

1. Motivational Techniques

1.1 Motivational vs. control; Motivational vs. other intervention

Treatment types: Motivational Techniques:- motivational enhancement therapy with/without relapse prevention, drinker’s check-up, FRAMES (feedback, responsibility, advice, menu, empathy, self-efficacy)

Other:- broad spectrum treatment, CBT, TSF, non-directive reflective listening (counselling)

Control:- wait list control, information and referral, feedback

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting, Treatment Characteristics & Assessment Points
DAVIDSON2007 (USA)	Motivational vs. Other 1.Motivational Enhancement Therapy (MET) n=76 2.Broad Spectrum Treatment (BST) n=73	DSM-IV alcohol dependent Percent days abstinence approx 30. % heavy drinking days approx 63 Abstinent 3-21 days before treatment initiation Treatment goal = abstinence or drinking reduction	Continuous *Percentage days abstinent *Percentage days heavy drinking (>=4 drinks per single occasion for women; >=5 for men) Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment centre Treatment Characteristics MET: 4 monthly sessions. Session 1 lasted 90 minutes. The remaining 3 sessions lasted 30 minutes each. BST: Sessions one and two are MET sessions. Minimum of 8 sessions in total. The first four sessions are weekly. The remaining four are bi-weekly. The first session lasts 90 minutes. The remaining sessions last 60 minutes. **All participants also received Naltrexone for 12 weeks Assessment Points Post Treatment (3 months)

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<p>HESTER2005 (USA)</p>	<p>Motivational vs. Control</p> <p>1. Drinker's check-up (DCU) n=35</p> <p>2. Wait-List Control (CONT) n=26</p>	<p>Patients included with AUDIT score of 8+</p> <p>Baseline drinks/ drinking day from 5-8 across treatment groups</p> <p>Treatment Goal = abstinence or drinking reduction (moderation)</p>	<p>Continuous</p> <p>*Average Drinks per day (log transformed)</p> <p>*Drinks per drinking day (log transformed)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Computer based intervention</p> <p>Treatment Characteristics</p> <p>DCU: Computerised brief (one session) intervention</p> <p>Assessment Points</p> <p>1, 2, 12 month follow up</p>
<p>MATCH1997 (USA)</p>	<p>Motivational vs. Other</p> <p>1. Motivational Enhancement Therapy (MET) n=577</p> <p>2. Cognitive Behavioural Therapy (CBT) n=567</p> <p>3. Twelve Step Facilitation (TSF) n=582</p>	<p>DSM-III-R diagnosis of alcohol abuse or dependence. Alcohol as primary drug of abuse.</p> <p>Active drinking 3 months prior to treatment entrance.</p> <p>% days abstinent: approx 30%</p> <p>Drinks/ drinking day: approx 16 drinks</p> <p>Treatment Goal = abstinence or drinking reduction</p>	<p>Continuous</p> <p>*Percentage Days Abstinent</p> <p>* Drinks per drinking day</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient Clinical Research Unit</p> <p>Treatment Characteristics:</p> <p>12 week treatment</p>
<p>ROSENBLUM2005 b (USA)</p>	<p>Motivational vs. Control</p> <p>1. Motivational Enhancement Therapy + Relapse Prevention + information and referral (RPME) n=151</p> <p>2. Information & Referral Only (CONT) n=139</p>	<p>All DSM IV alcohol dependent/abuse</p> <p>Treatment Goal = drinking reduction</p>	<p>Continuous</p> <p>*Number of days any alcohol used</p> <p>*Number of days of heavy alcohol use (>4 drinks)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for</p>	<p>Setting</p> <p>Soup Kitchen</p> <p>Treatment Characteristics</p> <p>MET with relapse prevention: 3 sessions a week over 4 weeks held in small groups followed by 3 sessions per week for 12 weeks of CBT.</p> <p>Assessment Points</p>

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			any reason	5 months
SELLMAN2001 (New Zealand)	<p>Motivational vs. Other</p> <p>Motivational vs. Control</p> <p>1.Motivational Enhancement Therapy (MET) n=42</p> <p>2.Non-Directive Reflective Listening (NDRL) n=40</p> <p>3.No Further Treatment - control (CONT) n=40</p>	<p>All alcohol dependent (based on DSM-IV)</p> <p>Unequivocal heavy drinking 6+ times in the 6 months prior to treatment: 90.2%</p>	<p>Continuous</p> <p>*Exceeded national guidelines at least once</p> <p>* Exceeded national guidelines 6 or more times</p> <p>*Drank more than 10 standard drinks at least once</p> <p>*Drank more than 10 standard drinks six or more times</p> <p>Dichotomous</p> <p>*Number of participants lapsed</p> <p>*Number of participants relapsed</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>4 sessions in 6 week period</p> <p>Assessment Points</p> <p>6 month & 5 year follow-up</p>
SHAKESHAFT2002 (Australia)	<p>Motivational vs. Other</p> <p>1. FRAMES (feedback, responsibility, advice, menu, empathy, self-efficacy) n=147</p> <p>2.Cognitive Behaviour Therapy (CBT) n=148</p>	<p>Weekly consumption of approx 32 Australian units/week</p>	<p>Continuous</p> <p>*Drinks per week</p> <p>*Binge consumption:- occasions in prior 30 days where at least 7 (male) or 5 (female) drinks consumed</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Community based drug and alcohol counselling centre</p> <p>Treatment Characteristics</p> <p>FRAMES: 1 or more sessions with face-to-face counselling exceeding 90 minutes</p> <p>CBT: 6 consecutive weekly 45 minute sessions</p> <p>Assessment Points</p> <p>6 months</p>

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<p>SOBELL2002 (USA)</p>	<p>Motivational vs. Other</p> <p>1.Motivational Enhancement/ Personalized Feedback (MET) n=414</p> <p>2.Bibliotherapy/ Drinking Guidelines (PSYEDU) n=411</p>	<p>All alcohol abusers (drinking approximately 12 drinks/week and drinking 5 or more drinks on at least 5 days in the past year)</p>	<p>Continuous</p> <p>*Days drinking per week</p> <p>*Drinks per drinking day</p> <p>*Drinks per week</p> <p>*Days drinking >=5 drinks</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Community mail level intervention</p> <p>Treatment Characteristics</p> <p>Bibliotherapy: participants received alcohol information available to the general public.</p> <p>MET: participants received personalised advice feedback based on responses to an alcohol questionnaire.</p> <p>Assessment Points</p> <p>1 year follow-up</p>
<p>UKATT2005 (UK)</p>	<p>Motivational vs. Other</p> <p>1. Motivational Enhancement Therapy (MET) n=422</p> <p>2.Social Behaviour & Network Therapy (SBNT) n=320</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>Alcohol as clients' main problem</p> <p>Drank alcohol in the last 3 months</p> <p>Percent Days abstinent- 29.5%</p> <p>No. of drinks/ drinking day- 26.8</p> <p>Treatment Goal = abstinence or drinking reduction</p>	<p>Continuous</p> <p>*Number of drinks per drinking day</p> <p>Percentage days abstinent</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>*MET:- three 50 minute sessions over 8-12 weeks</p> <p>*SBNT: eight 50 minutes sessions over 8-12 weeks</p> <p>Assessment Points</p> <p>3, 12 month follow up</p>

2 Twelve-Step Facilitation (TSF)

2.1 TSF vs. other intervention; different formats of TSF

Treatment types: TSF:- TSF with/without counselling, intensive TSF, directive TSF, motivational TSF

Other:- cognitive behavioural therapy, brief relationship therapy, BCT, psychoeducational control, motivational enhancement therapy, coping skills

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting, Treatment Characteristics & Assessment Points
EASTON2007 (USA)	TSF vs. Other 1. Twelve-Step Facilitation (TSF) n=38 2. Cognitive Behavioural Therapy (CBT) n=40	DSM-IV alcohol dependent Approx 19 years of alcohol use. Days alcohol use in past 28: approx 6 Treatment Goal = drinking reduction	Continuous *Percent days abstinent Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient Substance Abuse Treatment Program Treatment Characteristics Weekly 90-min sessions over 12 weeks Group sessions had a maximum of 10 participants per group Assessment Points 12 weeks post treatment and 6 months
FALSSTEWART2005 (USA)	TSF vs. Other 1. Individual-Based Twelve- Step	DSM-IV alcohol dependent % days heavy drinking from	Continuous *Percentage days heavy drinking (>=6)	Setting

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	<p>Facilitation & Group Counselling (TSF) n=25</p> <p>2. Behavioural Couples Therapy & Group Counselling (BCT) n=25</p> <p>3. Brief Relationship Therapy & Group Counselling (BRT) n=25</p> <p>4. Psychoeducational Attention Control Treatment (PACT) n=25</p>	<p>56-59% across treatment groups.</p>	<p>standard drinks)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Outpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>PACT, BRT, IBT conditions: 18 sessions, 12 weeks, which included weekly 12-step oriented group sessions and condition specific treatment every other week</p> <p>BCT: 24 sessions (2 sessions per week) for 12 weeks; included 1 group therapy session and 1 BCT session</p> <p>All treatments: therapy groups = 90 mins, condition-specific treatment = 60 minutes</p> <p>Assessment Points</p> <p>Post-Treatment</p> <p>3, 6, 9, 12 months follow-up</p>
<p>FALSSTEWART2006 (USA)</p>	<p>TSF vs. Other</p> <p>1. Individual Based Twelve-Step Facilitation only (TSF) n=46</p> <p>2. Behavioral Couples Therapy & Individual-Based Treatment (BCT) n=46</p> <p>3. Psychoeducational Attention Control Treatment (PACT) n=46</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>% days abstinent from 40-44% across treatment groups</p> <p>Treatment Goal = abstinence</p>	<p>Continuous</p> <p>Percentage days abstinent (in last 90 days)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>BCT: 32 sessions, 12 of which were attended with the participant's partner. The remaining 20 sessions were individual 12-step facilitation.</p> <p>TSF: 32 individual 12-step facilitation sessions</p> <p>PACT: 20 sessions of individual treatment and 12 lectures on substance abuse which were attended with a partner</p> <p>All sessions were 60 minutes</p> <p>Assessment Points</p> <p>Post Treatment</p> <p>3, 6, 9, 12 month follow-up</p>

