious		- 1	56/111	'		82 fewer per 1000 (from 194		IMPORT <i>A</i>

<sup>1</sup>95% CI includes no effect.

<sup>2</sup> Randomisation method (sealed envelope).

 $^3\,95\%$  CI includes an effect. RR reduction and increase both greater than 25%.

<sup>4</sup> 95% CI includes no effect. RR reduction greater than 25%.

<sup>5</sup> 95% CIs around absolute effects from 100 fewer to 275 more events

<sup>6</sup> 95% CI includes no effect. RR increase greater than 25%.

## **Psychoeducational interventions**

### Psychoeducational versus other treatment

			Quality asses	sment				Sum	mary of fin	dings		
							No. of patie	ents		Effect	Quality	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Psychoeducational	Other treatment	Relative (95% CI)	Absolute	Quanty	
Length of	f sobriety (moi	nths) post-treat	ment - post-treat	ment (Better ind	licated by lowe	r values)						
1	Randomised	No serious	No serious	No serious	No serious	None	33	44	-	SMD 0.48 higher (0.02 to 0.93	$\oplus \oplus \oplus \oplus$	CRITICAL

4	trials	limitations	inconsistency	indirectness	imprecision					higher)	HIGH	
ľ	111115	minitations	inconsistency	muneciless	Imprecision					inglier)	TIGH	
Abstinenc	e post-treatm	ient - PDA po	st-treatment (Bett	er indicated by	lower values)						L	L
		···· ·····			,							
2 ]	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.03 higher		
t	trials	limitations	inconsistency	indirectness	imprecision		46	92	-	(0.32 lower to 0.38		CRITICAL
										higher)	HIGH	CRITCAL
Abstinenc	e up to 6-mo	nth follow-up	o - at 3-month foll	ow-up (Better in	dicated by low	er values)						
2 1	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.12 higher		
t	trials	limitations	inconsistency	indirectness	imprecision		46	92	-	(0.26 lower to 0.5	$\oplus \oplus \oplus \oplus$	CRITICAL
					_					higher)	HIGH	CRITICAL
Abstinenc	e up to 6-mo	nth follow-up	• - at 6-month foll	ow-up (Better ir	dicated by low	er values)						
2 1	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None				SMD 0.3 higher		
t	trials	limitations	inconsistency	indirectness			46	92	-	(0.221  or  to 0.84)		CDITICAL
										higher)	MODERATE	CRITICAL
Abstinenc	e 7 to 12-mor	nth follow-up	- at 9-month follo	ow-up (Better in	dicated by lowe	er values)						
2 1	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None				SMD 0.28 higher		
t	trials	limitations	inconsistency	indirectness			46	92	-	(0.25 lange to 0.02	⊕⊕⊕O	CD ITIC I I
			5							higher)	MODERATE	CRITICAL
Abstinenc	e 7 to 12-mor	th follow-up	- at 12-month foll	low-up (Better i	ndicated by low	ver values)						
2 ]	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None			1	SMD 0.26 higher		[
	trials	limitations	inconsistency	indirectness			46	92	_	(0.43 lower to 0.96	$\oplus \oplus \oplus O$	
										higher)	MODERATE	CRITICAL
Abstinenț	/light use (1-3	3 standard dri	nks) up to 6-mon	th follow-up - a	6-month follow	w-up (Better indic	ated by lower value	es)				
2 1	Randomised	No serious	No serious	No serious	No serious	Strong				SMD 0.94 higher	⊕⊕⊕⊕	CRITICAL
	trials	limitations	inconsistency	indirectness	imprecision	association <sup>2</sup>	30	31	-	(0.4 to 1.48 higher)	HIGH	CKIIICAL
ľ					precision					( to file lugiter)		
		1	1	1	1	1	1	1	1	1		1

	Randomised	No serious	No serious	No serious	No serious	Strong						
	trials	limitations	inconsistency	indirectness	imprecision	association <sup>3</sup>	30	31	-	SMD 0.84 higher (0.27 to 1.4 higher)	⊕⊕⊕⊕ HIGH	CRITICA
stine	ent/light use (1-	3 standard dri	inks) >12-month f	ollow-up - at 18	-month follow-	up (Better indica	ted by lower values)		•	1		1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	30	31	-	SMD 0.74 higher (0.21 to 1.26 higher)	⊕⊕⊕⊕ HIGH	CRITICA
mbe	r lapsed (non-a	bstinent) post	-treatment - at 6-1	nonth follow-uj	p							
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	30/37 (81.1%)	30/47 (63.8%)	RR 1.27 (0.97 to		⊕⊕⊕0 MODERATE	CRITICA
								63.8%	1.66)	172 more per 1000 (from 19 fewer to 421 more)		
te of	alcohol consun	nption post-tr	eatment (%days h	eavy drinking a	nd days drinki	ng over last 6 mo	nths) (Better indicate	ed by lower	values)			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	60	119	-	SMD 0.21 higher (0.11 lower to 0.53 higher)	⊕⊕⊕O MODERATE	CRITICA
te of	alcohol consun	nption up to 6	-month follow-up	• - % days heavy	drinking at 3 r	nonths (Better ind	dicated by lower val	ues)				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	24	75	-	SMD 0.19 higher (0.27 lower to 0.65 higher)	⊕⊕⊕O MODERATE	CRITICA

