

1 Behavioural Therapies


1.1 Behavioural treatment vs TAU or control for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings				Quality	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Behavioural Treatment	TAU or Control	Relative (95% CI)	Absolute		
Abstinence Post Treatment - Abstinent Days Per Week Post Treatment (Better indicated by lower values)												
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)	□□□□ LOW	
Amount of Alcohol Consumed Post Treatment - Total Weekly Consumption Post Assessment (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ¹	40	54	-	SMD 0.97 lower (1.4 to 0.54 lower)	□□□□ HIGH	
Rates of Consumption Post Treatment - Controlled (<= 3 standard drinks) per week at Post Treatment (Better indicated by lower values)												
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	
Lapse Up to 6 Month Follow Up - 0-3 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	very serious ²	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)	□□□□ LOW	
								43.8%		118 more per 1000 (from 158 fewer to 675 more)		

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Lapse Up to 6 Month Follow Up - 3-6 months											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	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)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								68.8%		296 fewer per 1000 (from 488 fewer to 69 more)	
Relapse Up to 6 Month Follow Up - at 0-3 months											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	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)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								31.3%		188 more per 1000 (from 100 fewer to 873 more)	
Relapse Up to 6 Month Follow Up - at 3-6 months											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	5/18 (27.8%)	7/16 (43.8%)	RR 0.63 (0.25 to 1.61)	162 fewer per 1000 (from 328 fewer to 267 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								43.8%		162 fewer per 1000 (from 329 fewer to 267 more)	
Attrition (Drop-Out) Post Treatment											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	1/18 (5.6%)	2/16 (12.5%)	RR 0.44 (0.04 to 4.45)	70 fewer per 1000 (from 120 fewer to 431 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								12.5%		70 fewer per 1000 (from 120 fewer to 431 more)	
Attrition (Drop-Out) up to 6 Month Follow Up - at 6 months											

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1	randomised trials	no serious limitations	no serious inconsistency	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	
								0%		0 more per 1000 (from 0 fewer to 0 more)		

¹ SMD=-0.97, p<0.0001

² 95% confidence interval includes no effect and relative risk increase greater than 25%

³ 95% confidence interval includes no effect and relative risk increase greater than 25%



⁴ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁵ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁶ 95% confidence intervals around absolute effects from 120 fewer to 431 more

2 Cognitive Behavioural Therapies

2.1 Cognitive-behavioural vs TAU or control for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings				Quality	Importance
							No of patients		Effect			
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive-behavioural	TAU or Control	Relative (95% CI)	Absolute		
Rates of Consumption Post Treatment - Number of Days any alcohol use (follow-up mean 5 months; Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	69	70	-	SMD 0.31 lower (0.64 lower to 0.03 higher)	 MODERATE	
Rates of Consumption Post Treatment - Number of Days Heavy alcohol use (>4 drinks) (follow-up mean 5 months; Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	22	24	-	SMD 0.7 lower (1.3 to 0.11 lower)	 HIGH	

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Lapsed - up to 6 months follow-up - at 3 month follow-up (follow-up mean 3 months)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	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)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE	
								43.8%		118 more per 1000 (from 158 fewer to 675 more)		
Lapsed - up to 6 months follow-up - at 6 month follow-up (follow-up mean 6 months)												
3	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)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> HIGH	
								70%		175 fewer per 1000 (from 7 fewer to 301 fewer)		
Relapse up to 6 month follow-up - at 3 month follow up (follow-up mean 3 months)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	9/16 (56.3%)	5/14 (35.7%)	RR 1.58 (0.69 to 3.59)	207 more per 1000 (from 111 fewer to 925 more)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE	
								35.7%		207 more per 1000 (from 111 fewer to 925 more)		
Relapse up to 6 month follow-up - at 6 month follow up (follow-up mean 6 months)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	27/79 (34.2%)	33/54 (61.1%)	RR 0.55 (0.38 to 0.8)	275 fewer per 1000 (from 122 fewer to 379 fewer)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> HIGH	
								65%		292 fewer per 1000 (from 130 fewer to 403 fewer)		

Alcohol Use Disorders – Psychological interventions GRADE profiles

Attrition (Drop-Out) - Post Treatment												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	46/169 (27.2%)	40/155 (25.8%)	RR 1.07 (0.74 to 1.53)	18 more per 1000 (from 67 fewer to 137 more)	□□□□ MODERATE	
								19.9%		14 more per 1000 (from 52 fewer to 105 more)		
Attrition (Drop-Out) up to 6 month follow-up - at 6 month follow up												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	7/81 (8.6%)	8/54 (14.8%)	RR 0.53 (0.18 to 1.54)	70 fewer per 1000 (from 121 fewer to 80 more)	□□□□ MODERATE	
								20%		94 fewer per 1000 (from 164 fewer to 108 more)		

¹ 95% confidence interval includes no effect. Relative risk reduction greater than 25%.

² 95% confidence interval does not include an effect. Relative risk reduction and increase greater than 25%.

³ 95% confidence interval includes no effect. Relative risk increase greater than 25%.

⁴ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁵ 95% confidence intervals around absolute effects from 121 fewer to 80 more events

2.2 Cognitive behavioural vs other therapy for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings				Quality	Importance
							No of patients		Effect			
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	Other therapy	Relative (95% CI)	Absolute		
Days Abstinent Post Treatment (Better indicated by lower values)												
6	randomised	no serious	no serious	no serious	no serious	none	663	1238	-	SMD 0.09 lower (0.21)	□□□□	

Alcohol Use Disorders – Psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness	imprecision					lower to 0.03 higher)	HIGH	
Abstinence up to 6 month follow-up - Percent Days Abstinent at 3 month follow-up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	119	161	-	SMD 0.14 higher (0.23 lower to 0.51 higher)	MODERATE	
Abstinence up to 6 month follow-up - Percent Days Abstinent at 6 month follow-up (Better indicated by lower values)												
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	
Abstinence from 7-12 month follow-up - Percent days abstinent at 9 months (Better indicated by lower values)												
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	
Abstinence from 7-12 month follow-up - Percent Days Abstinent at 12 months (Better indicated by lower values)												
7	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	653	1234	-	SMD 0.01 higher (0.12 lower to 0.15 higher)	HIGH	
Abstinence from 7-12 month follow-up - Number of Sober Days at 12 month follow up (Better indicated by lower values)												
1	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	
Abstinence > 12 month follow-up - Percent Days Abstinent at 15 month follow-up (Better indicated by lower values)												
3	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	
Abstinence > 12 month follow-up - Number of Days abstinent at 15 month follow-up (Better indicated by lower values)												