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MATCH 1997 (USA)	<p>TSF vs. Other</p> <p>1. Twelve Step Facilitation (TSF) n=582</p> <p>2. Motivational Enhancement Therapy (MET) n=577</p> <p>3. Cognitive Behavioural Therapy (CBT) n=567</p>	<p>DSM-III-R alcohol dependent/abuse</p> <p>Alcohol as primary drug of abuse.</p> <p>Active drinking 3 months prior to treatment entrance.</p> <p>% days abstinent: approx 30%</p> <p>Drinks/ drinking day: approx 16 drinks</p> <p>Treatment Goal = abstinence or drinking reduction</p>	<p>Continuous</p> <p>*Percentage Days Abstinent</p> <p>* Drinks per drinking day</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient clinical research unit</p> <p>Treatment Characteristics</p> <p>12 week treatment</p> <p>Assessment Points</p> <p>Post Treatment (3 month)</p> <p>6, 9, 12, 15 month follow-up</p>
TIMKO2008 (USA)	<p>Different formats of TSF</p> <p>1. Intensive TSF (I-TSF) n=181</p> <p>2. Standard TSF (S-TSF) n=164</p>	<p>Substance use disorder outpatients</p> <p>ASI alcohol score: approx 0.28</p>	<p>Continuous</p> <p>*Percent of participants Abstinent</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>Standard: patient given AA schedule and encouraged to attend sessions. Counsellors and patients reviewed relapse prevention, but treatment was more focused on psychoeducation.</p> <p>Intensive: Standard treatment plus active arrangement of AA meeting attendance by the counsellor. Participants were encouraged to keep an AA attendance journal.</p> <p>Assessment Points</p> <p>6 and 12 month follow-up</p>
WALITZER2009 (USA)	<p>TSF vs. Other</p> <p>Different formats of TSF</p> <p>1. Twelve-Step Facilitation-</p>	<p>Outpatient alcoholics.</p> <p>% days abstinent: 35.4</p>	<p>Continuous</p> <p>*Percent days abstinent</p>	<p>Setting</p> <p>Outpatient treatment centre</p>

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	Directive Approach & Coping Skills (TSFdire) n=53 2. Twelve-Step Facilitation Motivational Approach & Coping Skills (TSFmot) n=58 3. Coping Skills alone (CS) n=58	% days heavy drinking: 32.7 DrInC score= 41.3	*Percent days heavy drinking Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Treatment Characteristics 12 sessions (Initial session lasted 90 mins; subsequent sessions lasted 60 mins) with weekly encouragement to attend AA meetings. Assessment Points Post Treatment 3, 6, 9, 12 month follow-up
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2.2 Studies not included in meta-analyses but described in evidence summary

Study Characteristics & Reason for Exclusion	Treatment Characteristics
<p>KAHLER2004 (USA)</p> <p>Intensive vs. Brief TSF</p> <p>1. Brief TSF</p> <p>2. Motivational (intensive) TSF</p> <p>Reason for Exclusion from Meta-Analyses</p> <p>No available outcomes for inclusion in meta-analyses</p>	<p>Baseline characteristics</p> <p>*Current alcohol dependence diagnosis</p> <p>*Mean drinks per drinking ay: approx 23 drinks</p> <p>*Alcohol Dependence Scale score: approx 23</p> <p>*Percentage of days abstinent: approx 15%</p> <p>Setting:- Inpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>Brief TSF - 5-min session, describe AA, information leaflet</p> <p>Motivational TSF - manual-based, 60-min session, extensive discussion about merits of AA</p> <p>Assessment Points:- 1,3, 6 month follow-up</p>

3 Cognitive Behavioural Therapies

3.1 Cognitive Behavioural vs. TAU; Cognitive Behavioural vs. other intervention; different formats of cognitive behavioural therapies

Treatment types: Cognitive behavioural therapy:- individual CBT with/ without relapse prevention or MET, alcohol-focused coping skills, group CBT, broad spectrum treatment, group social skills training, communication skills training with/ without family therapy, cognitive behavioural mood management training, coping skills with/ without cue exposure or MET, relapse prevention with MET
 Other:- MET, TSF with/ without coping skills, counselling, BCT, psychodynamic therapy, cue exposure, FRAMES
 Control:- non-specific supportive therapy, TAU with a daily craving record, Information and referral

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
BURTSCHIEDT2001a (Germany)	Cognitive Behavioural vs. TAU Different formats of cognitive behavioural 1.Cognitive Behaviour Therapy (CBT) n=31 2.Coping Skills (CS) n=32 3. Non-Specific Supportive Therapy (TAU) n=40	DSM-III-R/ICD-10 alcohol dependent Consuming alcohol in an addictive manner for at least 6 months pre detoxification	Dichotomous *Attrition (if available): number of participants who have dropped out for any reason *Abstinent:- no subjective or objective (CDT<30 U/1) during last 6 months *Lapse/Improved:- in last 6 months no more than 3 drinking episodes lasting <1 week OR <30g (women or <60g (men) alcohol per day on a regular basis; no signs pathological drinking *Relapse:- >3 lapses or regular consumption of >30/60g alcohol per day; alcohol use disorder or in-patient treatment in last 6 months	Setting Outpatient treatment clinic Treatment Characteristics *CBT & CS: 100 minute sessions weekly for 26 weeks over the course of 6 months. Group sessions (max 6 participants) Assessment Points 6, 12, 18 and 24 month follow-up

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<p>MARQUES2001 (Brazil)</p>	<p>Different formats of cognitive behavioural</p> <p>1.Group Cognitive-Behavioural Psychotherapy (GR) n=78</p> <p>2.Individual Cognitive-Behavioural Psychotherapy (IND) n=77</p>	<p>DSM-III-R alcohol and/or drug dependent</p> <p>In the last 90 days: Number of drinking days- 49</p> <p>Number of heavy drinking days- 34.5 (sig. more drinking in group treatment than individual treatment group)</p> <p>Number of problem drinking days- 16.5 (significantly more drinking in group treatment than individual treatment group)</p> <p>Mean weekly consumption- 36.5 (sig. more drinking in group treatment than individual treatment group)</p> <p>SADD score abstinence/ moderate rates: 17%</p>	<p>Dichotomous</p> <p>*Number of heavy drinkers >20 drinks/week and >10% heavy days (> 5 drinks/occasion) in 90 days prior to assessment</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient drug dependence clinic</p> <p>Treatment Characteristics</p> <p>17 sessions over 8 months. There was one session/week in month 1-2, one session fortnightly in months3-5, and one session per month in the final 3 months.</p> <p>Group sessions had approximately seven participants.</p> <p>Assessment Points</p> <p>15 month follow up</p>
<p>CONNORS2001 (USA)</p>	<p>Cognitive Behavioural vs. Other</p> <p>Different formats of cognitive behavioural</p> <p>1.Alcohol-Focused Coping Skills & Life Skills (General Coping Skills) - NORMAL INTENSITY (AFCS+LS+NOR) n= 39</p> <p>2. Alcohol-Focused Coping Skills alone- MORE INTENSIVE & Psychoeducational (AFCS+PSY+INT) n= 41</p> <p>3. Alcohol-Focused Coping Skills & Life Skills (General Coping Skills) - MORE INTENSIVE (AFCS+LS+INT) n= 33</p>	<p>DSM-III-R lifetime alcohol dependence.</p> <p>Dependence- moderate: 66%</p> <p>Dependence- severe: 8.3</p> <p>Dependence- mild: 18.1</p> <p>Average monthly abstinence days: 10.1</p> <p>Light days: 6.1</p> <p>Moderate days: 8</p> <p>Heavy days: 5.7</p> <p>Treatment Goal = drinking reduction</p>	<p>Continuous</p> <p>Abstinent/Light (1-3 standard drinks) drinking days</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient Clinical Research Unit</p> <p>Treatment Characteristics</p> <p>All received: Coping Skills over 10 weekly 2 hour outpatient group (3-6 people) sessions and drinking-reduction training (13hrs)</p> <p>Divided (according to group):</p> <p>*Life Skills (general coping skills) (7hrs)</p> <p>*Psychoeducational (7hrs)</p> <p>*Booster sessions (more intensive) = 8 additional 90-min sessions at weeks 2, 4, 7, 10, 13, 16, 20, 24 post treatment</p>

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	4. Alcohol-Focused Coping Skills alone - NORMAL INTENSITY & Psychoeducational (AFCS+PSY+NOR) n= 31			Assessment Points 6,12, 18 month follow-up
DAVIDSON2007 (USA)	Cognitive Behavioural vs. Other 1. Broad Spectrum Treatment (BST) n=73 2. Motivational Enhancement Therapy (MET) n=76	DSM-IV alcohol dependent % days abstinence approx 30 % heavy drinking days approx 63 Abstinent 3-21 days before treatment initiation Treatment goal = abstinence or drinking reduction	Continuous *Percentage days abstinent *Percentage days heavy drinking (>=4 drinks per single occasion for women; >=5 for men) Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment centre Treatment Characteristics BST: Sessions one and two are MET sessions. Minimum of 8 sessions in total. The first four sessions are weekly. The remaining four are bi-weekly. The first session lasts 90 minutes. The remaining sessions last 60 minutes. MET: 4 monthly sessions. Session 1 lasted 90 minutes. The remaining 3 sessions lasted 30 minutes each. All participants also received Naltrexone for 12 weeks Assessment Points Post Treatment (3 months)
EASTON2007 (USA)	Cognitive Behavioural vs. Other 1. Cognitive Behavioural Therapy (CBT) n=40 2. Twelve-Step Facilitation (TSF) n=38	DSM-IV alcohol dependent Approx 19 years of alcohol use. Days alcohol use in past 28: approx 6 Treatment Goal = drinking reduction	Continuous *Percent days abstinent Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient substance abuse program Treatment Characteristics Weekly 90-min sessions over 12 weeks Group sessions had a maximum of 10

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				<p>participants per group</p> <p>Assessment Points</p> <p>12 weeks post treatment and 6 months</p>
<p>ERIKSEN1986 (Norway)</p>	<p>Cognitive Behavioural vs. Other</p> <p>1.Social Skills Training Group (CopSk) n=12</p> <p>2.Group Counselling (COUNS) n=12</p>	<p>A serious alcohol problem but no drug addiction.</p> <p>Previous alcoholism inpatient status: 66.7%</p> <p>No. of alcoholism inpatient treatments: 1.85</p> <p>Years of self-acknowledged problem drinking: 11.95</p> <p>Treatment Goal= sober days; reduced quantity of alcohol consumed</p>	<p>Continuous</p> <p>* Alcohol Consumption (cl pure alcohol)</p> <p>*Sober Days</p> <p>Over the previous 2 weeks</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment program</p> <p>Treatment Characteristics</p> <p>8 weekly 90 minute small group sessions</p> <p>Assessment Points</p> <p>12 month follow-up</p>
<p>LAM2009 (USA)</p>	<p>Cognitive Behavioural vs. Other</p> <p>1.Individual-Based Coping Skills (CS) N=10</p> <p>2.Behavioural Couples Therapy & Parental Skills Training (PSBCT) N=10</p> <p>3. Behavioural Couples Therapy (BCT) n=10</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>% days abstinent: approx 37</p>	<p>Continuous</p> <p>*Percentage Days Abstinent</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient Treatment Center</p> <p>Treatment Characteristics</p> <p>Two 60-min sessions/week for 12 weeks. Treatment consists of:</p> <p>12 standard individual treatment sessions plus 12 BCT sessions or 12 PSBCT sessions (included 6 BCT & parental-skills training) or 12 individual coping skills sessions</p>