	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None				SMD 0.37 higher		
	trials	limitations	inconsistency	indirectness			24	75	-	(0.1 lower to 0.83 higher)	⊕⊕⊕O MODERATE	CRITICA
te of	alcohol consun	nption - 7 to 1	2-month follow-u	p - days drinkir	ng per week at 1	2-month follow-	up (Better indicated	by lower va	lues)			[
_	Randomised	No serious	No serious	No serious	No serious	None				SMD 0 higher (0.15		
	trials	limitations	inconsistency	indirectness	imprecision		336	321	-	lower to 0.15 higher)	⊕⊕⊕ HIGH	CRITICA
e of	alcohol consun	nption - 7 to 1	2-month follow-u	p - days drinkiı	ng five or more	drinks at 12-mon	th follow-up (Bette	r indicated b	y lower valu	ies)	I	<u> </u>
	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.08 higher		
	trials	limitations	inconsistency	indirectness	imprecision		336	321	-	(0.08 lower to 0.23	⊕⊕⊕⊕ HIGH	CRITICA
										higher)		
e of	alcohol consun	nption - 7 to 1	2-month follow-u	p - % days heav	ry drinking at 9	months (Better ir	ndicated by lower v	alues)		higher)		
e of	alcohol consun Randomised trials	nption - 7 to 1. No serious limitations	2-month follow-u No serious inconsistency	<b>p - % days heav</b> No serious indirectness	y drinking at 9 No serious imprecision	months (Better ir	ndicated by lower v	<b>alues)</b> 75	-	SMD 0.38 higher (0.09 lower to 0.84 higher)	⊕⊕⊕⊕ HIGH	CRITIC
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None		75	-	SMD 0.38 higher (0.09 lower to 0.84		CRITIC
	Randomised trials alcohol consun	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	24	75	-	SMD 0.38 higher (0.09 lower to 0.84		CRITICA CRITICA
e of	Randomised trials alcohol consun Randomised trials	No serious limitations nption - 7 to 1 No serious limitations	No serious inconsistency 2-month follow-u No serious	No serious indirectness <b>p - % days heav</b> No serious indirectness	No serious imprecision y drinking at 12 No serious imprecision	None 2 months (Better i	24 indicated by lower	75 values)	-	SMD 0.38 higher (0.09 lower to 0.84 higher) SMD 0.5 higher (0.04 lower to 1.04	HIGH ⊕⊕⊕⊕	

	Randomised	No serious	No serious	No serious	No serious	None				SMD 0 higher (0.15		
	trials	limitations	inconsistency	indirectness	imprecision		336	321	-	lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
nount	of alcohol con	sumed 7 to 12	2-month follow-u	p - drinks per w	eek at 12-month	ı follow-up (Be	etter indicated by lowe	er values)				<u> </u>
	Randomised	No serious	No serious	No serious	No serious	None				SMD 0.01 higher	⊕⊕⊕⊕	
	trials	limitations	inconsistency	indirectness	imprecision		336	321	-	(0.14 lower to 0.16 higher)	HIGH	CRITICAL
ttrition	(dropout) pos	t-treatment										
	Randomised	No serious	No serious	No serious	Serious <sup>4</sup>	None		10/1/1		9 fewer per 1000		
	trials	limitations	inconsistency	indirectness				18/141 (12.8%)	RR 0.93	(from 69 fewer to		
							11/86 (12.8%)	()	(0.46 to	111 more)	⊕⊕⊕O MODERATE	IMPORTAN
									1.87)	8 fewer per 1000		
								10.9%		(from 59 fewer to		
السنالة مس	up to 6-month	follow	at 6 months							95 more)		
urition	up to 6-month	1 10110w-up - a	at o months									
	Randomised	No serious	No serious	No serious	Serious <sup>5</sup>	None				1 more per 1000		
	trials	limitations	inconsistency	indirectness				6/72 (8.3%)	RR 1.01	(from 57 fewer to 182 more)		
							6/72 (8.3%)		(0.32 to	182 more)	⊕⊕⊕O MODERATE	IMPORTAN
									3.19)	1 more per 1000		
								8.2%		(from 56 fewer to		
										180 more)		
	(dropout) 7 to	12-month fol	llow-up - at 12-mo	onth follow-up								
ttrition						T				1	1	1
trition	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	83/519 (16%)	110/563	RR 0.83 (0.64 to	33 fewer per 1000 (from 70 fewer to	⊕⊕⊕O	

								17.1%		29 fewer per 1000 (from 62 fewer to 12 more)		
Attrition	(dropout) >12	-month follow	-up - at 18 months	3								
2			No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	0/66 (0%)	2/64 (3.1%)	RR 0.23 (0.01 to	24 fewer per 1000 (from 31 fewer to 115 more) 22 fewer per 1000 (from 29 fewer to 106 more)	⊕⊕⊕O MODERATE	IMPORTANT

<sup>1</sup>95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.

<sup>2</sup> SMD=0.94, p=0.0006.

<sup>3</sup> SMD=0.84, p=0.004.

<sup>4</sup> 95% CI includes no effect and RR increase greater than 25%.

 $^5\,95\%$  CIs around absolute effects from 57 fewer to 182 more events.

<sup>6</sup> 95% CIs around absolute effects from 31 fewer to 115 more events.

## Self-help-based interventions

### Self-help versus self-help intervention

			Quality asses	sment					Summar	y of findings		
			-				No. of 1	patients		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Self-help	Self-help	Relative (95% CI)	Absolute	Quality	
Amount o	of alcohol const	umed at 7 to 12-1	nonth follow-up -	number of stand	lard drinks per v	week at 9-month f	ollow-up	(Better ind	icated by lov	ver values)		
1	Randomised trials		No serious inconsistency		No serious imprecision	None	30	29	-	SMD 0.54 lower (1.06 to 0.02 lower)	⊕⊕⊕⊕ HIGH	CRITICAL

	Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None	30	20		SMD 0.19 lower (0.7	$\oplus \oplus \oplus \Theta$	
	trials	limitations	inconsistency	indirectness			30	29	-	lower to 0.32 higher)	MODERATE	CRITICA
ou	nt of alcohol cons	sumed >12-mor	nth follow-up - nu	mber of standard	l drinks per we	ek at 23-month fo	ollow-up (Bett	er indicate	ed by lower v	alues)		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	30	29	-	SMD 0.45 lower (0.97 lower to 0.07 higher)	⊕⊕⊕O MODERATE	CRITICA
017			ath follows are made	mbor of DDD at	22-month follo	w_up (Battor indi	icated by lowe	r values)				
Ju	nt of alcohol cons Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	30	29	-	SMD 0.1 lower (0.61 lower to 0.41 higher)	⊕⊕⊕O MODERATE	CRITIC
	Randomised	No serious limitations	No serious	No serious	T		-		-	,		CRITICA
	Randomised trials	No serious limitations	No serious	No serious	T		-	29	-	lower to 0.41 higher) 34 fewer per 1000	MODERATE	CRITICA
	Randomised trials on at 23-month fo	No serious limitations <b>Illow-up</b> No serious	No serious inconsistency No serious	No serious indirectness No serious	Serious <sup>1</sup>	None	-	29 18/47 (38,3%)	- RR 0.91 (0.53 to 1.55)	lower to 0.41 higher) 34 fewer per 1000 (from 180 fewer to 211	MODERATE	

<sup>1</sup>95% CI includes no effect and lower confidence limit crosses an effect size of 0.5.

 $^2\,95\%$  CI includes no effect and RR increase greater than 25%.

# Short-term psychodynamic therapy

### Short-term psychodynamic therapy versus other therapy

			Quality asses	sment				Sum	nmary of fin	dings		
			~~ , ,				No. of patien	ts		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Short-term psychodynamic therapy	Other therapy	Relative (95% CI)	Absolute	Quality	
Abstinen	ce >12-month	follow-up - da	ys abstinent at 15	-month follow-	up (Better indic	ated by lower va	lues)	<u> </u>		I		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	23	21	-	SMD 0.64 lower (1.24 to 0.03 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol con	sumed >12-mo	onth follow-up - g	absolute alcoh	ol/drinking day	at 15-month follo	ow-up (Better indicate	ed by lowe	er values)			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	23	21	-	SMD 0.07 higher (0.53 lower to 0.66 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rate of co	onsumption >	12-month follo	w-up - days > 80§	g absolute alcoh	ol (heavy drink	ing) at 15-month	follow-up (Better ind	icated by	lower value	s)		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	23	21	-	SMD 0.06 lower (0.65 lower to 0.53 higher)	⊕⊕⊕O MODERATE	CRITICAL
Attrition	(dropout) >12	-month follow	-up - at 15-month	follow-up		<u> </u>		I	I		I	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	2/25 (8%)	3/24 (12.5%) 12.5%	RR 0.64 (0.12 to 3.5)	45 fewer per 1000 (from 110 fewer to 312 more) 45 fewer per 1000	⊕⊕⊕O MODERATE	IMPORTANT

					(from 110 fewer to	
					312 more)	

<sup>1</sup>95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

<sup>2</sup> 95% CIs around absolute effects from 110 fewer to 312 more events.

# Social network and environment-based therapies

#### Social network and environment-based therapies versus control

			Quality asses	sment				Sumi	nary of find	ings				
							No. of patient	5		Effect		Importance		
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Social network and environment-based therapies	Control	Relative (95% CI)	Absolute	Quality			
Abstiner	Abstinence post-treatment - PDA post-treatment (Better indicated by lower values)													
2		No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	Strong association <sup>1</sup>	112	60	-	SMD 0.76 lower (1.08 to 0.43 lower)	⊕⊕⊕⊕ HIGH	CRITICAL		
Abstiner	nce up to 6-mo	nth follow-up	- at 6-month follo	w-up (Better in	dicated by low	er values)								
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	Strong association <sup>1</sup>	112	60	-	SMD 0.75 lower (1.08 to 0.43 lower)	⊕⊕⊕⊕ HIGH	CRITICAL		
Abstiner	nce 7 to 12-mor	th follow-up -	at 9-month follo	w-up (Better in	dicated by lowe	er values)								
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.7 lower (1.03 to 0.38 lower)	⊕⊕⊕⊕ HIGH	CRITICAL		

Abstin	ence 7 to 12-mo	nth follow-up	- at 12-month fol	low-up (Better i	ndicated by lov	ver values)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.59 lower (0.99 to 0.19 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
bstin	ence >12-month	follow-up - a	t 15-month follow	v-up (Better ind	icated by lower	values)		1	I		<u> </u>	<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.68 lower (1.03 to 0.32 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstin	ence >12-month	follow-up - a	t 18-month follow	v-up (Better ind	icated by lower	values)		I	I		<u> </u>	<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	Very serious <sup>2</sup>	Serious <sup>3</sup>	None	112	60	-	SMD 0.28 lower (1.02 lower to 0.46 higher)	⊕000 VERY LOW	CRITICAI
bstin	ence >12-month	follow-up - a	t 21-month follow	v-up (Better ind	icated by lower	values)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	112	60	-	SMD 0.35 lower (0.74 lower to 0.05 higher)	⊕⊕⊕O MODERATE	CRITICAI
bstin	ence >12-month	follow-up - a	t 24-month follow	v-up (Better ind	icated by lower	values)		l	<u> </u>		<u> </u>	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.49 lower (0.96 to 0.01 lower)	⊕⊕⊕⊕ HIGH	CRITICAI
Abstin	ence >12-month	follow-up - a	t 27-month follow	v-up (Better ind	icated by lower	values)	<u> </u>		I	1		1
2	Randomised trials	No serious limitations	Serious <sup>5</sup>	No serious indirectness	Serious <sup>6</sup>	None	112	60	-	SMD 0.31 lower (1.12 lower to 0.49 higher)	⊕⊕OO LOW	CRITICAI