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1	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	
Abstinence > 12 month follow-up - Percent Days Abstinent at 18 month follow-up (Better indicated by lower values)												
1	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	
Abstinent/Light (1-3 standard drinks) up to 6 month follow up - at 6 month follow up (Better indicated by lower values)												
2	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	
Abstinent/Light (1-3 standard drinks) 7-12 month follow up - at 12 month follow up (Better indicated by lower values)												
2	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	
Abstinent/Light (1-3 standard drinks) >12 month follow up - at 18 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	31	30	-	SMD 0.74 lower (1.26 to 0.21 lower)	□□□□ HIGH	
Rate of consumption up to 6 month follow-up - Proportion days heavy drinking at 3 month follow-up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	119	161	-	SMD 0.18 higher (0.21 lower to 0.57 higher)	□□□□ MODERATE	
Rates of Consumption Post Treatment - Percentage heavy drinking days (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	73	76	-	SMD 0.05 lower (0.37 lower to 0.27 higher)	□□□□ HIGH	
Rate of consumption up to 6 month follow-up - Proportion days heavy drinking at 6 month follow-up (Better indicated by lower values)												

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3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	119	156	-	SMD 0.15 higher (0.26 lower to 0.55 higher)	□□□□ MODERATE	
Rate of consumption up to 6 month follow-up - Drinking days per month at 6 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	20	22	-	SMD 0.61 higher (0.01 lower to 1.23 higher)	□□□□ MODERATE	
Rate of consumption up to 6 month follow-up - Binge consumption (occasions in prior 30 days where at least 7 (males) or 5 (females) drinks consumed at 6 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	61	-	SMD 0.02 lower (0.38 lower to 0.35 higher)	□□□□ HIGH	
Rate of consumption - 7-12 month follow-up - Proportion days heavy drinking at 9 month follow-up (Better indicated by lower 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	
Rate of consumption - 7-12 month follow-up - Proportion days heavy drinking at 12 month follow-up (Better indicated by lower values)												
3	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	
Rate of consumption > 12 month follow-up - Days > 80 g of absolute alcohol at 15 month-follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	21	23	-	SMD 0.06 higher (0.53 lower to 0.65 higher)	□□□□ MODERATE	
Rate of consumption > 12 month follow-up - Proportion days heavy drinking at 15 months (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	69	59	-	SMD 0.07 lower (0.42	□□□□	

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	trials	limitations	inconsistency	indirectness	imprecision					lower to 0.27 higher)	HIGH	
Rate of consumption > 12 month follow-up - Proportion days heavy drinking at 18 months (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	69	121	-	SMD 0.2 lower (0.5 lower to 0.1 higher)	□□□□ HIGH	
Amount of alcohol consumed Post Treatment (Better indicated by lower values)												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	612	1176	-	SMD 0.02 higher (0.19 lower to 0.22 higher)	□□□□ HIGH	
Amount of alcohol consumed up to 6 month follow-up - Weekly consumption at hazardous/harmful levels at 6 month follow-up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	55/148 (37.2%)	50/147 (34%)	RR 1.09 (0.8 to 1.49)	31 more per 1000 (from 68 fewer to 167 more)	□□□□ MODERATE	
						34%				31 more per 1000 (from 68 fewer to 167 more)		
Amount of alcohol consumed up to 6 month follow-up - Binge consumption > 12 (at least 12 binge episodes in previous 30 days) at 6 month follow-up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	61/148 (41.2%)	54/147 (36.7%)	RR 1.12 (0.84 to 1.49)	44 more per 1000 (from 59 fewer to 180 more)	□□□□ MODERATE	
						36.7%				44 more per 1000 (from 59 fewer to 180 more)		
Amount of alcohol consumed up to 6 month follow-up - Binge consumption at all (at least 1 binge episode in previous 30 days) at 6 month follow-up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	124/148 (83.8%)	129/147 (87.8%)	RR 0.95 (0.87 to 1.05)	44 fewer per 1000 (from 114 fewer to 44 more)	□□□□ MODERATE	

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								87.8%		44 fewer per 1000 (from 114 fewer to 44 more)		
Amount of alcohol consumed up to 6 month follow-up - Units of alcohol per week at 5 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	27	21	-	SMD 0.2 higher (0.37 lower to 0.77 higher)	□□□□	MODERATE
Amount of alcohol consumed up to 6 month follow-up - Units of alcohol per week at 6 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	24	21	-	SMD 0.16 higher (0.42 lower to 0.75 higher)	□□□□	HIGH
Amount of alcohol consumed up to 6 month follow-up - Drinks per occasion/drinking day at 6 months (Better indicated by lower values)												
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
Amount of alcohol consumed up to 6 month follow-up - Drinks per week at 6 months (Better indicated by 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
Amount of alcohol consumed - 7-12 month follow-up - Alcohol consumption (:cl pure alcohol) at 12 month follow-up (Better indicated by lower 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
Amount of alcohol consumed - 7-12 month follow-up - Drinks per drinking day at 9 month follow up (Better indicated by lower values)												
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
Amount of alcohol consumed - 7-12 month follow-up - Drinks per drinking day at 12 month follow up (Better indicated by lower values)												

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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	
Amount of alcohol consumed > 12 month follow-up - g abs/alc per drinking day at 15 month follow-up (Better indicated by lower values)												
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	
Amount of alcohol consumed > 12 month follow-up - Drinks per drinking day at 15 month follow up (Better indicated by lower values)												
2	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	
Days to first drink at 18 month follow-up (Better indicated by lower values)												
1	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)	□□□□ HIGH	
Days to first heavy drinking day at 18 month follow-up (Better indicated by lower values)												
1	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	
Relapse (>6 units most days of the week) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	6/27 (22.2%)	12/21 (57.1%)	RR 0.39 (0.18 to 0.86)	349 fewer per 1000 (from 80 fewer to 469 fewer)	□□□□ MODERATE	
								57.1%		348 fewer per 1000 (from 80 fewer to 468 fewer)		
Regular Relapse (>6 units a few times a month) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	6/27 (22.2%)	3/21	RR 1.56 (0.44	80 more per 1000 (from 80 fewer to 643	□□□□	