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				<p>Assessment Points</p> <p>Post-treatment (3 months)</p> <p>6 & 12 month follow-up</p>
LITT2003 (USA)	<p>Cognitive Behavioural vs. Other</p> <p>1. Coping Skills (COPSK) n=69</p> <p>2.Group Counselling (COUNS) n=59</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>Drinking days 6 months prior to intake: 72%</p> <p>Prior alcohol treatments: 1.5</p> <p>Proportion days abstinent: 0.38</p> <p>Proportion heavy drinking days: 0.48</p>	<p>Continuous</p> <p>*Proportion Days Abstinent</p> <p>*Time to 1st drink (days)</p> <p>*Time to 1st Heavy drink (days)</p> <p>*Proportion days heavy drinking:- 6 for men, 4 for women, standard drinks – 0.5oz absolute alcohol – consumed in a 24-hr period)</p> <p>Proportion abstinent</p> <p>In last 90 days</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient clinical research unit</p> <p>Treatment Characteristics</p> <p>26 weekly 90 minute sessions</p> <p>Assessment Points</p> <p>3, 6, 9, 12, 15, 18 month follow-up</p>
LITT2009 (USA)	<p>Different formats of cognitive behavioural therapy</p> <p>1.Packaged CBT Program (PCBT) n=53</p> <p>2.individual Assessment Treatment Program (IATP) n=57</p>	<p>DSM-IV alcohol abuse or dependence.</p> <p>Proportion days abstinence: 0.19</p> <p>Proportion days heavy drinking: approx 0.59</p>	<p>Continuous</p> <p>*Proportion Days Abstinent</p> <p>*Proportion Days Heavy Drinking</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants</p>	<p>Setting</p> <p>Outpatient</p> <p>Treatment Characteristics</p> <p>12 weekly, 60 min out-patient sessions</p> <p>Assessment Points</p>

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			who have dropped out for any reason	Post Treatment (3 months)
MATCH1997 (USA)	<p>Cognitive Behavioural vs. Other</p> <p>1.Cognitive Behavioural Therapy (CBT) n=567</p> <p>2.Motivational Enhancement Therapy (MET) n=577</p> <p>3.Twelve Step Facilitation (TSF) n=582</p>	<p>DSM-III-R alcohol dependent/abuse</p> <p>Alcohol as primary drug of abuse.</p> <p>Active drinking 3 months prior to treatment entrance.</p> <p>% days abstinent: approx 30%</p> <p>Drinks/ drinking day: approx 16 drinks</p> <p>Treatment Goal = abstinence or drinking reduction</p>	<p>Continuous</p> <p>*Percentage Days Abstinent</p> <p>* Drinks per drinking day</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient clinical research unit</p> <p>Treatment Characteristics</p> <p>12 week treatment</p> <p>Assessment Points</p> <p>Post Treatment (3 month)</p> <p>6, 9, 12, 15 month follow-up</p>
MONTI1990 (USA)	<p>Different formats of cognitive behavioural therapy</p> <p>1.Communication Skills Training (CST) n=23</p> <p>2.Communication Skills Training with Family Therapy (CSTF) n=23</p> <p>3.Cognitive Behavioural Mood Management Training (CBMMT) n=23</p>	<p>DSM-III alcohol dependent</p> <p>% possible drinking days abstinent: approx 42</p> <p>% possible days drinking heavily: approx 46</p> <p>No. of drinks/ possible drinking day: 11</p> <p>No. of drinks/ actual drinking day: 18</p>	<p>Continuous</p> <p>*Percent days abstinent</p> <p>*Percentage heavy drinking days</p> <p>*Number of drinks per possible drinking day</p> <p>*Number of drinks per actual drinking days</p> <p>*Number of days to 1st drink</p> <p>*Number of days to 1st heavy drinking day</p> <p>All assessed for 'possible drinking days' - day not in in-patient treatment or prison</p> <p>Heavy drinking: ≥6 drinks per drinking day</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Inpatient VA medical centre</p> <p>Treatment Characteristics</p> <p>12 hours over 4 weeks</p> <p>All conditions included 28 day standard in-patient treatment</p> <p>Assessment Points</p> <p>6 month follow-up</p>

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<p>MONTI1993 (USA)</p>	<p>Cognitive Behavioural vs. TAU</p> <p>1.Cue Exposure & Coping Skills (CE+CS) n=22</p> <p>2.TAU & daily cravings recorded (TAU) n=18</p>	<p>DSM-III alcohol dependent, with heavy drinking the week prior to admission.</p> <p>ADS score: 20.7</p> <p>SMAST: 9.97</p> <p>TLFB: 12.1 drinks/drinking day, 47% days abstinent, 45% heavy drinking days.</p>	<p>Dichotomous</p> <p>*Number of Participants Lapsed</p> <p>*Number of Participants Relapsed (at least 6 standard drinks)</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Inpatient VA medical centre</p> <p>Treatment Characteristics</p> <p>CE+CS= 6 weekly 55 minute sessions for 2 weeks</p> <p>Assessment Points</p> <p>0-3 months, 3-6 months</p>
<p>MORGANSTERN 2007 (USA)</p>	<p>Cognitive Behavioural vs. Other</p> <p>1.Coping Skills & Motivational Enhancement Therapy (CS+MET) n=47</p> <p>2.Motivational Enhancement Therapy (MET) n=42</p>	<p>87.9%of participants met DSM-IV criteria for alcohol dependence.</p> <p>Average drinks per drinking day: 9.5</p> <p>Average drinks/day: 6.1</p> <p>Mean ADS score: 12.2</p> <p>Treatment Goal = drinking reduction</p>	<p>Continuous</p> <p>*Drinks per day</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient clinical research unit</p> <p>Treatment Characteristics</p> <p>CS+MET: 12 weekly sessions</p> <p>MET alone: 4 sessions delivered over 12 weeks</p> <p>Assessment Points</p> <p>6 weeks, post-treatment (3 months), 6 and 12 months</p>
<p>ROSENBLUM200 5a (USA)</p>	<p>Different formats of cognitive behavioural therapy</p> <p>1.Relapse Prevention (RP) n=114</p> <p>2.Relapse Prevention with Motivational enhancements (GMI) n=116</p>	<p>DSM-IV alcohol/drug dependent/ abuse.</p> <p>Days abstinent: 14</p> <p>ASI alcohol score: approx 0.47</p>	<p>Continuous</p> <p>*Percent Days Abstinent</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient clinical research unit</p> <p>Treatment Characteristics</p> <p>2 sessions per week for 10 weeks (20 sessions)</p> <p>All group sessions</p> <p>Assessment Points</p>

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				15 week follow-up
ROSENBLUM2005b (USA)	<p>Cognitive behavioural vs. Control</p> <p>1. Relapse Prevention & Motivational Enhancement Therapies – Service Outreach and recovery (RPME) n=151</p> <p>2. Information and Referral only (CONT) n=139</p>	DSM IV alcohol dependent/abuse	<p>Continuous</p> <p>*Number of days drank any alcohol</p> <p>*Days of heavy drinking (4oz liquor, 4 cups wine or 4 12oz bottles/cans beer, or more)</p> <p>In the past 30 days</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Soup Kitchen</p> <p>Treatment Characteristics</p> <p>MET with relapse prevention: 3 sessions a week over 4 weeks held in small groups followed by 3 sessions per week for 12 weeks of relapse prevention</p> <p>Assessment Points</p> <p>Post Treatment (5 months)</p>
SANDAHL1998 (Sweden)	<p>Cognitive Behavioural vs. Other</p> <p>1. Relapse Prevention (RP) n=24</p> <p>2. Time-limited Group Psychotherapy (psychodynamic therapy) (PSYDY) n=25</p>	<p>DSM-III-R alcohol dependent and antisocial personality disorder</p> <p>Decentiles on AVI: 4.3</p> <p>Duration of abuse: 11 years</p> <p>Age of onset of uncontrolled drinking: 36 years</p> <p>Reported morning drinking: 75.5%</p> <p>Treatment Goal = Drinking reduction</p>	<p>Continuous</p> <p>*Number of abstinent days</p> <p>*g.abs.alc/drinking day</p> <p>*Days>80g abs.alc</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>15 weekly 90 minute group sessions</p> <p>Assessment Points</p> <p>15 month follow-up</p>
SHAKESHAFT2002 (Australia)	<p>Cognitive Behavioural vs. Other</p> <p>1. Cognitive Behaviour Therapy (CBT) n=148</p> <p>2. FRAMES (feedback, responsibility, advice, menu, empathy, self-efficacy) n=147</p>	Weekly consumption of approx 32 Australian units/ week	<p>Continuous</p> <p>*Drinks per week</p> <p>*Binge consumption:- occasions in prior 30 days where at least 7 (male) or 5 (female) drinks consumed</p>	<p>Setting</p> <p>Community based drug and alcohol counselling centre</p> <p>Treatment Characteristics</p> <p>FRAMES: 1 or more sessions with face-to-</p>

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			<p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>face counselling exceeding 90 minutes</p> <p>CBT: 6 consecutive weekly 45 minute sessions</p> <p>Assessment Points</p> <p>6 month follow-up</p>
SITHARTHAN1997 (Australia)	<p>Cognitive Behavioural vs. Other</p> <p>1.Cognitive Behaviour Therapy (CBT) n=20</p> <p>2.Cue Exposure (CE) n=22</p>	<p>A score of ≥ 10 on the ICQ and < 30 on the SADQ-C.</p> <p>SADQ-C score: 18.81</p> <p>ICQ score: 13.05</p> <p>CDSSES score: 35.93</p> <p>Drinking days/ month: 20.2</p> <p>Consumption/ occasion: 8.82</p> <p>Treatment Goal= Moderation</p>	<p>Continuous</p> <p>*Drinking days per month</p> <p>*Number of standard drinks per occasion</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient</p> <p>Treatment Characteristics</p> <p>Group Treatment, six, 90 minute weekly sessions</p> <p>Assessment Points</p> <p>6 month follow-up</p>
VEDEL2008 (Netherlands)	<p>Cognitive Behavioural Therapy vs. Other</p> <p>1.Cognitive-Behavoiral Therapy (CBT) n=34</p> <p>2.Behavioural Couples Therapy (BCT) n=30</p>	<p>DSM-IV alcohol abuse or dependence.</p> <p>62% diagnosed as alcohol dependent.</p> <p>50% when drinking drank 7+ units.</p> <p>57% drank daily or nearly daily</p> <p>Treatment Goal = abstinence or controlled drinking (with guidelines)</p>	<p>Continuous</p> <p>*Units per week</p> <p>*Severe lapse (> 6 units per occasion)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>Both treatments 10 sessions over 5-6 month period</p> <p>*CBT:- 45-60 mins per session</p> <p>* BCT:- 90 mins per session</p> <p>Assessment Points</p> <p>Post-treatment</p> <p>6 month follow-up</p>