	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.07 lower (0.41 lower to 0.28 higher)	⊕⊕⊕⊕ HIGH	CRITICA
noun	of alcohol con	sumed (DDD	) up to 6-month f	ollow-up - at 6-	month follow-u	p (Better indicated	d by lower values)					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.54 lower (0.86 to 0.22 lower)	⊕⊕⊕⊕ HIGH	CRITICA
noun	of alcohol con	sumed (DDD	) 7 to 12-month f	ollow-up - at 9 n	nonths (Better in	ndicated by lower	values)	1	<u> </u>			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.37 lower (0.68 to 0.05 lower)	⊕⊕⊕⊕ HIGH	CRITICA
noun	of alcohol con	sumed (DDD	) 7 to 12-month f	ollow-up - at 12-	month follow-u	1p (Better indicate	ed by lower values)	1	1			<u> </u>
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	112	60	-	SMD 0.25 lower (0.57 lower to 0.06 higher)	⊕⊕⊕O MODERATE	CRITICA
nouni	of alcohol con	sumed (DDD	) >12-month follo	ow-up - at 15-mo	onth follow-up	(Better indicated b	oy lower values)					<u> </u>
noun	of alcohol con Randomised trials	sumed (DDD No serious limitations	) >12-month follo	w-up - at 15-mo	Serious <sup>6</sup>	Better indicated b	py lower values)	60		SMD 0.35 lower (0.83 lower to 0.12 higher)	⊕⊕⊕O MODERATE	CRITIC/
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>		112	60	-	(0.83 lower to 0.12	⊕⊕⊕0 MODERATE	CRITICA

					-	-				•	•	
Ran tria		No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	112	60	-	SMD 0.43 lower (0.75 to 0.11 lower)	⊕⊕⊕⊕ HIGH	CRITIC
unt of al	lcohol con	sumed (DDD	) >12-month foll	ow-up - at 24-m	onth follow-up	(Better indicate	d by lower values)		<u> </u>			
Ran tria		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	112	60	-	SMD 0.11 lower (0.43 lower to 0.2 higher)	⊕⊕⊕O MODERATE	CRITICA
unt of al	lcohol con	sumed (DDD	) >12-month foll	ow-up - at 27-m	onth follow-up	(Better indicate	d by lower values)					
Ran tria		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>7</sup>	None	112	60	-	SMD 0.06 higher (0.26 lower to 0.37 higher)	⊕⊕⊕O MODERATE	CRITICA
tion (dro	opout) pos	t-treatment									<u>[</u>	<u> </u>
Ran tria		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>8</sup>	None	11/141 (7.8%)	4/70 (5.7%)	RR 1.36 (0.45 to	21 more per 1000 (from 31 fewer to 179 more)	⊕⊕⊕O MODERATE	IMPORT
								5.7%	4.13)	21 more per 1000 (from 31 fewer to 178 more)		
ition (dro	opout) up t	o 6-month fo	llow-up - at 6 mo	onths	-							
Ran trial		No serious limitations		Serious <sup>9</sup>	None	2/130 (1.5%)	2/66 (3%)	RR 0.54 (0.08 to	14 fewer per 1000 (from 28 fewer to 78 more)	⊕⊕⊕O MODERATE	IMPOPT	
								3%	3.59)	14 fewer per 1000 (from 28 fewer to	MODERATE	

		No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	4/128 (3.1%)	0/64 (0%)	RR 2.41 (0.28 to	0 more per 1000 (from 0 fewer to 0 more)	$\oplus \oplus \oplus \oplus$	IMPORTAN
								0%	20.76)	0 more per 1000 (from 0 fewer to 0 more)		
Attritior	ı (dropout) >12	-month follow	w-up									
:	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>10</sup>	None		4/126 (3.2%)	RR 0.78 (0.22 to	7 fewer per 1000 (from 25 fewer to 57 more)	⊕⊕⊕0 MODERATE	IMPORTAN
								3.2%	2.79)	7 fewer per 1000 (from 25 fewer to 57 more)		

<sup>1</sup> Significantly large effect [SMD=-0.76, p<0.001].

<sup>2</sup> High heterogeneity [I-squared = 82%].

<sup>3</sup> 95% CI includes no effect and lower bound CI crosses the effect size of 0.5.

 $^4\,95\%$  CI includes no effect and lower confidence limit crosses the effect size of 0.5.

<sup>5</sup> High heterogeneity [I-squared =84%].

<sup>6</sup> 95% CI includes no effect and lower bound CI crosses line of minimal important difference.

<sup>7</sup> 95% CI includes no effect.

<sup>8</sup> 95% CIs around absolute effects from 31 fewer to 179 more events.

<sup>9</sup> 95% CIs around absolute effects from 28 fewer to 78 more events.

<sup>10</sup> 95% CIs around absolute effects from 25 fewer to 57 more events.

# Social network and environment-based therapies versus other treatment

			Quality asses	sment				Summ	nary of find	ings		
			- ,				No. of patier	nts		Effect		Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Social network and environment-based therapies	Other treatment	Relative (95% CI)	Absolute	Quality	-
Abstinen	nce up to 6-mo	nth follow-up	- % days abstine	nt at 3-month fo	ollow-up (Bette	r indicated by lov	wer values)	I				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	293	393	-	SMD 0.02 lower (0.17 lower to 0.13 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	nce 7 to 12-mor	nth follow-up	- % days abstiner	nt at 12-month f	ollow-up (Bette	er indicated by lo	wer values)					
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	261	351	-	SMD 0.02 lower (0.18 lower to 0.14 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol con	sumed up to 6	-month follow-u	p - mean quant	ity per day at 1-	month follow-up	• (Better indicated by l	ower values	)			
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	40	39	-	SMD 0.02 higher (0.42 lower to 0.46 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	of alcohol con	sumed up to 6	-month follow-u	p - mean quant	ity/day at 6-mo	nth follow-up (Be	etter indicated by lowe	r values)				
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	40	39	-	SMD 0.43 higher (0.02 lower to 0.87 higher)	⊕⊕⊕O MODERATE	CRITICAL