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	trials	limitations	inconsistency	indirectness				(14.3%)	to 5.5)	more)	MODERATE	
								14.3%		80 more per 1000 (from 80 fewer to 644 more)		
Severe lapse (>6 units on one occasion) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none		5/21 (23.8%)	RR 2.33 (1.01 to 5.38)	317 more per 1000 (from 2 more to 1043 more)	□□□□ MODERATE	
							15/27 (55.6%)	23.8%		317 more per 1000 (from 2 more to 1042 more)		
Attrition (Drop-Out) Post Treatment												
7	randomised trials	no serious limitations	no serious inconsistency ¹³	no serious indirectness	serious ¹⁴	none		95/1423 (6.7%)	RR 1.05 (0.61 to 1.8)	3 more per 1000 (from 26 fewer to 53 more)	□□□□ MODERATE	
							98/844 (11.6%)	12.2%		6 more per 1000 (from 48 fewer to 98 more)		
Attrition (Drop-Out) - up to 6 month follow-up - at 3 month follow-up												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁵	none		13/125 (10.4%)	RR 1.29 (0.6 to 2.78)	30 more per 1000 (from 42 fewer to 185 more)	□□□□ MODERATE	
							12/75 (16%)	12.1%		35 more per 1000 (from 48 fewer to 215 more)		
Attrition (Drop-Out) - up to 6 month follow-up - at 6 month follow-up												
10	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁶	none	59/827 (7.1%)	79/1469	RR 0.93 (0.59 to 1.47)	4 fewer per 1000 (from 22 fewer to 26 more)	□□□□	

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	trials	limitations	inconsistency	indirectness				(5.4%)	to 1.48)	more)	MODERATE	
								4.9%		3 fewer per 1000 (from 20 fewer to 24 more)		
Attrition (Drop-Out) - 7-12 month follow-up - at 9 month follow-up												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁷	none	14/592 (2.4%)	18/1196 (1.5%)	RR 1.61 (0.76 to 3.4)	9 more per 1000 (from 4 fewer to 36 more)	<div style="display: flex; justify-content: center; gap: 5px;"> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
							2.1%			13 more per 1000 (from 5 fewer to 50 more)		
Attrition (Drop-Out) - 7-12 month follow-up - at 12 month follow-up												
8	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁸	none	16/699 (2.3%)	24/1289 (1.9%)	RR 1.27 (0.47 to 3.41)	5 more per 1000 (from 10 fewer to 45 more)	<div style="display: flex; justify-content: center; gap: 5px;"> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
							0%			0 more per 1000 (from 0 fewer to 0 more)		
Attrition (Drop-Out) - >12 month follow up - at 15 month follow up												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁹	none	13/554 (2.3%)	14/1089 (1.3%)	RR 1.65 (0.77 to 3.52)	8 more per 1000 (from 3 fewer to 32 more)	<div style="display: flex; justify-content: center; gap: 5px;"> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
							1.5%			10 more per 1000 (from 3 fewer to 38 more)		
Attrition (Drop-Out) - >12 month follow up - at 18 month follow-up												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious	none	2/64 (3.1%)	0/66 (0%)	RR 4.29 (0.21	0 more per 1000 (from 0 fewer to 0	<div style="display: flex; justify-content: center; gap: 5px;"> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div>	

Alcohol Use Disorders – Psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness	imprecision				to 85.82)	more)	HIGH	
								0%		0 more per 1000 (from 0 fewer to 0 more)		

¹ 95% confidence interval includes no effect. Upper confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect. Upper confidence limit crosses an effect size of 0.5

⁴ 95% confidence interval includes no effect. Upper confidence limit crosses an effect size of 0.5

⁵ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

⁶ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

⁷ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

⁸ 95% confidence interval includes no effect. Lower confidence limit crosses an effect size of 0.5

⁹ 95% confidence interval includes no effect. Upper confidence limit crosses an effect size of 0.5

¹⁰ 95% confidence intervals around absolute effects from 80 fewer to 469 more events

¹¹ 95% confidence intervals around absolute effects from 80 fewer to 643 more events

¹² 95% confidence intervals around absolute effects from 2 fewer to 1000 more events

¹³ 95% confidence interval does not include an effect. Relative risk increase greater than 25%.

¹⁴ 95% confidence intervals around absolute effects from 26 fewer to 53 more events

¹⁵ 95% confidence intervals around absolute effects from 42 fewer to 185 more events

¹⁶ 95% confidence interval does not include an effect. Relative risk increase and reduction greater than 25%.

¹⁷ 95% confidence interval does not include an effect. Relative risk increase greater than 25%.

¹⁸ 95% confidence interval does not include an effect. Relative risk increase and reduction greater than 25%.

¹⁹ 95% confidence interval does not include an effect. Relative risk increase greater than 25%.

2.3 Cognitive behavioural vs cognitive behavioural for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect		Quality	
							Cognitive behavioural	Cognitive Behavioural	Relative (95% CI)	Absolute		
Abstinence Post Treatment - Proportion days abstinent (Better indicated by lower values)												
1	randomised	no serious	no serious	no serious	no serious	none	53	57	-	SMD 0.39 higher	□□□□	

Alcohol Use Disorders – Psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness	imprecision					(0.01 to 0.77 higher)	HIGH	
Abstinence up to 6 month follow up - % possible drinking days (any day not in inpatient treatment or jail) abstinent at 6 month follow up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	47	47	-	SMD 0.1 lower (0.52 lower to 0.32 higher)	▣▣▣▣ MODERATE	
Abstinence up to 6 month follow up - at 15 week follow-up (Better indicated by lower values)												
1	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	
Abstinent/Light (1-3 standard drinks) Drinking Days up to 6 month follow up - at 6 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	29	32	-	SMD 0.39 lower (0.9 lower to 0.12 higher)	▣▣▣▣ MODERATE	
Abstinent/Light (1-3 standard drinks) Drinking Days 7-12 month follow up - at 12 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	29	32	-	SMD 0.65 lower (1.21 to 0.09 lower)	▣▣▣▣ HIGH	
Abstinent/Light (1-3 standard drinks) Drinking Days >12 month follow up - at 18 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	29	32	-	SMD 0.38 lower (0.96 lower to 0.2 higher)	▣▣▣▣ MODERATE	
Lapsed - up to 6 month follow-up - at 6 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	18/31 (58.1%)	17/32 (53.1%)	RR 1.09 (0.7 to 1.7)	48 more per 1000 (from 159 fewer to 372 more)	▣▣▣▣ MODERATE	
								53.1%		48 more per 1000		