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WALITZER2009 (USA)	Cognitive Behavioural vs. Other 1. Coping Skills (CS) n=58 2. Twelve-Step Facilitation-Directive Approach & Coping Skills (TSFdire) n=58 3. Twelve-Step Facilitation Motivational Approach & Coping Skills	Outpatient alcoholics. % days abstinent: 35.4 % days heavy drinking: 32.7 DrInC score= 41.3	Continuous *Percent days abstinent *Percent days heavy drinking Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment centre Treatment Characteristics 12 sessions (Initial session lasted 90 mins; subsequent sessions lasted 60 mins) with weekly encouragement to attend AA meetings. Assessment Points Post Treatment 3, 6, 9, 12 month follow-up
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3.2 Studies not included in meta-analyses but described in evidence summary

Study Characteristics & Reason for Exclusion	Treatment Characteristics
KÄLLMÉN2003 Cognitive Behavioural vs. Control 1. Coping Skills 2. Control Reason for Exclusion from Meta-Analyses No available outcomes for inclusion in meta-analyses	Baseline characteristics *Grams of alcohol per week: 657 - 742g across groups Treatment Goal:- abstinence or drinking reduction/moderation Setting:- Outpatient clinical research unit Treatment Characteristics:- Six group meetings Assessment Points:- 6, 18 month follow-up

4 Behavioural Therapies

4.1 Behavioural vs. TAU or control; Behavioural vs. other intervention; different formats of behavioural therapy

Treatment types: Behavioural:- BSMT/ BSCT, moderation-oriented cue exposure, cue exposure with CBT, emotional cue exposure with CBT, cue exposure with coping skills

Other:-developmental counselling, CBT, behavioural couples therapy, alcohol focused spousal involvement

Control:- wait list control, treatment as usual

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
ALDEN1988 (Canada)	Behavioural vs. Control Behavioural vs. Other Treatment 1.Behavioural Self Management Training (BSMT) n=40 2.Developmental Counselling	Consuming more than 84 standard ethanol units/week (abstinent for the duration of the study) and had episodes of alcohol idiosyncratic intoxication according to DSM-III Treatment Goal= Moderation, abstinence later if desired	Continuous * Total Weekly Consumption (in 2 weeks prior)- standard drinks (1/2 oz ethanol) *Abstinent Days per Week * Controlled Days per week (≤ 3)	Setting Outpatient Clinical Research Unit Treatment Characteristics 12 weekly individual sessions

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	(COUNS) n=33 3.Waiting List Control (CONT) n=54		standard ethanol units) Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Assessment Points Post-treatment assessment and follow up points at 6 month, 1 year, 18 month and 2 years NOTE:- Alden(MOCEvsCOUNS)1988B is the follow up which includes participants whom were in the waiting list control
HEATHER2000 (UK)	Different formats of behavioural therapy 1.Moderation-Oriented Cue Exposure (MOCE) n=48 2.Behavioural Self-Control Training (BSCT) n=43	Individuals seeking help for alcohol problems. Drinks/drinking day: 19.96 % days abstinent: 19.14 SADQ-C score: 18.70 APQ score: 10.10 Treatment Goal= Moderation	Continuous *Number abstinent *Drinks per Drinking Day *% days abstinent (in last 2 months) Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient Clinical Research Unit Treatment Characteristics MOCE=90 min sessions BSCT=60 minute sessions Assessment Points Post-treatment 6 month follow-up
KAVANAGH2005 (Australia)	Different formats of behavioural therapy 1.Cue Exposure + CBT (CE) n=52	DSM-IV criteria for alcohol abuse or dependence. Weekly alcohol consumption: 40.4 (men), 33.6 (women). Sig. difference.	Continuous *Number of drinks per week Dichotomous *Attrition (if available): number of	Setting Outpatient Clinical Research Unit Treatment Characteristics

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	<p>2. Emotional Cue Exposure + CBT (ECE) n=56</p> <p>3. CBT alone (CBT) n=55</p>	<p>AUDIT score: 28.7 (men), 27.7 (women)</p> <p>SADQ-C score: 14.9 (men), 12.5 (women)</p> <p>Treatment Goal= Moderation</p>	<p>participants who have dropped out for any reason</p>	<p>8 weekly 75 minute sessions over 10 weeks</p> <p>Assessment Points</p> <p>Post-treatment</p> <p>3,6, 9 & 12 month follow-up</p>
<p>MONTI1993 (USA)</p>	<p>Behavioural. vs. Control</p> <p>1. Cue Exposure & Coping Skills (CE+CS) n=22</p> <p>2. Control (TAU & daily cravings recorded) (TAU) n=18</p>	<p>DSM-III criteria for alcohol dependence, with heavy drinking the week prior to admission.</p> <p>ADS score: 20.7</p> <p>SMAST: 9.97</p> <p>TLFB: 12.1 drinks/ drinking day, 47% days abstinent, 45% heavy drinking days.</p>	<p>Dichotomous</p> <p>*Number of Participants Lapsed</p> <p>*Number of Participants Relapsed (at least 6 standard drinks)</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Inpatient VA medical centre</p> <p>Treatment Characteristics</p> <p>CE+CS= 6 weekly 55 minute sessions for 2 weeks</p> <p>Assessment Points</p> <p>0-3 months, 3-6 months</p>
<p>SITHARTHANI 997 (Australia)</p>	<p>Behavioural vs. Other</p> <p>1. Cue Exposure (CE) n=22</p> <p>2. Cognitive Behavioural Therapy (CBT) n=22</p>	<p>A score of ≥ 10 on the ICQ and < 30 on the SADQ-C.</p> <p>SADQ-C score: 18.81</p> <p>ICQ score: 13.05</p> <p>CDSSES score: 35.93</p> <p>Drinking days/ month: 20.2</p> <p>Consumption/ occasion: 8.82</p> <p>Treatment Goal= Moderation</p>	<p>Continuous</p> <p>*Drinking days per month</p> <p>*Number of standard drinks per occasion</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient</p> <p>Treatment Characteristics</p> <p>Group Treatment, six, 90 minute weekly sessions</p> <p>Assessment Points</p> <p>6 month follow-up</p>
<p>WALITZER2004 (USA)</p>	<p>Behavioural vs. Other</p> <p>1. Behavioural Self-Management (BSM) n=22</p> <p>2. Behavioural Couples Therapy & Alcohol-Focused Spousal</p>	<p>Abstinent days/ month: 11.0</p> <p>Frequency of >6 drinks/ drinking period: 5.1 days/month</p> <p>ADS score: 8.4.</p>	<p>Continuous</p> <p>*Abstinent/Light (0-3) drinking days per month</p> <p>*Heavy(>6) drinking days per month</p>	<p>Setting</p> <p>Outpatient Clinical Research Unit</p> <p>Treatment Characteristics</p>

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	Involvement (BCT) n=21 3. Alcohol Focused Spousal Involvement (AFSI) n=21	85% had low level alcohol dependence and 15% had moderate levels Treatment Goal = drinking reduction	Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Group treatment, 10 weekly, 2 hour sessions Assessment Points Post-treatment 3, 6, 9 & 12 month follow-ups
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5 Social Network and Environment Based Therapies

5.1 Soc/Net Therapy vs. control; Soc/Net Therapy vs. other intervention

Treatment types: Soc/Net therapy:- volunteer support, network support with/without contingency management, social behaviour and network therapy

Other: Office based intervention (no direct support), motivational enhancement therapy

Control:- Case management

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
LEIGH1999 (Canada)	Soc/Net Therapy vs. Other 1. Volunteer Support (VS) n=92 2. Office-Based (OB) n=101	Outpatient alcoholics drinking 5.5 days per week. Drinks/week ranged from 73.5-89.2 Treatment goal = abstinence or drinking reduction	Continuous *Number of drinking days *Mean quantity/day Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment centre Treatment Characteristics All clients attended eight 1-hour sessions over 16 weeks *VS condition – volunteer part of all but first session; 4-6 hrs per week with participant in their community Assessment Points 1, 6, 12 month follow-up
LITT2007	Soc/Net Therapy vs.	DSM-IV alcohol dependent/ abuse	Continuous	Setting

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(USA)	<p>Control</p> <p>1. Network Support & Contingency Management (NS+CM) n=70</p> <p>2. Network Support only (NS) n=71</p> <p>3. Case Management (CONT) n=69</p>	<p>Drinking days in past 3 months: 72%</p> <p>Prior treatments for alcohol dependence: 1.3</p>	<p>* Proportion days abstinent</p> <p>*Drinks per drinking day (previous 90 days)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>12 weekly 60 minute sessions</p> <p>CM: rewards for a negative urine sample</p> <p>Assessment Points</p> <p>Post-treatment (3 months)</p> <p>6, 9, 12, 15, 18, 21, 24, 27 month follow-up</p>
UKATT2005 (UK)	<p>Soc/Net Therapy vs. Other</p> <p>1. Social Behaviour & Network Therapy (SBNT) n=320</p> <p>2. Motivational Enhancement Therapy (MET) n=422</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>Alcohol as clients' main problem</p> <p>Drank alcohol in the last 3 months</p> <p>Percent Days abstinent- 29.5%</p> <p>No. of drinks/drinking day- 26.8</p> <p>Treatment Goal = abstinence or drinking reduction</p>	<p>Continuous</p> <p>*Number of drinks per drinking day</p> <p>Percentage days abstinent</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>*MET:- three 50 minute sessions over 8-12 weeks</p> <p>*SBNT: eight 50 minutes sessions over 8-12 weeks</p> <p>Assessment Points</p> <p>3, 12 month follow up</p>

6 Couples therapy

6.1 Couples therapy vs. other intervention; behavioural couples therapy (BCT) vs. other couples therapy; intensive vs. brief couples therapy; parental skills & BCT vs. BCT alone

Treatment type: Couples therapy:- behavioural couples therapy with or without group counselling/ individual based treatment/ parenting skills, brief relationship therapy, behavioural marital therapy, directed social support, natural social support, alcohol focused spousal involvement
 Other:- TSF, psychoeducational intervention, coping skills, counselling, CBT, behavioural self-management training