Amoui	nt of alcohol con	sumed up to	6-month follow-ı	up - number DI	DD at 3-month	follow-up (Better	indicated by lower valu	ies)				
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	263	361	-	SMD 0.04 higher (0.12 lower to 0.2 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amoui	nt of alcohol con	sumed (mean	/number drinks	per day) 7 to 12	-month follow-	up (Better indicat	ed by lower values)			<u> </u>		
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	257	342	-	SMD 0.07 higher (0.09 lower to 0.23 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rate of	consumption u	p to 6-month	follow-up - num	ber of drinking	days at 1-mont	th follow-up (Bett	er indicated by lower v	alues)	<u> </u>		<u> </u>	<u>I</u>
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	40	39	-	SMD 0.03 lower (0.47 lower to 0.41 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rate of	consumption u	p to 6-month	follow-up - num	ber of drinking	days at 6-mont	th follow-up (Bett	er indicated by lower v	alues)			<u> </u>	<u> </u>
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	40	39	-	SMD 0.09 higher (0.35 lower to 0.54 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rate of	consumption a	t 7 to 12-mont	h follow-up - nu	mber of drinkir	ng days at 12-m	onth follow-up (H	Better indicated by lowe	er values)		1		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	40	39	-	SMD 0.15 higher (0.29 lower to 0.6 higher)	⊕⊕⊕O MODERATE	CRITICAL
Attritio	on (dropout) pos	st-treatment								1		
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	40/92 (43.5%)	47/101 (46.5%)	RR 0.93 (0.68 to 1.28)	33 fewer per 1000 (from 149 fewer to 130 more)	⊕⊕⊕O MODERATE	IMPORTAN
								46.5%		33 fewer per 1000		

										(from 149 fewer to 130 more)		
Attrition	(aropout) up	to 6-month fol	llow-up - at 3-mo	nth follow-up								
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	24/320 (7.5%)	49/442 (11.1%)	RR 0.68 (0.42 to	35 fewer per 1000 (from 64 fewer to 9 more)	⊕⊕⊕O MODERATE	IMPORTANT
								11.1%	1.08)	36 fewer per 1000 (from 64 fewer to 9 more)		
Attrition	(dropout) 7 to	12-month fol	low-up - at 12-m	onth follow-up								
		No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None		41/393 (10.4%)	RR 1 (0.65 to 1.56)	0 more per 1000 (from 37 fewer to 58 more)	⊕⊕⊕O MODERATE	IMPORTANT
								10.4%	,	0 more per 1000 (from 36 fewer to 58 more)	MODERATE	

<sup>1</sup> 95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.

<sup>2</sup> 95% CI includes no effect and RR reduction and RR increase greater than 25%.

 $^3\,95\%$  CI includes no effect and RR reduction greater than 25%.

 $^4\,95\%$  CI includes no effect and RR increase greater than 25%.

# Twelve-step facilitation

### Twelve-step facilitation (TSF) versus other treatment

			Quality asses	sment					Summary	of findings		
			2441119 45500				No. of	f patients		Effect	0	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	TSF	Other treatment	Relative (95% CI)	Absolute	Quality	
Abstinen	ce post-treatme	ent (Better indic	ated by lower valu	ies)								
5	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	637	1223	-	SMD 0.04 higher (0.1 lower to 0.18 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce up to 6-mon	th follow-up - I	DA at 3-month fo	llow-up (Better i	indicated by low	ver values)	1	•				
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	148	192	-	SMD 0.05 lower (0.41 lower to 0.31 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce up to 6-mon	th follow-up - F	PDA at 6-month fo	llow-up (Better i	indicated by low	ver values)	L			<u> </u>		
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	697	1278	-	SMD 0.03 lower (0.23 lower to 0.16 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinen	ce 7 to 12-mont	h follow-up - P	DA at 9-month fol	llow-up (Better i	ndicated by low	er values)	<u>.</u>			1		1
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	691	1251	-	SMD 0 higher (0.18 lower to 0.18 higher)	⊕⊕⊕⊕ HIGH	CRITICAL

bstine	ence 7 to 12-mon	th follow-up -	PDA at 12-month	follow-up (Bette	er indicated by lo	wer values)						
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	675	1236	-	SMD 0.01 lower (0.21 lower to 0.19 higher)	⊕⊕⊕⊕ HIGH	CRITICA
ostine	ence > 12-month	follow-up - at	15-month follow-	up (Better indica	ted by lower val	ues)				1	<u> </u>	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	534	1039	-	SMD 0.01 lower (0.12 lower to 0.09 higher)	⊕⊕⊕⊕ HIGH	CRITICA
te of	alcohol consum	ption post-trea	tment - % days he	avy drinking at	post-treatment (F	Better indicated	by lower valu	es)			•	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	24	75	-	SMD 0.01 lower (0.47 lower to 0.45 higher)	⊕⊕⊕⊕ HIGH	CRITICA
ate of	alcohol consum	ption up to 6-r	nonth follow-up -	percentage of da	ys heavy drinkir	ng at 3-month fo	ollow-up (Bett	er indicated	l by lower va	lues)	<u> </u>	1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	126	175	-	SMD 0.13 lower (0.43 lower to 0.17 higher)	⊕⊕⊕⊕ HIGH	CRITICA
te of	alcohol consum	ption up to 6-r	nonth follow-up -	percentage of da	ys heavy drinkir	ng at 6-month fo	ollow-up (Bett	er indicated	l by lower va	lues)		
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	121	175	-	SMD 0.08 lower (0.42 lower to 0.26 higher)	⊕⊕⊕⊕ HIGH	CRITICA
te of	alcohol consum	ption - 7 to 12-	month follow-up -	percentage of d	ays heavy drinki	ng at 9-month f	ollow-up (Bet	ter indicate	d by lower va	alues)		1
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	119	169	-	SMD 0.13 higher (0.14 lower to 0.4 higher)	⊕⊕⊕⊕ HIGH	CRITICA
ate of	alcohol consum	ption - 7 to 12-	month follow-up -	percentage of d	ays heavy drinki	ng at 12-month	follow-up (Be	tter indicat	ed by lower	values)	1	
	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	119	163	-	SMD 0.15 higher (0.28 lower to 0.58 higher)		CRITICA