Alcohol Use Disorders – Psychological interventions GRADE profiles

											(from 159 fewer to 372 more)		
Relapse - up to 6 month follow-up - at 6 months													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	11/31 (35.5%)	11/32 (34.4%)	RR 1.03 (0.53 to 2.03)	10 more per 1000 (from 162 fewer to 354 more)	□□□□	MODERATE	
								34.4%		10 more per 1000 (from 162 fewer to 354 more)			
Rates of Consumption Post Treatment - Proportion of heavy drinking days (men>6, women>4 drinks) (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	53	57	-	SMD 0.34 higher (0.04 lower to 0.72 higher)	□□□□	HIGH	
Rates of Consumption up to 6 month follow up - % of possible days (any day not in inpatient treatment or jail) heavy (>6) drinking at 6 month follow up (Better indicated by lower values)													
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	47	47	-	SMD 0.22 lower (0.65 lower to 0.2 higher)	□□□□	MODERATE	
Rates of Consumption >12 month follow-up - Number of Drinking Days at 15 month Follow-up (Better indicated by lower values)													
1	randomised 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	
Rates of Consumption >12 month follow-up - Number of Problem Drinking days at 15 month follow-up (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	55	51	-	SMD 0.24 higher (0.14 lower to 0.62 higher)	□□□□	MODERATE	
Rates of Consumption >12 month follow-up - Number of Heavy Drinking Days at 15 month follow-up (Better indicated by lower values)													

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1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	55	51	-	SMD 0.37 higher (0.01 lower to 0.75 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed up until 6 month follow up - Number of drinks per possible drinking day (any day not in inpatient treatment or jail) at 6 month follow up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	47	47	-	SMD 0.3 lower (0.73 lower to 0.13 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed up until 6 month follow up - Number of drinks per actual drinking day at 6 month follow up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	47	47	-	SMD 0.49 lower (1.44 lower to 0.47 higher)	□□□□ MODERATE	
Number of days to 1st drink (lapse) up until 6 month follow up - at 6 month follow up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	47	47	-	SMD 0.19 higher (0.23 lower to 0.61 higher)	□□□□ MODERATE	
Number of days to first heavy drink (relapse) up until 6 month follow up - at 6 month follow up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	47	47	-	SMD 0.11 higher (0.31 lower to 0.53 higher)	□□□□ MODERATE	
Number Heavy Drinkers >20 drinks/wk and >10% heavy days (>=5 drinks/occasion) at 15 month follow-up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	21/55 (38.2%)	6/45 (13.3%)	RR 2.86 (1.26 to 6.48)	248 more per 1000 (from 35 more to 731 more)	□□□□ MODERATE	
								13.3%				

Alcohol Use Disorders – Psychological interventions GRADE profiles

										729 more)		
Attrition (Drop-Out) Post Treatment												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	none	15/100 (15%)	18/104 (17.3%)	RR 0.87 (0.44 to 1.71)	22 fewer per 1000 (from 97 fewer to 123 more)	□□□□ MODERATE	
								16.7%		22 fewer per 1000 (from 94 fewer to 119 more)		
Attrition (Drop-Out) up to 6 month follow-up - at 15 week follow-up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁵	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)	□□□□ MODERATE	
								18.1%		20 more per 1000 (from 63 fewer to 163 more)		
Attrition (Drop-Out) up to 6 month follow-up - at 6 months												
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁶	none	12/151 (7.9%)	11/134 (8.2%)	RR 0.99 (0.44 to 2.23)	1 fewer per 1000 (from 46 fewer to 101 more)	□□□□ MODERATE	
								7.9%		1 fewer per 1000 (from 44 fewer to 97 more)		
Attrition (Drop-Out) 7-12 month follow up - at 12 month follow up												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁷	none	1/72 (1.4%)	1/60 (1.7%)	RR 0.89 (0.06 to 13.57)	2 fewer per 1000 (from 16 fewer to 210 more)	□□□□ MODERATE	
								1.6%		2 fewer per 1000 (from 15 fewer to 210 more)		

Alcohol Use Disorders – Psychological interventions GRADE profiles

										201 more)		
Attrition (Drop-Out) >12 month follow up - at 15 month follow up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁸	none	23/78 (29.5%)	26/77 (33.8%)	RR 0.87 (0.55 to 1.39)	44 fewer per 1000 (from 152 fewer to 132 more)	□□□□	MODERATE
								33.8%		44 fewer per 1000 (from 152 fewer to 132 more)		
Attrition (Drop-Out) >12 month follow up - at 18 month 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 88.74)	0 more per 1000 (from 0 fewer to 0 more)	□□□□	HIGH
								0%		0 more per 1000 (from 0 fewer to 0 more)		

¹ 95% confidence interval does not include an effect. Lower confidence limit crosses an effect size of 0.5

² 95% confidence interval does not include an effect. Lower confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

⁴ 95% confidence interval does not include an effect. Relative risk increase greater than 25%.

⁵ 95% confidence interval does not include an effect. Upper confidence limit crosses an effect size of 0.5

⁶ 95% confidence interval does not include an effect. Lower confidence limit crosses an effect size of 0.5

⁷ 95% confidence interval does not include an effect. Upper confidence limit crosses an effect size of 0.5

⁸ 95% confidence interval does not include an effect. Upper confidence limit crosses an effect size of 0.5

⁹ 95% confidence interval does not include an effect. Lower confidence limit crosses an effect size of 0.5

¹⁰ 95% confidence interval does not include an effect. Lower confidence limit crosses an effect size of 0.5

¹¹ 95% confidence interval does not include an effect. Upper confidence limit crosses an effect size of 0.5

¹² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

¹³ 95% confidence intervals around absolute effects from 35 fewer to 731 more events

¹⁴ 95% confidence interval includes no effect. Relative risk increase greater than 25%.

¹⁵ 95% confidence interval includes no effect. Relative risk increase greater than 25%.

¹⁶ 95% confidence interval includes no effect. Relative risk increase greater than 25%.

¹⁷ 95% confidence intervals around absolute effects from 16 fewer to 210 more events

¹⁸ 95% confidence interval includes no effect. Relative risk increase greater than 25%.