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Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
FALSSTEWART2005 (USA)	<p>Couples Therapy vs. Other</p> <p>BCT vs. Other Couples Therapy</p> <p>Intensive vs. Brief Couples Therapy</p> <p>1. Behavioural Couples Therapy (Plus Group Counselling) (BCT) n=25</p> <p>2. Brief Relationship Therapy (Plus Group Counselling) (BRT) n=25</p> <p>3. Individual-Based Treatment (Twelve-Step Facilitation & Group Counselling) (TSF) n=25</p> <p>4. Psychoeducational Attention Control Treatment (PSYEDU) n=25</p>	<p>% days heavy drinking from 56-59% across treatment groups.</p> <p>All DSM-IV diagnosed alcohol dependent</p>	<p>Continuous</p> <p>*Percentage days heavy drinking (>=6 standard drinks)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>PACT, BRT, IBT conditions: 18 sessions, 12 weeks, which included weekly 12-step oriented group sessions and condition specific treatment every other week</p> <p>BCT: 24 sessions (2 sessions per week) for 12 weeks; included 1 group therapy session and 1 BCT session</p> <p>All treatments: therapy groups = 90 mins, condition-specific treatment = 60 minutes</p> <p>Assessment Points</p> <p>Post-Treatment</p> <p>3, 6, 9, 12 months follow-up</p>
FALSSTEWART2006 (USA)	<p>Couples Therapy vs. Other</p> <p>1. Behavioral Couples Therapy & Individual-Based Treatment (BCT) n=46</p> <p>2. Individual Based Treatment Only (Twelve-Step Facilitation) (TSF) n=46</p> <p>3. Psychoeducational Attention Control Treatment (PACT) n=46</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>% days abstinent from 40-44% across treatment groups</p> <p>Treatment Goal = abstinence</p>	<p>Continuous</p> <p>Percentage days abstinent (in last 90 days)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>BCT: 32 sessions, 12 of which were attended with the participant's partner. The remaining 20 sessions were individual 12-step facilitation.</p> <p>TSF: 32 individual 12-step facilitation sessions</p> <p>PACT: 20 sessions of individual treatment and 12 lectures on substance abuse which were attended with a partner</p> <p>All sessions were 60 minutes</p>

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				<p>Assessment Points</p> <p>Post Treatment</p> <p>3, 6, 9, 12 month follow-up</p>
LAM2009 (USA)	<p>Parental Skills & BCT vs. BCT alone</p> <p>Couples Therapy vs. Other</p> <p>1. Behavioural Couples Therapy & Parental Skills Training (PSBCT) n=10</p> <p>2. Behavioural Couples Therapy (BCT) n=10</p> <p>2. Individual-Based Therapy (Coping Skills) (CS) n=10</p>	<p>DSM-IV alcohol abuse or dependence.</p> <p>% days abstinent: approx 37</p>	<p>Continuous</p> <p>*Percentage Days Abstinent</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient Treatment Centre</p> <p>Treatment Characteristics</p> <p>Two 60-min sessions/ week for 12 weeks. Treatment consists of:</p> <p>12 standard individual treatment sessions plus 12 BCT sessions or 12 PSBCT sessions (included 6 BCT & parental-skills training) or 12 individual coping skills sessions</p> <p>Assessment Points</p> <p>Post-treatment (3 months)</p> <p>6 & 12 month follow-up</p>
OFARRELL1992 (USA)	<p>Couples Therapy vs. Other</p> <p>BCT vs. Other Couples Therapy</p> <p>1. Interactional Couples Therapy (ICT) n=12</p> <p>2. Behavioural Marital Therapy (BCT) n=10</p> <p>3. Counselling (COUNS) n=12</p>	<p>Alcohol Use Disorder documented by a score of seven or greater on the Michigan Alcoholism Screening Test</p> <p>Years of problem drinking: 15.79</p> <p>Previous alcohol hospitalisations: 2.09</p> <p>Treatment goal = abstinence</p>	<p>Continuous</p> <p>Percent days abstinent (in last 4 months)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient VA treatment centre</p> <p>Treatment Characteristics</p> <p>10 weekly 2-hr sessions</p> <p>Counselling was individual</p> <p>Assessment Points</p> <p>Post-treatment</p> <p>2, 6, 12, 18, 24 month follow-up</p>
SOBELL2000	<p>1. Directed Social Support (DS) n=28</p>	<p>Primary alcohol problem.</p>	<p>Continuous</p>	<p>Setting</p>

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(Canada)	2.Natural Social Support (NS) n=28	<p>ADS score: 12.6</p> <p>1 year pre-treatment:</p> <p>Days abstinent- approx 0.22</p> <p>Days drinking 1-4 drinks- approx 0.35</p> <p>Days drinking 5-9 drink- 0.32</p> <p>Days drinking 10+ drinks- 0.12</p> <p>Mean no. drinks/ drinking day- approx 6</p> <p>Treatment Goal = clients with medical contraindications of drinking = abstinence; others could choose a moderation (with guidelines - see paper)</p>	<p>*Proportion of days abstinent</p> <p>*Proportion of days 1-4 drinks (light drinking)</p> <p>*Proportion of days 5-9 drinks (moderate drinking)</p> <p>*Proportion of days >=10 drinks (heavy drinking)</p> <p>*Drinks per drinking day</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Outpatient Clinical Research Unit</p> <p>Treatment Characteristics</p> <p>*In both groups participant received four 60 minute sessions of guided self-change program</p> <p>*Spouse received two 90-min sessions which differed by treatment condition</p> <p>Assessment Points</p> <p>12 month follow-up</p>
VEDEL2008 (Netherlands)	<p>Couples Therapy vs. Other</p> <p>1.Behavioural Couples Therapy (BCT) n=30</p> <p>2.Cognitive-Behavoiral Therapy (CBT) n=34</p>	<p>DSM-IV alcohol abuse or dependence.</p> <p>62% diagnosed as alcohol dependent.</p> <p>50% when drinking drank 7+ units.</p> <p>57% drank daily or nearly daily</p> <p>Treatment Goal = abstinence or controlled drinking (with guidelines)</p>	<p>Continuous</p> <p>*Units per week</p> <p>*Severe lapse (>6 units per occasion)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>Both treatments 10 sessions over 5-6 month period</p> <p>*CBT:- 45-60 mins per session</p> <p>* BCT:- 90 mins per session</p> <p>Assessment Points</p> <p>Post-treatment</p>

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				6 month follow-up
<p>WALITZER2004 (USA)</p>	<p>Couples Therapy vs. Other BCT vs. Other Couples Therapy</p> <p>1. Behavioural Couples Therapy & Alcohol-Focused Spousal Involvement (BCT) n=21</p> <p>2. Alcohol Focused Spousal Involvement (AFSI) n=21</p> <p>3. Behavioural Self-Management (BSM) n=22</p>	<p>Abstinent days/ month: 11.0</p> <p>Frequency of >6 drinks/ drinking period/ month: 5.1</p> <p>85% had low level alcohol dependence and 15% had moderate levels</p> <p>Treatment Goal = drinking reduction</p>	<p>Continuous</p> <p>*Abstinent/Light (0-3) drinking days per month</p> <p>*Heavy(>6) drinking days per month</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient Clinical Research Unit</p> <p>Treatment Characteristics</p> <p>Group treatment, 10 weekly, 2 hour sessions</p> <p>Assessment Points</p> <p>Post-treatment</p> <p>3, 6, 9 & 12 month follow-ups</p>
<p>ZWEBEN1988 (Canada)</p>	<p>Intensive vs. Brief Couples Therapy</p> <p>1. Conjoint Therapy (CT-8) n=70</p> <p>2. Advice Counselling (couples counselling) (CCoun1) n=46</p>	<p>ADS scale:8.4</p> <p>In the past year:</p> <p>44% heavy drinking</p> <p>36.5% abstinent</p> <p>MAST score approx 20</p> <p>Treatment goal = abstinence or moderate drinking</p>	<p>Continuous</p> <p>*Percent days abstinent</p> <p>*Percent days moderate drinking</p> <p>*Percent days heavy drinking</p> <p>Moderate drinking = 1-4 standard drinks/day</p> <p>Heavy drinking = 5 or more standard drinks/ day</p> <p>Standard drink = 0.6oz ethanol (1.5oz whiskey, 12oz beer, 3.5 fortified wine, 5oz wine)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>CT: 8 outpatient sessions</p> <p>CCoun1: one session, 1.5 hrs</p> <p>Assessment Points</p> <p>1, 2, 6, 12, 18 month follow-up</p>

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6.2 Studies not included in meta-analyses but described in evidence summary

Study Characteristics & Reason for Exclusion	Treatment Characteristics
<p>MCCRADY2009</p> <p>Couple Therapy vs. Other Intervention</p> <p>1. Behavioral Couples Therapy</p> <p>2. Individually Based Coping Skills</p> <p>Reason for Exclusion from Meta-Analyses</p> <p>Research Assistants collecting data not blinded to treatment allocation</p>	<p>Baseline characteristics</p> <p>*DSM-IV alcohol dependent/abuse</p> <p>*Percentage days heavy drinking: approx 57%</p> <p>*Percentage days abstinent: approx 33%</p> <p>Setting:- Outpatient clinical research unit</p> <p>Treatment Goal:- Abstinence</p> <p>Assessment Point:- Telephone (3, 9 & 15 month follow-up); In person interview (6, 12, 18 month follow-up)</p>

7 Contingency Management (CM)

7.1 CM vs. control; CM vs. TAU; CM vs. other intervention

Treatment types: CM:- CM plus standard treatment or network support

Other:- Network support

Control: Standard treatment, case management

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
ALESSI2007 (USA)	<p>Contingency Management vs. TAU</p> <p>1. CM plus Standard Treatment and monitoring (CM) n=46</p> <p>2. Standard Treatment plus monitoring (TAU) n=57</p>	<p>Current DSM-IV alcohol dependent/abuse</p> <p>Past year DSM alcohol dependent/abuse (with or without other substance abuse): 62.2% participants</p> <p>Past year DSM alcohol abuse or dependence only:</p>	<p>Continuous</p> <p>* Proportion days abstinent</p> <p>*Drinks per drinking day (previous 90 days)</p> <p>Dichotomous</p>	<p>Setting</p> <p>Outpatient treatment program</p> <p>Treatment Characteristics</p> <p>Standard Treatment: 12 weeks intensive outpatient treatment</p> <p>CM: rewards for attendance and negative urine samples</p>

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		7.85% participants Treatment goal = abstinence	*Attrition (if available): number of participants who have dropped out for any reason	Assessment Points Post-treatment
LIT2007 (USA)	Contingency Management vs. Control Contingency Management vs. Other 1. CM & Network Support (CM+NS) n=70 2. Network Support only (NS) n=71 3. Case Management (CONT) n=69	DSM-IV alcohol dependent/ abuse Drinking days in past 3 months: 72% Prior treatments for alcohol dependence: 1.3	Continuous * Proportion days abstinent *Drinks per drinking day (previous 90 days) Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment centre Treatment Characteristics 12 weekly 60 minute sessions CM: rewards for a negative urine sample Assessment Points Post-treatment (3 months) 6, 9, 12, 15, 18, 21, 24, 27 month follow-up
PETRY2000 (USA)	Contingency Management vs. TAU 1. CM & Standard Treatment (CM) n=19 2. Standard Treatment alone (TAU) n=23	DSM-IV alcohol dependent Years of alcohol dependence: 23.5 years Treatment goal = abstinence	Dichotomous *Relapsed to heavy drinking *Lapsed (non-abstinent) *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient VA treatment Centre Treatment Characteristics Standard Care: 4 week intensive outpatient day program followed by aftercare CM: Rewards for negative samples (warned during treatment and aftercare) Total = 8 weeks Assessment Points Post-treatment