Amoun	t of alcohol cons	umed post-tre	atment (Better ind	icated by lower	values)							
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	556	1095	-	SMD 0.01 higher (0.13 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amoun	t of alcohol cons	umed up to 6-	month follow-up -	at 6-month follo	ow-up (Better in	dicated by lowe	er values)					
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	554	1086	-	SMD 0.09 lower (0.19 lower to 0.01 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	t of alcohol cons	umed 7 to 12-1	nonth follow-up -	at 9-month follo	w-up (Better ind	licated by lowe	r values)					L
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	550	1065	-	SMD 0.04 lower (0.15 lower to 0.06 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount	t of alcohol cons	umed 7 to 12-1	nonth follow-up -	at 12-month foll	ow-up (Better in	dicated by low	er values)				I	
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	538	1056	-	SMD 0.09 lower (0.2 lower to 0.01 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amoun	t of alcohol cons	umed > 12-mo	nth follow-up - at	15-month follow	v-up (Better indi	cated by lower	values)		1	I	<u> </u>	
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	534	1039	-	SMD 0.04 lower (0.14 lower to 0.07 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attritio	n (dropout) post	-treatment										L
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>2</sup>	None	32/628 (5.1%)	57/1236 (4.6%)	RR 1.11 (0.73 to 1.7)	5 more per 1000 (from 12 fewer to 32 more)	⊕⊕⊕O MODERATE	IMPORTAN
								6.6%		7 more per 1000 (from 18 fewer to 46 more)		
Attrition	n (dropout) up t	o 6-month foll	ow-up - at 3-montl	n follow-up								
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>3</sup>	None	9/111 (8.1%)	16/116 (13.8%)	RR 0.57 (0.19 to 1.73)	59 fewer per 1000 (from 112 fewer to 101	⊕⊕⊕O MODERATE	IMPORTAN

			1	T		1						1
										more)		
										59 fewer per 1000		
								13.8%		(from 112 fewer to 101		
								13.0 /0		(ITOIN 112 lewer to 101 more)		
										morej		
Attrition	(dropout) up to	o 6-month follow	w-up - at 6-month	follow-up								
4	Randomised	No serious	No serious	No serious	Serious <sup>4</sup>	None		9/1195		2 more per 1000 (from		
	trials	limitations	inconsistency	indirectness			7/658	(0.8%)	RR 1.21	5 fewer to 31 more)	$\oplus \oplus \oplus \Theta$	
							(1.1%)		(0.29 to 5.11)		MODERATE	IMPORTANT
							. ,	0.00/	, ,	1 more per 1000 (from		
								0.3%		2 fewer to 12 more)		
Attrition	(dropout) 7 to 2	12-month follow	v-up - at 9-month i	follow-up							1	
4	Randomised	No serious	No serious	No serious	Serious <sup>5</sup>	None	[			14 forwar mar 1000	[	
4	trials	limitations		indirectness	Serious	None		27/1186		14 fewer per 1000 (from 3 fewer to 19		
	trials	limitations	inconsistency	indirectness			61651	(2.3%)	DD 0 07	(from 3 fewer to 19 fewer)		
							6/651		RR 0.37	,		
							(0.9%)		(0.15 to 0.88)		MODERATE	IMPORTANT
								4 1 0/		26 fewer per 1000		
								4.1%		(from 5 fewer to 35		
										fewer)		
Attrition	(dropout) 7 to 2	12-month follov	v-up - at 12-month	follow-up								
6	Randomised	No serious	No serious	No serious	Serious <sup>2</sup>	None		30/1243		5 more per 1000 (from		
	trials	limitations	inconsistency	indirectness			<b>2</b> 0 / (0 <b>7</b>	(2.4%)	DD 4 84	11 fewer to 40 more)		
							20/687		RR 1.21			IMPORTANT
							(2.9%)		(0.55 to 2.65)	13 more per 1000	MODERATE	INFORTANT
								6.4%		(from 29 fewer to 106		
										more)		
Attrition	(dropout) > 12-	-month follow-u	up - at 15-month fo	ollow-up						·		
2	Randomised	No serious	No serious	No serious	Serious <sup>6</sup>	None		17/1056		9 fewer per 1000 (from		
	trials	limitations	inconsistency	indirectness			4/538	(1.6%)	RR 0.46	14 fewer to 6 more)	⊕⊕⊕O	
			5				(0.7%)	, ,	(0.16 to 1.37)			IMPORTANT
							(0.7 /0)		· /	9 fewer per 1000 (from		
								1.6%		13 fewer to 6 more)		
										10 10 in the the the line ()		

<sup>1</sup> 95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.

<sup>2</sup> 95% CI includes no effect and RR increase greater than 25%.

<sup>3</sup> 95% CIs around absolute effects from 112 fewer to 101 more events.

<sup>4</sup> 95% CIs around absolute effects from 5 fewer to 31 more events.

 $^5\,95\%$  CIs around absolute effects from 3 fewer to 19 fewer events.

<sup>6</sup> 95% CIs around absolute effects from 14 fewer to 6 more events.

#### **TSF versus TSF**

			Quality assess	ment					Summary	of findings		
			Quality 2000000				No. of p	oatients		Effect	Quality	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	TSF	TSF	Relative (95% CI)	Absolute		
PDA up t	DA up to 6-month follow-up - at 3-month follow-up (Better indicated by lower values)											
1	Randomised trials	No serious limitations		No serious indirectness	No serious imprecision	None	51	51	-	SMD 0.4 lower (0.79 lower to 0 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
PDA up t	o 6-month follow	-up - at 6-mont	h follow-up (Bette	r indicated by lo	wer values)							·
1	Randomised trials	No serious limitations		No serious indirectness	No serious imprecision	None	48	49	-	SMD 0.41 lower (0.81 to 0.01 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
PDA 7 to	12-month follow-	-up - at 9-month	n follow-up (Better	indicated by lo	wer values)							
1	Randomised trials	No serious limitations		No serious indirectness	No serious imprecision	None	47	48	-	SMD 0.57 lower (0.98 to 0.16 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
PDA 7 to	12-month follow	-up - at 12-mon	th follow-up (Bette	er indicated by lo	ower values)	·				· · · · · · · · · · · · · · · · · · ·		
1	Randomised trials	No serious limitations		No serious indirectness	No serious imprecision	None	47	48	-	SMD 0.58 lower (0.99 to 0.17 lower)	⊕⊕⊕⊕ HIGH	CRITICAL