3 Contingency Management

3.1 Contingency Management vs Control for Harmful Alcohol Use and Alcohol Dependences

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency Management	Control	Relative (95% CI)	Absolute		
Abstinence Post Treatment - Percent Days Abstinent Post Treatment (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ¹	54	60	-	SMD 0.8 lower (1.18 to 0.42 lower)	□□□□ HIGH	
Abstinence up to 6 month follow up - at 6 month follow up (Better indicated by lower values)												
1	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	
Abstinence 7-12 month Follow Up - at 9 month follow up (Better indicated by lower values)												
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	
Abstinence 7-12 month Follow Up - at 12 month follow up (Better indicated 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	
Abstinence > 12 month Follow Up - at 15 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	54	60	-	SMD 0.5 lower (0.87 to 0.12 lower)	□□□□ MODERATE	

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Abstinence > 12 month Follow Up - at 18 month follow up (Better indicated by lower values)												
1	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	
Abstinence > 12 month Follow Up - at 21 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	54	60	-	SMD 0.15 lower (0.52 lower to 0.22 higher)	□□□□ MODERATE	
Abstinence > 12 month Follow Up - at 24 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	54	60	-	SMD 0.24 lower (0.61 lower to 0.12 higher)	□□□□ MODERATE	
Abstinence > 12 month Follow Up - at 27 month follow up (Better indicated by lower values)												
1	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	
Amount of Alcohol Consumed (DDD) Post Treatment (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	54	60	-	SMD 0.25 lower (0.61 lower to 0.12 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed (DDD) up to 6 Month Follow Up - at 6 month follow up (Better indicated by lower values)												
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	
Amount of Alcohol Consumed (DDD) 7-12 Month Follow Up - at 9 months (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.38 lower (0.75 to 0.01 lower)	□□□□ HIGH	

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Amount of Alcohol Consumed (DDD) 7-12 Month Follow Up - at 12 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.1 lower (0.47 lower to 0.26 higher)	□□□□ HIGH	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 15 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.11 lower (0.48 lower to 0.26 higher)	□□□□ HIGH	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 18 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	54	60	-	SMD 0.26 lower (0.63 lower to 0.11 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 21 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.53 lower (0.9 to 0.16 lower)	□□□□ HIGH	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 24 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.1 lower (0.47 lower to 0.27 higher)	□□□□ HIGH	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated 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	
Attrition (Drop-out) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	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)	□□□□ MODERATE	

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								5.8%		13 more per 1000 (from 38 fewer to 197 more)		
Attrition (Drop-out) up to 6 month follow up - at 6 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	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)	□□□□ MODERATE	
								1.5%		15 more per 1000 (from 12 fewer to 308 more)		
Attrition (Drop-out) 7-12 month Follow Up - at 9 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	3/63 (4.8%)	0/64 (0%)	RR 7.11 (0.37 to 134.89)	0 more per 1000 (from 0 fewer to 0 more)	□□□□ HIGH	
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (Drop-out) 7-12 month Follow Up - at 12 months												
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	
								0%		not pooled		
Attrition (Drop-out) > 12 Month Follow Up - at 18 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	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)	□□□□ MODERATE	
								1.6%		1 more per 1000 (from 15 fewer to 255 more)		

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Attrition (Drop-out) > 12 Month Follow Up - at 27 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	very serious ¹⁰	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)	□□□□ LOW
								1.6%	19 more per 1000 (from 13 fewer to 358 more)			

¹ SMD=0.80, p<0.0001

² 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁴ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁵ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁶ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁷ 95% confidence intervals around absolute effects from 38 fewer to 197 more events

⁸ 95% confidence intervals around absolute effects from 12 fewer to 316 more events


⁹ 95% confidence intervals around absolute effects from 15 fewer to 249 more events

¹⁰ 95% confidence intervals around absolute effects from 13 fewer to 367 more events

3.2 Contingency Management vs Standard Care (TAU) for Harmful Alcohol Use and Alcohol Dependence

Quality assessment							Summary of findings				Quality	Importance
							No of patients		Effect			
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency Management	Standard Care (TAU)	Relative (95% CI)	Absolute		
Abstinence Post Treatment - Longest duration abstinent (weeks) Post Treatment (Better indicated by lower values)												
1	randomised trials		no serious inconsistency	no serious indirectness	serious ¹	none	46	57	-	SMD 0.27 lower (0.66 lower to 0.12 higher)		
Number Relapsed To Heavy Drinking Post Treatment - Number relapsed to heavy drinking at end of treatment												
1	randomised	no serious	no serious	no serious	serious ²	none	5/19 (26.3%)	14/23	RR 0.43	347 fewer per 1000	□□□□	

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	trials	limitations	inconsistency	indirectness				(60.9%)	(0.19 to 0.98)	(from 12 fewer to 493 fewer)	MODERATE	
								60.9%		347 fewer per 1000 (from 12 fewer to 493 fewer)		
Number Lapsed (non-abstinent) Post Treatment - Number Lapsed (non-abstinent) at the end of treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none		14/23 (60.9%)	RR 0.52 (0.25 to 1.09)	292 fewer per 1000 (from 457 fewer to 55 more)	 MODERATE	
							6/19 (31.6%)	60.9%		292 fewer per 1000 (from 457 fewer to 55 more)		
Attrition (Drop-out) abstinence Post Treatment												
2	randomised trials	no serious limitations		no serious indirectness	serious ⁴	none		24/80 (30%)	RR 0.19 (0.07 to 0.52)	243 fewer per 1000 (from 144 fewer to 279 fewer)		
							3/65 (4.6%)	43.1%		349 fewer per 1000 (from 207 fewer to 401 fewer)		

¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and relative risk reduction greater than 25%

³ 95% confidence interval includes no effect and relative risk reduction greater than 25%

⁴ relative risk reduction greater than 25%

3.3 Contingency Management vs Other Treatment for Harmful Alcohol Use and Alcohol Dependence

Quality assessment							Summary of findings				Importance
							No of patients		Effect		
No of	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other	Contingency	Relative	Absolute		

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studies						considerations	Management		(95% CI)			
Abstinence Post Treatment - Percent Days Abstinent Post Treatment (Better indicated by lower values)												
1	randomised trials	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	
Abstinence up to 6 Month Follow Up - at 6 month follow up (Better indicated by lower values)												
1	randomised trials	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	
Abstinence 7-12 month Follow Up - at 9 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	54	58	-	SMD 0.19 higher (0.18 lower to 0.56 higher)	□□□□ MODERATE	
Abstinence 7-12 month Follow Up - at 12 month follow up (Better indicated by lower values)												
1	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	
Abstinence > 12 month Follow Up - at 15 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	54	58	-	SMD 0.35 higher (0.02 lower to 0.72 higher)	□□□□ MODERATE	
Abstinence > 12 month Follow Up - at 18 month follow up (Better indicated by lower values)												
1	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	
Abstinence > 12 month Follow Up - at 21 month follow up (Better indicated by lower values)												
1	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	