8 Counselling

8.1 Counselling vs. other intervention; counselling vs. control (no active treatment)

Treatment types: Counselling:- Individual or group counselling, non-directive reflective listening

Other:- Social skills training, multi-modal treatment, coping skills, interactional couples' therapy, behavioural marital therapy, motivational enhancement therapy

Control:- Feedback only

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
ERIKSEN1986 (Norway)	Counselling vs. Other 1.Counselling (group) (COUNS) n=12 2.Social Skills Training Group (CopSk) n=12	A serious alcohol problem but no drug addiction. Previous alcoholism inpatient status: 66.7% No. of alcoholism inpatient treatments: 1.85 Years of self-acknowledged problem drinking: 11.95 Treatment Goal = sober days; reduced quantity of alcohol consumed	Continuous * Alcohol Consumption (cl pure alcohol) *Sober Days Over the previous 2 weeks Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment program Treatment Characteristics 8 weekly 90 minute small group sessions Assessment Points 12 month follow-up
JOHN2003 (Germany)	Counselling vs. Other 1.Individual Counselling (COUNS) n=161 2.Multi-Modal Treatment (MM) n=161	ICD-10 alcohol dependent Treatment Goal = abstinence	Dichotomous *Number Abstinent (converted to lapse) *Number Drank Alcohol (lapse) *Attrition (if available): number of participants who have dropped out for any reason	Setting Inpatient Psychiatric Hospital Treatment Characteristics Individual: Three 40 minute sessions Group:- Nine 90 minutes sessions within a 14-day standardised treatment programme followed by 4 outpatient group session

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				<p>Assessment Points</p> <p>1-6, 7-12 months</p>
LITT2003 (USA)	<p>Counselling vs. Other</p> <p>1.CBT with an interactional focus (group counselling) (COUNS) n=59</p> <p>2.CBT with a coping skills focus (CopSk) n=69</p>	<p>DSM-IV Met alcohol dependent/abuse</p> <p>Drinking days 6 months prior to intake: 72%</p> <p>Prior alcohol treatments: 1.5</p> <p>Proportion days abstinent: 0.38</p> <p>Proportion heavy drinking days: 0.48</p>	<p>Continuous</p> <p>*Proportion Days Abstinent</p> <p>*Time to 1st drink (days)</p> <p>*Time to 1st Heavy drink (days)</p> <p>*Proportion days heavy drinking (6 (4 for a woman) standard drinks – 0.5oz absolute alcohol – consumed in a 24-hr period)</p> <p>Proportion abstinent</p> <p>In last 90 days</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient Clinical Research Unit</p> <p>Treatment Characteristics</p> <p>26 weekly 90 minute sessions</p> <p>Assessment Points</p> <p>3, 6, 9, 12, 15, 18 month follow-up</p>
OFARRELL1992 (USA)	<p>Counselling vs. Other</p> <p>1.Individual counselling (COUNS) n=12</p> <p>2.Interactional Couples Therapy group (ICT) n=12</p> <p>3.Behavioural Marital Therapy (BCT) n=10</p>	<p>Alcohol Use Disorder documented by a score of seven or greater on the Michigan Alcoholism Screening Test</p> <p>Years of problem drinking: 15.79</p> <p>Previous alcohol hospitalisations: 2.09</p>	<p>Continuous</p> <p>Percent days abstinent (in last 4 months)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient VA treatment centre</p> <p>Treatment Characteristics</p> <p>10 weekly 2-hr sessions</p> <p>Counselling was individual</p> <p>Assessment Points</p> <p>Post-treatment</p> <p>2, 6, 12, 18, 24 month follow-up</p>
SELLMAN2001	Counselling vs. Other	All alcohol dependent (based on	Continuous	Setting

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(New Zealand)	<p>Counselling vs. Control</p> <p>1.Non-Directive Reflective Listening (Counselling) (NDRL) n=40</p> <p>2.Motivational Enhancement Therapy (MET) n=42</p> <p>3.No Further Treatment (feedback only) (CONT) n=40</p>	<p>DSM-IV)</p> <p>Unequivocal heavy drinking 6+ times in the 6 months prior to treatment: 90.2%</p>	<p>*Exceeded national guidelines at least once</p> <p>* Exceeded national guidelines 6 or more times</p> <p>*Drank more than 10 standard drinks at least once</p> <p>*Drank more than 10 standard drinks six or more times</p> <p>Dichotomous</p> <p>*Number of participants lapsed</p> <p>*Number of participants relapsed</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Outpatient treatment centre</p> <p>Treatment Characteristics</p> <p>4 sessions in 6 week period</p> <p>Assessment Points</p> <p>6 month & 5 year follow-up</p>
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9 Psychodynamic Therapy

9.1 Psychodynamic vs. other intervention

Treatment types: Psychodynamic:- Time-limited group psychotherapy

Other:- Relapse prevention

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
SANDAHL1998 (Sweden)	<p>1.Time-limited Group Psychotherapy (PSYDY) n=25</p> <p>2.Relapse Prevention (RP) n=24</p>	<p>DSM-III-R alcohol dependent and antisocial personality disorder</p> <p>Decentiles on AVI: 4.3</p> <p>Duration of abuse: 11 years</p> <p>Age of onset of uncontrolled drinking: 36</p>	<p>Continuous</p> <p>*Number of abstinent days</p> <p>*g.abs.alc/drinking day</p> <p>*Days>80g abs.alc</p>	<p>Setting</p> <p>Outpatient alcohol treatment clinic</p> <p>Treatment Characteristics</p> <p>15 weekly 90 minute group sessions</p>

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		years Reported morning drinking: 75.5% Treatment Goal = Drinking reduction	Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Assessment Points 15 month follow-up
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10 Multi-Modal Treatment

10.1 Multi-Modal vs. Other intervention

Treatment types: Multi-modal:- Standard multi-modal outpatient treatment

Other:- Psychoeducational intervention, individual counselling

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
DAVIS2002 (USA)	Multi-Modal vs. Other 1. Standard Multi-Modal Outpatient Treatment (MM) n=53 2. Psychoeducational (PSYCHEDU) n=52	DSM-III alcohol dependent/abuse *Days Drinking approx 110 days/6 months Treatment Goal = drinking reduction	Continuous *Days drinking *Amount (oz./day) *Length of Sobriety (months) Over last 6 months Dichotomous *Number participants non- abstinent *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment clinic Treatment Characteristics Standard Multi-dimensional outpatient treatment:- 3 week orientation (6 group therapy sessions, 3 alcohol education sessions, 3 leisure education sessions, 3 community meetings, minimum 6 AA meetings). Treatment period lasted 6 months Psychoeducational: 13 films each shown twice over a 26 week period (once a week in a group setting with no discussion) Assessment Points Post-Treatment (at 6 months)
JOHN2003	Multi-Modal vs. Other	ICD-10 alcohol	Dichotomous	Setting

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(Germany)	1.Multi-Modal Treatment (MM) n=161 2.Individual Counselling (COUN) n=161	dependent Treatment Goal = abstinence	*Number Abstinent (converted to lapse) *Number Drank Alcohol (lapse) *Attrition (if available): number of participants who have dropped out for any reason	Inpatient Psychiatric Hospital Treatment Characteristics Individual: Three 40 minute sessions Group:- Nine 90 minutes sessions within a 14-day standardised treatment programme followed by 4 outpatient group session Assessment Points 1-6, 7-12 months
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11 Self-Help Based Treatment

11.1 Different formats of self-help

Treatment types: Guided self-change, self-help manual (non-guided)

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
ANDREASSON2002 (Sweden)	Different formats of self-help 1.Guided Self-Change (GSC) n=46 2.Advice Only & Self-Help Manual (SHM) n=47	SADD questionnaire score: 12.1 indicates a medium level of dependence	Continuous *Number of standard drinks per week *Drinks per drinking day In the last 90 days 1 standard rink = 12g alcohol Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient treatment clinic Treatment Characteristics GSC:- 1 assessment session, 4 treatment sessions, 2 follow-up telephone calls; brief cognitive-behavioural/ motivational enhancement therapy SHM:- 1 assessment session, 1 session feedback/ advice, 24-page self-help manual Assessment Points 9 & 23 month follow-up

12 Psychoeducational Intervention

12.1 Psychoeducational vs. other intervention

Treatment types: Psychoeducational:- psychoeducational with alcohol-focused coping skills & life skills, psychoeducational attention control treatment, bibliotherapy/drinking guidelines

Other:- general coping skills, standard multi-modal outpatient treatment, behavioural couples therapy, brief relationship therapy, TSF with group counselling

Study (Country)	Treatment Conditions (Forest Plot Labelling) & Number of Participants	Baseline characteristics & Treatment Goal	Outcomes	Setting & Treatment Characteristics
CONNORS2001 (USA)	Psychoeducational vs. Other 1. Alcohol-Focused Coping Skills alone - NORMAL INTENSITY & Psychoeducational (PSYnorLS) n=31 2. Alcohol-Focused Coping Skills alone- MORE INTENSIVE & Psychoeducational (PSYintLS) n=41 3. Alcohol-Focused Coping Skills & Life Skills (General Coping Skills) - NORMAL INTENSITY n=39 4. Alcohol-Focused Coping Skills & Life Skills (General Coping Skills) - MORE INTENSIVE n=33	DSM-III-R lifetime diagnoses. Dependence- moderate: 66% Dependence- severe: 8.3 Dependence- mild: 18.1 Average monthly abstinence days: 10.1 Light days: 6.1 Moderate days: 8 Heavy days: 5.7 Treatment Goal = drinking reduction	Continuous Abstinent/Light (1-3 standard drinks) drinking days Dichotomous *Attrition (if available): number of participants who have dropped out for any reason	Setting Outpatient Clinical Research Unit Treatment Characteristics All received: Coping Skills over 10 weekly 2 hour outpatient group (3-6 people) sessions and drinking-reduction training (13hrs) Divided (according to group): *Life Skills (general coping skills) (7hrs) *Psychoeducational (7hrs) *Booster sessions (more intensive) = 8 additional 90-min sessions at weeks 2, 4, 7, 10, 13, 16, 20, 24 post treatment. Assessment Points 6,12, 18 month follow-up
DAVIS2002 (USA)	Psychoeducational vs. Other 1. Psychoeducational (PSYCHEDU) n=52 2. Standard Multi-Modal Outpatient	DSM-III alcohol dependent/abuse *Days Drinking approx 110 days/6 months	Continuous *Days drinking	Setting Outpatient treatment clinic