Randomised	No serious	No serious	No serious	Serious <sup>1</sup>	None		1	-		-	
trials	limitations	inconsistency	indirectness	Senous	none	51	51	-	SMD 0.2 lower (0.59 lower to 0.19 higher)	$\oplus \oplus \oplus \Theta$	CRITICAI
entage of days heav	y drinking up to	6-month follow-u	ıp - at 6-month fo	llow-up (Better	indicated by low	er values)					
Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	48	49	-	SMD 0.07 lower (0.47 lower to 0.33 higher)		CRITICA
entage of days heav	y drinking at 7 t	o 12-month follow	-up - at 9-month	follow-up (Bette	er indicated by lo	wer values)	•	•			
Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>1</sup>	None	47	48	-	SMD 0.2 lower (0.6 lower to 0.2 higher)	⊕⊕⊕O MODERATE	CRITICA
entage of days heav	y drinking at 7 to	o 12-month follow	-up - at 12-montl	n follow-up (Bet	ter indicated by lo	ower values	)				
Randomised trials	y drinking at 7 to No serious limitations	0 12-month follow No serious inconsistency	-up - at 12-montl No serious indirectness	n <b>follow-up (Bet</b> No serious imprecision	ter indicated by lo	ower values	48	-	SMD 0.09 lower (0.5 lower to 0.31 higher)	DODD DODD HIGH	CRITICA
Randomised	No serious limitations	No serious	No serious	No serious				-	,		CRITICA
Randomised trials	No serious limitations	No serious	No serious	No serious		47	48 18/164 (11%)	- RR 1.01 (0.55 to 1.84)	lower to 0.31 higher) 1 more per 1000 (from 49 fewer to 92		
Randomised trials tion (dropout) post- Randomised	No serious limitations treatment No serious	No serious inconsistency No serious	No serious indirectness No serious	No serious imprecision	None	47	48 18/164 (11%)	```	lower to 0.31 higher) 1 more per 1000 (from 49 fewer to 92	HIGH ⊕⊕⊕O	
Randomised trials tion (dropout) post- Randomised	No serious limitations treatment No serious limitations	No serious inconsistency No serious inconsistency	No serious indirectness No serious indirectness	No serious imprecision	None	47	48 18/164 (11%)	```	lower to 0.31 higher) 1 more per 1000 (from 49 fewer to 92 more) 1 more per 1000 (from 49 fewer to 92	HIGH ⊕⊕⊕O	

	trials	limitations	inconsistency	indirectness			(3.8%)	(12.1%)	to 1.44)	more)	MODERATE	
								12.1%		83 fewer per 1000 (from 113 fewer to 44 more)		
Attritic	on (dropout) up to	6-month follow	v-up - at 6-month f	ollow-up								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>4</sup>	None	3/51 (5.9%)	2/51 (3.9%)	OR 1.53 (0.24 to 9.57)	20 more per 1000 (from 30 fewer to 242 more)	⊕⊕⊕O MODERATE	IMPORTAN
				3.9%		19 more per 1000 (from 29 fewer to 241 more)						
Attritic	on (dropout) 7 to 1	2-month follow	-up - at 9-month fo	ollow-up								
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>5</sup>	None	1/48 (2.1%)	1/49 (2%)	RR 1.02 (0.07 to 15.86)	0 more per 1000 (from 19 fewer to 303 more)	⊕⊕⊕O MODERATE	IMPORTAN
								2%		0 more per 1000 (from 19 fewer to 297 more)		
Attritic	on (dropout) 7 to 1	2-month follow	-up - at 12-month	follow-up					•	<u>I</u>		1
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious <sup>6</sup>	None	16/228 (7%)	14/212 (6.6%)	RR 1.04 (0.52 to 2.06)	3 more per 1000 (from 32 fewer to 70 more)	⊕⊕⊕O MODERATE	IMPORTAN
								4.3%		2 more per 1000 (from 21 fewer to 46 more)		
Numbe			to 12-month follow	w-up - at 12-mor	th follow-up							
1	No methodolog	gy				None	78/161	87/146	RR 0.81 (0.66	113 fewer per 1000 (from 203 fewer to 0		

chosen			(48.4%)	(59.6%)	to 1)	more)	
				59.6%	·	113 fewer per 1000 (from 203 fewer to 0	
						more)	

<sup>1</sup> 95% CI includes no effect and lower confidence limit crosses an effect size of 0.5

 $^2\,95\%$  CI includes no effect and RR increase greater than 25%

<sup>3</sup> 95% CIs around absolute effects from 113 fewer to 44 more events

<sup>4</sup> 95% CIs around absolute effects from 30 fewer to 242 more events

<sup>5</sup> 95% CIs around absolute effects from 19 fewer to 303 more events

<sup>6</sup> 95% CI includes no effect and RR reduction greater than 25%

### **Economic profile**

Study & country	Limitations	Applicability	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Slattery <i>et al.</i> ,	Minor	Partially	Effectiveness data based on SIGN	-412 2873	122 additional	-3379	Coping/social skills training
2003	limitations 1	applicable <sup>2</sup>	meta-analysis and combined with		patients		dominates standard care to ICER of
			Scottish NHS cost data. Intervention:		abstinent	Dominate	82, 654/ additional abstinent patient:
Scotland, UK			coping/social skills training.				range in one way sensitivity analysis
Slattery et al.,	Minor	Partially	Intervention: BSCT	-121 052	86	-1408	BSCT dominates standard care to
2003	limitations	applicable					ICER of 219, 706/ additional
						Dominate	abstinent patient: range in one way
Scotland, UK							sensitivity analysis

Any psychological intervention versus standard care

<sup>&</sup>lt;sup>1</sup> Some limitations in reporting, for example sources of effectiveness data not explicitly stated. However, costings based on Scottish NHS perspective. Measure of benefit does not follow NICE reference case, however the health outcome may be relevant.