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Abstinence > 12 month Follow Up - at 24 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	58	-	SMD 0.48 higher (0.11 to 0.86 higher)	□□□□ HIGH	
Abstinence > 12 month Follow Up - at 27 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	58	-	SMD 0.84 higher (0.45 to 1.22 higher)	□□□□ HIGH	
Amount of Alcohol Consumed (DDD) Post Treatment (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.36 lower (0.73 lower to 0.01 higher)	□□□□ HIGH	
Amount of Alcohol Consumed (DDD) up to 6 Month Follow Up - at 6 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	54	60	-	SMD 0.25 lower (0.62 lower to 0.12 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 15 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	54	60	-	SMD 0.49 higher (0.12 to 0.87 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 18 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	54	60	-	SMD 0.17 higher (0.2 lower to 0.54 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 21 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	54	60	-	SMD 0.21 lower (0.57 lower to 0.16 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 24 month follow up (Better indicated by lower values)												

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1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.03 higher (0.34 lower to 0.4 higher)	□□□□ HIGH	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	54	60	-	SMD 0.15 higher (0.22 lower to 0.52 higher)	□□□□ MODERATE	
Attrition (Drop-out) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	5/70 (7.1%)	6/71 (8.5%)	RR 0.85 (0.27 to 2.64)	13 fewer per 1000 (from 62 fewer to 139 more)	□□□□ MODERATE	
								8.5%		13 fewer per 1000 (from 62 fewer to 139 more)		
Attrition (Drop-out) up to 6 month follow up - at 6 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	2/65 (3.1%)	0/65 (0%)	RR 5 (0.24 to 102.16)	0 more per 1000 (from 0 fewer to 0 more)	□□□□ HIGH	
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Amount of Alcohol Consumed (DDD) 7-12 Month Follow Up - at 9 months (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.05 lower (0.42 lower to 0.31 higher)	□□□□ HIGH	
Attrition (Drop-out) 7-12 month Follow Up - at 9 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	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)	□□□□ MODERATE	

Alcohol Use Disorders – Psychological interventions GRADE profiles

								1.5%		31 more per 1000 (from 10 fewer to 420 more)		
Amount of Alcohol Consumed (DDD) 7-12 Month Follow Up - at 12 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	54	60	-	SMD 0.32 higher (0.05 lower to 0.69 higher)	□□□□ MODERATE	
Attrition (Drop-out) > 12 Month Follow Up - at 18 months												
1	randomised trials	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	
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (Drop-out) > 12 Month Follow Up - at 27 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	2/56 (3.6%)	3/61 (4.9%)	RR 0.73 (0.13 to 4.19)	13 fewer per 1000 (from 43 fewer to 157 more)	□□□□ MODERATE	
								4.9%		13 fewer per 1000 (from 43 fewer to 156 more)		

¹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁴ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁵ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁶ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁷ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁸ 95% confidence intervals around absolute effects from 62 fewer to 139 more events

⁹ 95% confidence intervals around absolute effects from 10 fewer to 430 more events

¹⁰ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

¹¹ 95% confidence intervals around absolute effects from 43 fewer to 157 more events

4 Counselling

4.1 Counselling vs other treatment for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings				Importance
							No of patients		Effect		
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Counselling	Other Treatment	Relative (95% CI)	Absolute	
Abstinence (Percentage) Post Treatment (Better indicated by lower values)											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	12	22	-	SMD 0.31 higher (0.86 lower to 1.47 higher)	□□□□ MODERATE
Abstinence (Percentage or Proportion) Up to 6 Months - PDA at 2 month Follow Up (Better indicated by lower values)											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	12	22	-	SMD 0.42 higher (0.29 lower to 1.14 higher)	□□□□ MODERATE
Abstinence (Percentage or Proportion) Up to 6 Months - PDA at 3 month Follow Up (Better indicated by lower 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
Abstinence (Percentage or Proportion) Up to 6 Months - PDA at 6 month Follow Up (Better indicated by lower values)											
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	71	91	-	SMD 0.25 higher (0.06 lower to 0.56 higher)	□□□□ MODERATE
Abstinence (Percentage or Proportion) at 7-12 Month Follow Up - Sober Days at 12 month follow up (Better indicated by lower values)											
1	randomised	no serious	no serious	no serious	no serious	strong	12	11	-	SMD 1.67 higher (0.7	□□□□

Alcohol Use Disorders – Psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness	imprecision	association ⁴				to 2.65 higher)	HIGH	
Abstinence (Percentage or Proportion) at 7-12 Month Follow Up - PDA at 9 months Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	59	69	-	SMD 0.24 higher (0.11 lower to 0.58 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) at 7-12 Month Follow Up - PDA at 12 month Follow Up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	71	91	-	SMD 0.28 higher (0.03 lower to 0.59 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) >12 Month Follow Up - PDA at 15 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	59	69	-	SMD 0.28 higher (0.07 lower to 0.63 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) >12 Month Follow Up - PDA at 18 month Follow Up (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	71	91	-	SMD 0.3 higher (0.01 lower to 0.61 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) >12 Month Follow Up - PDA at 24 month Follow Up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	12	22	-	SMD 0.34 higher (0.37 lower to 1.05 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed at 7-12 month Follow Up - cl pure alcohol at 12 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ¹⁰	12	11	-	SMD 1.15 higher (0.26 to 2.05 higher)	□□□□ HIGH	
Time to First Drink Assessed at 18 Month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	59	69	-	SMD 0.15 higher (0.2 lower to 0.5 higher)	□□□□ HIGH	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Time to First Heavy Drink Assessed at 18 Month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	59	69	-	SMD 0.09 higher (0.26 lower to 0.44 higher)	□□□□ HIGH	
Rates of Consumption Up to 6 Month Follow Up - Proportion Days Heavy Drinking (>= 6 men, 4 women) at 3 months Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	59	69	-	SMD 0.14 higher (0.21 lower to 0.49 higher)	□□□□ HIGH	
Rates of Consumption Up to 6 Month Follow Up - Proportion Days Heavy Drinking (>= 6 men, 4 women) at 6 months Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	59	69	-	SMD 0.2 higher (0.15 lower to 0.55 higher)	□□□□ MODERATE	
Rates of Consumption 7-12 Month Follow Up - Proportion Days Heavy Drinking (>= 6 men, 4 women) at 9 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	59	69	-	SMD 0.1 higher (0.24 lower to 0.45 higher)	□□□□ HIGH	
Rates of Consumption 7-12 Month Follow Up - Proportion Days Heavy Drinking (>= 6 men, 4 women) at 12 months Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	59	69	-	SMD 0.17 higher (0.18 lower to 0.52 higher)	□□□□ MODERATE	
Rates of Consumption >12 Month Follow Up - Proportion Days Heavy Drinking (>= 6 men, 4 women) at 15 months Follow Up (Better indicated by lower values)												
1	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	
Rates of Consumption >12 Month Follow Up - Proportion Days Heavy Drinking (>= 6 men, 4 women) at 18 months Follow Up (Better indicated by 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)	□□□□ HIGH	
Lapse up to 6 month Follow Up - Broke Abstinence (lapse) at 6 month Follow Up												