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	Treatment (MM) n=53	Treatment Goal = drinking reduction	<p>*Amount (oz./day)</p> <p>*Length of Sobriety (months)</p> <p>Over last 6 months</p> <p>Dichotomous</p> <p>*Number participants non- abstinent</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Treatment Characteristics</p> <p>Standard Multi-dimensional outpatient treatment:- 3 week orientation (6 group therapy sessions, 3 alcohol education sessions, 3 leisure education sessions, 3 community meetings, minimum 6 AA meetings). Treatment period lasted 6 months</p> <p>Psychoeducational: 13 films each shown twice over a 26 week period (once a week in a group setting with no discussion)</p> <p>Assessment Points</p> <p>Post-Treatment (at 6 months)</p>
FALSSTEWART2005 (USA)	<p>Psychoeducational vs. Other</p> <p>1.Psychoeducational Attention Control Treatment (PSYEDU) n=25</p> <p>2. Behavioural Couples Therapy (Plus Group Counselling) (BCT) n=25</p> <p>3.Brief Relationship Therapy (Plus Group Counselling) (BRT) n=25</p> <p>4.Individual-Based Treatment (Twelve-Step Facilitation & Group Counselling) (TSF) n=25</p>	<p>DSM-IV alcohol dependent</p> <p>% days heavy drinking from 56-59% across treatment groups.</p>	<p>Continuous</p> <p>*Percentage days heavy drinking (>=6 standard drinks)</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Outpatient treatment clinic</p> <p>Treatment Characteristics</p> <p>PACT, BRT, IBT conditions: 18 sessions, 12 weeks, which included weekly 12-step oriented group sessions and condition specific treatment every other week</p> <p>BCT: 24 sessions (2 sessions per week) for 12 weeks; included 1 group therapy session and 1 BCT session</p> <p>All treatments: therapy groups = 90 mins, condition-specific treatment = 60 minutes</p> <p>Assessment Points</p> <p>Post-Treatment</p> <p>3, 6, 9, 12 months follow-up</p>
FALSSTEWART2006 (USA)	<p>Psychoeducational vs. Other</p> <p>1.Psychoeducational Attention Control</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>Percent days abstinent from 40-</p>	<p>Continuous</p> <p>Percentage days abstinent (in last 90 days)</p>	<p>Setting</p> <p>Outpatient treatment centre</p>

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	<p>Treatment (PACT) n=46</p> <p>2.Behavioral Couples Therapy & Individual-Based Treatment (BCT) n=46</p> <p>3.Individual Based Treatment Only (Twelve-Step Facilitation) (TSF) n=46</p>	<p>44% across treatment groups</p> <p>Treatment Goal = abstinence</p>	<p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Treatment Characteristics</p> <p>BCT: 32 sessions, 12 of which were attended with the participant's partner. The remaining 20 sessions were individual 12-step facilitation.</p> <p>IBT: 32 individual 12-step facilitation sessions</p> <p>PACT: 20 sessions of individual treatment and 12 lectures on substance abuse which were attended with a partner</p> <p>All sessions were 60 minutes</p> <p>Assessment Points</p> <p>Post Treatment</p> <p>3, 6, 9, 12 month follow-up</p>
<p>SOBELL2002 (USA)</p>	<p>Psychoeducational vs. Other</p> <p>1.Bibliotherapy/Drinking Guidelines (PSYEDU) n=411</p> <p>2.Motivational Enhancement/Personalized Feedback (MET) n=414</p>	<p>All alcohol abusers (drinking approximately 12 drinks/week and drinking 5 or more drinks on at least 5 days in the past year)</p>	<p>Continuous</p> <p>*Days drinking per week</p> <p>*Drinks per drinking day</p> <p>*Drinks per week</p> <p>*Days drinking >=5 drinks</p> <p>Dichotomous</p> <p>*Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting</p> <p>Community mail level intervention</p> <p>Treatment Characteristics</p> <p>Bibliotherapy: participants received alcohol information available to the general public.</p> <p>MET: participants received personalised advice feedback based on responses to an alcohol questionnaire.</p> <p>Assessment Points</p> <p>1 year follow-up</p>

13 Psychological intervention studies EXCLUDED from this guideline

Study ID	Reason for Exclusion
AALTO2001a (males)	Opportunistic not planned intervention
AALTO2001b (females)	Opportunistic not planned intervention
AALTO2002	No relevant alcohol outcomes
ACADEMIC2007 (ED SBIRT research group)	Opportunistic not planned intervention; hazardous not harmful drinking population; quasi experimental study design
ADAMSON2005	Therapy preference and treatment; no usable outcome data
ALDEN1988	No usable data
ALLSOP1997	Did not meet randomization criteria
ALMANZA2006	No relevant alcohol outcomes
APODACA2007	Opportunistic not planned intervention
ARAKI2000	Not severe enough drinking (hazardous)
BABOR2006	Quasi-experimental
BACK2007	No primary alcohol outcomes
BAER2001	Preventative study; not drinking enough
BAER2007	Focus on substance and not alcohol abuse/dependence
BAIRD2007	Opportunistic not planned intervention
BALL2007	Not severe enough drinking (hazardous)
BALL2007A	Outcomes were related to which site treatment was given; no relevant alcohol outcomes
BANAJEE2007	Not high enough of sample abusing alcohol; mixed in with drug measures
BARROWCLOUGH2009	Not high enough percentage of population meets criteria for AUD
BECKHAM2002	Not severe enough drinking (hazardous)
BEICH2007	Opportunistic not planned intervention; hazardous drinking population
BERNSTEIN2008	Opportunistic not planned intervention
BERSAMIN2007	Not severe enough drinking (hazardous)
BERTHOLET2009	Not severe enough drinking (hazardous)
BEWICK2008	Not severe enough drinking (hazardous)
BLOW2006	Opportunistic not planned intervention
BLOW2009	Opportunistic not planned intervention
BOBO1998	Not a blinded study
BOMBARDIER1999	Opportunistic not planned intervention; Non RCT (Case series)
BORSARI2000	Not severe enough drinking (hazardous); not good randomization procedure (flipping coin)
BOWERS1990	Too small sample size, n=less than 10 in each treatment group
BRESLIN2002	No primary alcohol outcome; only overall drug use measure
BRITT2002	Not severe enough drinking (hazardous)
BROWN1993	Not severe enough drinking (hazardous)
BROWN1997	Small sample size; not randomized (cohort study)
BROWN2007B	Opportunistic not planned intervention
BURLING1994	Not randomized study design
BURTON2007	No alcohol measures; can't separate drug from alcohol use in outcomes
BUTLER2009	Not severe enough drinking (hazardous)
CADOGAN1973	Not randomized study design
CAREY2006	Not severe enough drinking (hazardous)
CARROLL2001	MI techniques not intervention; not relevant to psych interventions but more to "screening"
CARROLL2006	No baseline severity; unable to separate alcohol measures from drug measures; not high enough percentage of sample meeting alcohol abuse/dependence criteria.
CARROLL2008	Not severe enough drinking (hazardous)

Appendix 16d

Alcohol Use Disorders: Psychological interventions study characteristics

CASE2007	Not RCT; focus on drugs not alcohol
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Study ID	Reason for Exclusion
CASTELLANOS2006	No relevant alcohol outcomes; matching study
CAUDILL2007	No usable outcome data
CHERPITEL2009	Opportunistic not planned intervention
CHIAUZZI2005	Not severe enough drinking (hazardous)
CHOSSIS2007	Not severe enough drinking (hazardous)
CIMINI2009	Not severe enough drinking (hazardous)
COATSWORTH2001	No relevant alcohol outcomes
CONNELL2007	No relevant outcomes; no usable data
CONROD2006	Not severe enough drinking (hazardous)
CORBY2000	Too small sample size, n=8
CORDOBA1998	Opportunistic not planned intervention
CORDOBA1998	Not severe enough drinking (hazardous)
COULTON2009	Opportunistic not planned intervention
CUNNINGHAM2002	Not severe enough drinking (hazardous)
CUNNINGHAM2005	Not severe enough drinking (hazardous); not randomized
CUNNINGHAM2006	Not severe enough drinking (hazardous)
CURRY2003	Not severe enough drinking (hazardous)
DAEPPEN2007	Opportunistic not planned intervention
DAEPPEN2007b	Opportunistic not planned intervention
DAMICO2008	Marijuana primary substance, not alcohol
DAVIS2003	No usable outcome data
DAWE2002	Randomisation method unclear
DENT2002	Opportunistic not planned intervention
DENT2008	Opportunistic not planned intervention
DESY2008	More focus on training than trial ; hazardous drinking population not harmful
DONOFRIO2005	Opportunistic not planned intervention
DONOFRIO2008	Not severe enough drinking; opportunistic rather than planned intervention
DONOHUE2004	Not severe enough drinking (hazardous)
Drummond1994	Study not truly randomized (sequential assignment):
DRUMMOND2009	Opportunistic not planned intervention
DUFFY2006	Too small sample size; irrelevant alcohol outcomes
EBERHARD2009	Not severe enough drinking (hazardous)
EPSTEIN2004	Focus on pre-treatment change
EPSTEIN2007	Cohort study, 50% alcohol dependence, predominantly focused on drugs
FALSSTEWART2009	No usable data, split by sexual orientation
FALLSTEWART2003	No relevant alcohol outcomes; matching study
FALSSTEWART1996	Not enough of the sample met criteria for alcohol dependence/abuse (40%)
FALSSTEWART2000	Primary focus of paper was drug not alcohol use
FALSSTEWART2002	No relevant alcohol outcomes; data not usable
FINGFELDCONNETT2008	Not severe enough drinking (hazardous)
FIorentine2000	Primary focus of paper was drug not alcohol use
FLEMING2009a	No relevant alcohol outcomes
FORSBERG2000	Opportunistic not planned intervention
FREYERADAM2001	Not severe enough drinking (hazardous)
GAUME2009	Not severe enough drinking (hazardous)
GEISNER2007	Not severe enough drinking (hazardous)
GENTILELLO1999	Opportunistic not planned intervention
GESHI2007	Not severe enough drinking (hazardous)

Appendix 16d

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GILLASPY2002	No relevant alcohol outcomes
GODFREY2002	Not enough of the sample met criteria for alcohol dependence/abuse (57%)
GOODALL2008	Opportunistic not planned intervention
GORDON2003	Not severe enough drinking (hazardous)