<sup>&</sup>lt;sup>2</sup> Some uncertainty over the applicability of trial data to the UK because of differences in populations and severity. However, resources use, costs and perspectives are Scottish-UK specific. However the discount rate does not follow the NICE reference case.

<sup>&</sup>lt;sup>3</sup> 2002 prices inflated using HCHS indices (Curtis, 2009).

Slattery et al.,	Minor	Partially	Intervention: MET	-228 290	99	-2306	MET dominates standard care to
2003	limitations	applicable				Dominate	ICER of 103, 767/ additional abstinent patient: range in one way
Scotland , UK							sensitivity analysis
Slattery <i>et al.</i> ,	Minor	Partially	Intervention: marital/family therapy	-276 548	105	-2634	Marital/family therapy dominates
2003	limitations	applicable				Dominate	standard care to ICER of 24, 943/
Scotland , UK						Dominate	additional abstinent patient: range in one way sensitivity analysis

#### Any psychological intervention versus any other psychological intervention

Study & country	Limitations	Applicability	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Mortimer & Segal, 2005 Australia	Potentially serious limitations <sup>4</sup>	Partially applicable⁵	Uses QALYs as measure of benefit. Interventions: MOCE versus BSCT. The use of different effectiveness outcomes results in different results - CEA and CUA conducted with Markov model.	1476	0.116	1265 or BSCT dominates MOCE	353/QALY to BSCT dominates MOCE: range in sensitivity analysis

<sup>&</sup>lt;sup>4</sup> Some uncertainty over applicability of the economic study to the UK due to potential differences in healthcare settings. Effectiveness data sourced from Heather and colleagues' (2000) RCT based in England. Perspective of the department of Health and Ageing adopted. 5% discount rate used, which is not in keeping with NICE reference case. Sources of certain data, for example unit costs, not explicit.

<sup>&</sup>lt;sup>5</sup> This study reports QALYs. However, the source and methods of determining the utility data were not adequately described - the estimate of QALYs gained from the modelled cost-utility analysis was derived from a number of data sources with varying levels of error and uncertainty.

<sup>&</sup>lt;sup>6</sup> Converted from 2003 AUS\$ using a Purchasing Power Parity (PPP) exchange rate of 1.35(<u>www.oecd.org/std/ppp</u>) then inflated using HCHS indices (Curtis, 2009).

Mortimer & Segal, 2005 Australia	Potentially serious limitations <sup>7</sup>	Partially applicable <sup>8</sup>	Interventions: MET versus no further counselling after initial assessment and feedback/education	2299	0.116	1984 or MET dominates no further counselling	400/QALY to no further counselling dominates MET: range in sensitivity analysis
Mortimer & Segal, 2005 Australia	Potentially serious Limitations <sup>10</sup>	Partially applicable <sup>11</sup>	Interventions: Non-directive reflective listening (NDRL) versus. No further counselling after initial assessment and feedback/education	-	-	No further counselling dominates	590/QALY to no further counselling dominates NDRL: range in sensitivity analysis
UKATT, 2005 UK	Minor limitations	Directly applicable	MET versus SBNT. Inflated ICER above NICE threshold.	27912	0.0113	24 652	The CEACs for MET relative to SBNT demonstrated that the two therapies were equally cost effective. If decision makers are willing to pay nothing for an extra QALY gained then SBNT would be preferable to MET in 747 of the 1000 samples (that is, 514 samples where the health gains from MET have no value and 233 samples where SBNT dominates). If a cost of 100,000 per QALY is considered acceptable, then MET is preferable to SBNT in 662 of the 1000 samples. In the case where an additional QALY is valued at 30,000, MET has a 57.6% probability of being more cost effective than SBNT.

<sup>&</sup>lt;sup>7</sup> Some uncertainty over applicability of the study to the UK due to potential differences in populations. Effectiveness data sourced from RCT set in New Zealand by Sellman and colleagues (2001). Perspective of the department of Health and Ageing adopted. 5% discount rate used which is not in keeping with NICE reference case. Sources of certain data, for example, unit costs not explicit. <sup>8</sup> This study reports QALYs. However, the source and methods of determining the utility data was not adequately described.

<sup>&</sup>lt;sup>9</sup> Converted from 2003 AUS\$ using a Purchasing Power Parity (PPP) exchange rate of 1.35 (www.oecd.org/std/ppp) then inflated using HCHS indices (Curtis, 2009).

<sup>&</sup>lt;sup>10</sup> Some uncertainty over applicability of the study to the UK due to potential differences in populations. Effectiveness data sourced from RCT set in New Zealand by Selman et al. 2001. Perspective of the department of Health and Ageing adopted. 5% discount rate used which is not in keeping with NICE reference case. Sources of certain data e.g. Unit costs not explicit.

<sup>&</sup>lt;sup>11</sup> This study reports QALYs. However, the source and methods of determining the utility data was not adequately described.

<sup>&</sup>lt;sup>12</sup> 2000/1 UK pounds inflated using HCHS indices (Curtis, 2009).

#### **CBT versus CBT + naltrexone**

Study & country	Limitations	Applicability	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Walters, 2009	Potentially serious limitations <sup>13</sup>	Partially applicable <sup>14</sup>	-	Unable to calculate	Unable to calculate	Unable to calculate	No sensitivity analysis conducted. Highly uncertain results - when compared with other studies the results varied.

 <sup>&</sup>lt;sup>13</sup> Not a full economic evaluation
 <sup>14</sup> Healthcare setting limits its transferability as well as the costs used. The outcome measures also do not prove helpful from the NHS perspective. Appendix 18c