Alcohol Use Disorders – Psychological interventions GRADE profiles

2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	150/201 (74.6%)	128/203 (63.1%)	RR 1.15 (1.01 to 1.32)	95 more per 1000 (from 6 more to 202 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								70.6%		106 more per 1000 (from 7 more to 226 more)	
Lapsed - 7-12 month follow-up - at 12 month follow-up											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	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)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> HIGH
								77.6%		62 fewer per 1000 (from 147 fewer to 39 more)	
Lapse >12 month Follow Up - Broke Abstinence (lapse) at 5 year Follow Up											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	none	16/21 (76.2%)	21/27 (77.8%)	RR 0.98 (0.72 to 1.34)	16 fewer per 1000 (from 218 fewer to 264 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								77.8%		16 fewer per 1000 (from 218 fewer to 265 more)	
Rates of Consumption up to 6 Month Follow Up - Exceeded National Guidelines at least once (at 6 months)											
1	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)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> HIGH
								64.3%		135 more per 1000 (from 58 fewer to 386 more)	
Rates of Consumption up to 6 Month Follow Up - Exceeded National Guideline >=6 times (at 6 months)											

Alcohol Use Disorders – Psychological interventions GRADE profiles

1	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)	<div style="display: flex; justify-content: space-between;"> □□□□ HIGH </div>
								64.3%		135 more per 1000 (from 58 fewer to 386 more)	
Rates of Consumption up to 6 Month Follow Up - Drank >=10 standard drinks at least once (at 6 months)											
1	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 1.67)	155 more per 1000 (from 37 fewer to 415 more)	<div style="display: flex; justify-content: space-between;"> □□□□ HIGH </div>
								61.9%		155 more per 1000 (from 37 fewer to 415 more)	
Rates of Consumption up to 6 Month Follow Up - Drank >=10 standard drinks >= 6 times (at 6 months)											
1	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 2.23)	197 more per 1000 (from 21 fewer to 527 more)	<div style="display: flex; justify-content: space-between;"> □□□□ HIGH </div>
								42.9%		197 more per 1000 (from 21 fewer to 528 more)	
Rates of Consumption >12 Months Follow up - Exceeded National Guidelines at least once (at 5 years)											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁵	none	13/21 (61.9%)	16/27 (59.3%)	RR 1.04 (0.66 to 1.65)	24 more per 1000 (from 201 fewer to 385 more)	<div style="display: flex; justify-content: space-between;"> □□□□ MODERATE </div>
								59.3%		24 more per 1000 (from 202 fewer to 385 more)	
Rates of Consumption >12 Months Follow up - Exceeded National Guidelines >= 6 times (at 5 years)											

Alcohol Use Disorders – Psychological interventions GRADE profiles

1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁶	none	11/21 (52.4%)	12/27 (44.4%)	RR 1.18 (0.66 to 2.12)	80 more per 1000 (from 151 fewer to 498 more)	<div style="display: flex; align-items: center;"> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc;"></div> </div> MODERATE
								44.4%		80 more per 1000 (from 151 fewer to 497 more)	
Rates of Consumption >12 Months Follow up - Drank >=10 standard drinks at least once (at 5 years)											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁷	none	8/21 (38.1%)	9/27 (33.3%)	RR 1.14 (0.53 to 2.45)	47 more per 1000 (from 157 fewer to 483 more)	<div style="display: flex; align-items: center;"> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc;"></div> </div> MODERATE
								33.3%		47 more per 1000 (from 157 fewer to 483 more)	
Rates of Consumption >12 Months Follow up - Drank >=10 standard drinks >=6 times (at 5 years)											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁸	none	4/21 (19%)	6/27 (22.2%)	RR 0.86 (0.28 to 2.65)	31 fewer per 1000 (from 160 fewer to 367 more)	<div style="display: flex; align-items: center;"> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc;"></div> </div> MODERATE
								22.2%		31 fewer per 1000 (from 160 fewer to 366 more)	
Attrition (Drop-Out) up to 6 months follow-up - at 3-6 month follow-up											
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁹	none	50/161 (31.1%)	49/161 (30.4%)	RR 1.02 (0.74 to 1.42)	6 more per 1000 (from 79 fewer to 128 more)	<div style="display: flex; align-items: center;"> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc;"></div> </div> MODERATE
								30.4%		6 more per 1000 (from 79 fewer to 128 more)	
Attrition (Drop-out) 7-12 Month Follow Up - at 12 month follow up											
2	randomised	no serious	no serious	no serious	serious ²⁰	none	56/123	67/124	RR 0.85	81 fewer per 1000 (from 178 fewer to 43)	<div style="display: flex; align-items: center;"> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc; margin-bottom: 2px;"></div> <div style="width: 100%; height: 10px; background-color: #ccc;"></div> </div>

Alcohol Use Disorders – Psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness			(45.5%)	(54%)	(0.67 to 1.08)	more)	MODERATE	
								33.6%		50 fewer per 1000 (from 111 fewer to 27 more)		
Attrition (Drop-out) >12 month Follow Up - at 5 year follow up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²¹	none		15/42 (35.7%)		118 more per 1000 (from 75 fewer to 443 more)	□□□□	MODERATE
							19/40 (47.5%)	35.7%	RR 1.33 (0.79 to 2.24)	118 more per 1000 (from 75 fewer to 443 more)		

¹ No explanation was provided

² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁴ SMD=1.67, p=0.0008

⁵ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁶ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁷ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁸ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

¹⁰ SMD=1.15, p=0.01

¹¹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

¹² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

¹³ Relative risk increase greater than 25%

¹⁴ 95% confidence interval includes no effect and relative risk increase greater than 25%

¹⁵ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

¹⁶ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

¹⁷ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

¹⁸ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

¹⁹ 95% confidence interval includes no effect and relative risk increase greater than 25%

²⁰ 95% confidence interval includes no effect and relative risk increase greater than 25%