Study ID	Reason for Exclusion
GREENFIELD2007	Too small sample size
GUREVICH1996	Not enough of the sample met criteria for alcohol dependence/abuse
HALLETT2009	Not randomised
HARWOOD2006	No relevant alcohol outcomes
HASSAN2009	Not enough of the sample met criteria for alcohol dependence/abuse
HEATHER1987	Opportunistic not planned intervention
HENGGELER1999	Drugs not alcohol primary focus
HERNANDEZ2006	Irrelevant outcome measures for the guideline
HOGUE2006	Drugs not alcohol primary focus
HOLLOWAY2007	Opportunistic not planned intervention
HOULT1984	No relevant alcohol outcomes
HULSE2002	No usable outcome data (reports interquartile ranges)
HULSE2003	No relevant alcohol outcomes
HUMPHREYS1999	No usable outcome data; not randomized
HUMPHREYS2007	Quasi-randomized; does not meet randomization criteria; matching study
HUNT1973	Matching study based on participant characteristics; small sample size; no usable outcome data
ISRAEL1996	No information about how many patients are in each treatment arm
JOHANSSON2006	Not enough of the sample met criteria for alcohol dependence/abuse
JOHNSSON2006	No usable outcome data
KAHLER2004	No usable outcome data
KAHLER2008	Not severe enough drinking (hazardous)
KALLMEN2003	No usable outcome data
KAMINER1999	Too small sample size, n=12
KARLSSON2005	No usable outcomes or data
KAYSEN2009	Not severe enough drinking (hazardous)
KELLEY2002	Does not distinguish between alcohol and drugs in outcome data
KELLY2000	Not severe enough drinking (hazardous)
KELLY2006	No usable data
KENDZOR2004	No usable outcome data (reports interquartile ranges)
KING2009	Primary focus of paper was drug not alcohol use
KINNAMAN2007	No relevant alcohol outcomes
KNIGHT2005	Not randomised
KUCHIPUDI1990	Opportunistic not planned intervention; hazardous drinkers
KUENZLER2003	No relevant outcomes
KYPRI2003	Not randomised
KYPRI2007A	Not severe enough drinking (hazardous)
KYPRI2008	Unusable data; not severe enough drinking population
KYPRI2009	Not severe enough drinking (hazardous)
LABRIE2008	Not severe enough drinking (hazardous)
LABRIE2008A	Not severe enough drinking (hazardous)
LAM2008	No usable outcome data; not relevant population
LANE2008	opportunistic not planned intervention
LARIMER2001	Not severe enough drinking (hazardous)
LARIMER2007	Not severe enough drinking (hazardous)

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LATIMER2003	Not severe enough drinking (hazardous)
LAUBARRACO2008	Not severe enough drinking (hazardous)
LEDGERWOOD2006	Drugs not alcohol primary focus; Not enough of sample (only 50%) met criteria for alcohol abuse/dependence.
LEDGERWOOD2008	Not randomized
LEWIS2007	Not severe enough drinking (hazardous)
LI2007	No relevant alcohol outcomes

Study ID	Reason for Exclusion
LIDDLE2008	Drugs not alcohol primary focus
LINCOURT2002	Not randomized
LOCK2005	Opportunistic not planned intervention
LOEBER2006	Did not meet randomization criteria; sequential assignment.
LUKAS2005	Not severe enough drinking (hazardous)
MAIO2005	Opportunistic not planned intervention
MAISTO1995	No usable alcohol outcomes
MAISTO2003	Not severe enough drinking (hazardous)
MANWELL2000	Not severe enough drinking (hazardous)
MARCUS2009	Not randomized
MARQUES2001	Did not meet randomization criteria
MARTENS2007	Not severe enough drinking (hazardous); non-RCT
MATANO2007	Not severe enough drinking (hazardous)
MCCRADY1986	No usable data
MCCRADY1986	Assessors not blinded to treatment allocation
MCMANUS2003	No usable data
MCMILLAN1986	Not randomized
MCNALLY2005	Not severe enough drinking (hazardous)
MCQUEEN2004	Opportunistic not planned intervention
MCRADY1991	No usable data
MELLO2005	Opportunistic not planned intervention
MELLO2008	Opportunistic not planned intervention
MENGIS2002	Drugs not alcohol primary focus
MEZZANI2007	Not severe enough drinking (hazardous)
MICHAEL2006	Exploratory analysis; not harmful drinkers (hazardous)
MILLER1978	Not severe enough drinking (hazardous)
MILLER1980	Not severe enough drinking (hazardous)
MILLER1999A	No relevant alcohol outcomes
MILLER2003	No alcohol outcomes
MONTI1999	Opportunistic not planned intervention
MONTI2007	Opportunistic not planned intervention
MONTI2007	Opportunistic not planned intervention
MOORE2005	Not severe enough drinking (hazardous)
MOOS1999	Naturalistic study
MORGENSTERN2008	Cluster-randomized trial; school-based alcohol education - not relevant; no relevant alcohol outcomes
MORGERNSTERN2003	Not relevant outcomes
MURGRAFF2007	Not severe enough drinking (hazardous)
MURPHY1984	Not severe enough drinking (hazardous)
MURPHY2001	Hazardous not harmful drinkers
MURPHY2004	Hazardous not harmful drinkers; no usable outcome data

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MURPHY2005	Not an RCT; using behavioural theories of choice to predict drinking
MURRAY2007	Hazardous not harmful drinking population
NAGEL2009	Not high enough % of population meets AUD
NEIGHBORS2004	Hazardous not harmful drinkers; no relevant outcomes
NEUMANN2006	Opportunistic not planned intervention
NIELSEN2007	Quasi-randomized (due to attrition and small groups); does not meet randomization criteria.

Study ID	Reason for Exclusion
NILSEN2009	Opportunistic not planned intervention
NILSEN2004	Not relevant - no useful alcohol outcomes
OAKLEY2007	Opportunistic not planned intervention; not severe enough drinking (hazardous)
OCKENE1999	Not severe enough drinking (hazardous)
OCKENE1999	Opportunistic not planned intervention
OFARRELL1985	Irrelevant outcome measures
OFARRELL2007	Quasi-experimental study design
OFARRELL2008	Outcome variable does not dissociate between drugs and alcohol
OGBORNE1979	Not randomized study; no usable outcome data
OJEHAGEN1992	No usable data
OMALLEY2009	Not severe enough drinking (hazardous)
OSILLA2008	Not severe enough drinking (hazardous)
OUMETTE1997	Did not meet randomization criteria
PAL2007	Inappropriate randomisation method
PARKER1978A	No relevant outcomes
PARKER1987	No relevant outcomes
PARSONS2001	Not severe enough drinking (hazardous)
PETERSON2006	No relevant outcomes, no usable data
PETRY2006	Not enough of sample meets alcohol dependence (60-61%)
PETRY2006	Not enough of sample meets AUD criteria (63%)
PRADO2007	Not severe enough drinking (hazardous)
PRATT2005	Not able to separate which groups of drinkers are in which treatment group therefore outcome data is not usable.
PRENDERGAST2008	Drugs not alcohol outcomes
RAPP2001	Not enough of sample population meets alcohol misuse; mostly other drugs
RASH2008	Combined data from Petry 2004, 2005, and 2006
RASSOOL2008	No relevant outcome measures; quasi-experimental study design
REIFHEKKING2001	Not severe enough drinking (hazardous)
REINHARDT2008	Opportunistic not planned intervention
RESNICK2007	Outcome measures not relevant to guidelines
REYNOLDS2005a	Not high enough percentage of pop meets AUD
RICHMOND1995	Opportunistic not planned intervention
RICHMOND2000	Not severe enough drinking (hazardous)
RIPER2008	Not severe enough drinking (hazardous)
RIPER2009	Not full randomized study design
ROLL2005	Not an RCT
ROUDSARI2009	Opportunistic not planned intervention
ROWE2007	Not high enough of sample population meeting AUD (primarily other psychiatric diagnoses or substance misuse)
RUSH2008	No relevant interventions
SAITZ2006	Opportunistic not planned intervention
SAITZ2007A	Not severe enough drinking (hazardous)

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SANCHEZCRAIG2996	Not severe enough drinking (hazardous)
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Study ID	Reason for Exclusion
SAPIRWEISE1999	No relevant outcome measures
SCHAUS2009	Not severe enough drinking (hazardous)
SCHERMER2006	Opportunistic not planned intervention
SCHILLING2002	Not randomized
SJOBORG1985	Too small of a sample size when randomized into conditions; no usable outcome data
SMITH2006	No relevant alcohol outcomes; not severe enough drinkers
SOBELL2000	Opportunistic not planned intervention
SODERSTROM2007	Opportunistic not planned intervention
SOMMERS2006	Opportunistic not planned intervention
SPIRITO2004	Opportunistic not planned intervention
SPOTH2002	No relevant alcohol outcomes
STAHLBRANDT2007	Not severe enough drinking (hazardous)
STAIGER1999	No relevant outcomes, no usable data
STAIGER1999	No relevant outcome measures
STEIN2002b	Not severe enough drinking (hazardous)
SUSSMAN2003	No relevant alcohol outcomes
SZAPOCZNIK1983	No relevant outcomes
SZAPOCZNIK1986	No relevant outcomes
TAIT2004	Opportunistic not planned intervention
TAIT2005	Opportunistic not planned intervention
TEICHNER2002	Not enough of sample meets AUD (45-47%)
TEVYAW2007	Not severe enough drinking (hazardous)
TIMKO1999	Not randomized; self-selected into groups
TIMKO2006	Not high enough proportion of sample meeting AUD (45,9%) rest of sample using drugs.
TIMKO2007	Not high enough proportion of sample meeting AUD(45,9%) rest of sample using drugs.
TONEATTO2005	After attrition, n=7 in each group; too small of a sample size
TRACY2007	Opportunistic not planned intervention
VAN2006	Methodologically flawed (Attrition bias; Issues administering treatment)
WALTERS2000	Not severe enough drinking (hazardous)
WALTERS2007	Not severe enough drinking (hazardous)
WALTERS2009d	Not severe enough drinking (hazardous)
WALTON2008	Opportunistic not planned intervention
WASHINGTON2001	No differentiation between types of substance abuse
WATSON1999	Quasi-experimental
WATSON1999	Quasi-experimental study design
WATT2006	Not severe enough drinking (hazardous)
WATT2008	Opportunistic not planned intervention
WEINSTOCK2007	Only 52% have AUD
WEISNER2001	Not high enough percentage of population meets alcohol abuse/dependence; not relevant outcomes

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WERCH2000	Hazardous not harmful drinkers
WHITE2005	Not severe enough drinking (hazardous)
WHITE2007A	Not severe enough drinking (hazardous)
WHITE2008A	Not severe enough drinking (hazardous)
WINTERS2002	Does not distinguish between alcohol and drugs in outcome data
WINTERS2002	Can't separate drugs from alcohol measures
WINTERS2007	Drugs not alcohol measures
WOOD2007	Not randomized, not drinking enough, study excluded those drinking >40 drinks per week
WUTZKE2002	Not severe enough drinking (hazardous)
ZEMORE2007	Not randomized
ZLOTNICK2009	Drugs not alcohol primary focus