²¹ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

4.2 Counselling vs Control (No Treatment) for Harmful Alcohol Use and Alcohol Dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Counselling	Control (No Treatment)	Relative (95% CI)	Absolute		
Lapse up to 6 month Follow Up - Broke Abstinence (lapse) at 6 months												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	36/40 (90%)	37/40 (92.5%)	RR 0.97 (0.85 to 1.11)	28 fewer per 1000 (from 139 fewer to 102 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
								92.5%		28 fewer per 1000 (from 139 fewer to 102 more)		
Lapse >12 month Follow Up - Broke Abstinence (lapse) at 5 years												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	16/21 (76.2%)	22/29 (75.9%)	RR 1 (0.73 to 1.38)	0 more per 1000 (from 205 fewer to 288 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
								75.9%		0 more per 1000 (from 205 fewer to 288 more)		
Rates of Consumption up to 6 month follow up - Exceeded National Guidelines at least once (at 6 months)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	31/40 (77.5%)	29/40 (72.5%)	RR 1.07 (0.83 to 1.38)	51 more per 1000 (from 123 fewer to 275 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
								72.5%		51 more per 1000 (from 123 fewer to 275 more)		

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Rates of Consumption up to 6 month follow up - Exceeded National Guideline >=6 times (at 6 months)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	31/40 (77.5%)	29/40 (72.5%)	RR 1.07 (0.83 to 1.38)	51 more per 1000 (from 123 fewer to 275 more)	□□□□ MODERATE	
								72.5%		51 more per 1000 (from 123 fewer to 275 more)		
Rates of Consumption up to 6 month follow up - Drank >=10 standard drinks at least once (at 6 months)												
1	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 1.22)	24 fewer per 1000 (from 184 fewer to 176 more)	□□□□ HIGH	
								80%		24 fewer per 1000 (from 184 fewer to 176 more)		
Rates of Consumption up to 6 month follow up - Drank >=10 standard drinks >= 6 times (at 6 months)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	25/40 (62.5%)	26/40 (65%)	RR 0.96 (0.69 to 1.34)	26 fewer per 1000 (from 201 fewer to 221 more)	□□□□ MODERATE	
								65%		26 fewer per 1000 (from 201 fewer to 221 more)		
Rates of Consumption >12 month follow-up - Exceeded National Guidelines at least once (at 5 years)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	13/21 (61.9%)	19/29 (65.5%)	RR 0.94 (0.62 to 1.45)	39 fewer per 1000 (from 249 fewer to 295 more)	□□□□ MODERATE	
								65.5%		39 fewer per 1000 (from 249 fewer to 295 more)		

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Rates of Consumption >12 month follow-up - Exceeded National Guidelines >= 6 times (at 5 years)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	11/21 (52.4%)	14/29 (48.3%)	RR 1.09 (0.62 to 1.89)	43 more per 1000 (from 183 fewer to 430 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
								48.3%		43 more per 1000 (from 184 fewer to 430 more)		
Rates of Consumption >12 month follow-up - Drank >=10 standard drinks at least once (at 5 years)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	8/21 (38.1%)	15/29 (51.7%)	RR 0.74 (0.38 to 1.41)	134 fewer per 1000 (from 321 fewer to 212 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
								51.7%		134 fewer per 1000 (from 321 fewer to 212 more)		
Rates of Consumption >12 month follow-up - Drank >=10 standard drinks >=6 times (at 5 years)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	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)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
								31%		121 fewer per 1000 (from 242 fewer to 226 more)		
Attrition (Drop-out) >12 month Follow Up - at 5 year follow up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	19/40 (47.5%)	11/40 (27.5%)	RR 1.73 (0.95 to 3.15)	201 more per 1000 (from 14 fewer to 591 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE	
								27.5%		201 more per 1000 (from 14 fewer to 591 more)		

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¹ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

² 95% confidence interval includes no effect and relative risk increase greater than 25%

³ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁴ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁵ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

⁶ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

⁷ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

⁸ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

⁹ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

¹⁰ 95% confidence interval includes no effect and relative risk increase greater than 25%

5 Couples Therapy

5.1 Couples therapy vs other intervention for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Couples Therapy	Other Intervention	Relative (95% CI)	Absolute		
Abstinence (Percentage or Proportion) Post Treatment (Better indicated by lower values)												
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	78	136	-	SMD 0.16 lower (0.44 lower to 0.13 higher)	□□□□ HIGH	
Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 2 month follow-up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	22	12	-	SMD 0.42 lower (1.14 lower to 0.29 higher)		
Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 3 month follow-up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	46	92	-	SMD 0.37 lower (0.72 to 0.01 lower)	□□□□ HIGH	

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Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 6 month follow-up (Better indicated by lower values)												
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	88	114	-	SMD 0.47 lower (0.77 to 0.18 lower)	□□□□ HIGH	
Abstinence (Percentage or Proportion) 7 - 12 Month Follow Up - at 9 month follow-up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	46	92	-	SMD 0.6 lower (0.96 to 0.24 lower)	□□□□ HIGH	
Abstinence (Percentage or Proportion) 7 - 12 Month Follow Up - at 12 month follow-up (Better indicated by lower values)												
7	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	107	138	-	SMD 0.54 lower (0.81 to 0.27 lower)	□□□□ HIGH	
Abstinence (Percentage or Proportion) >12 month Follow Up - at 18 months (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	22	12	-	SMD 0.26 lower (0.97 lower to 0.45 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) >12 month Follow Up - at 24 months (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	22	12	-	SMD 0.34 lower (1.05 lower to 0.37 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed Post Treatment - Units Per Week (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	27	21	-	SMD 0.38 lower (0.95 lower to 0.2 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed Up to 6 month Follow Up - Units Per Week at 6 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	21	24	-	SMD 0.16 lower (0.75 lower to 0.42 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed at 7- 12 Month Follow Up - Mean no. drinks per drinking day at 12 month Follow Up (Better indicated by lower values)												

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1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	19	24	-	SMD 0.11 lower (0.71 lower to 0.49 higher)	□□□□ MODERATE	
Rates of Consumption Post Treatment - % Days Heavy Drinking Post Treatment (Better indicated by lower values)												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	52	100	-	SMD 0.01 higher (0.33 lower to 0.35 higher)	□□□□ HIGH	
% Days Abstinent/Light (no alcohol or 1-3 drinks) at 3 Month Follow Up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ⁷	41	22	-	SMD 0.77 lower (1.31 to 0.23 lower)	□□□□ HIGH	
Rates of Consumption Up to 6 Month Follow Up - % Days Abstinent/Light (no alcohol or 1-3 drinks) at 6 Month Follow Up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	41	22	-	SMD 0.52 lower (1.04 lower to 0.01 higher)	□□□□ HIGH	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 3 Month Follow Up (Better indicated by lower values)												
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	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 6 Month Follow Up (Better indicated by lower values)												
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	
Rates of Consumption 7 - 12 Month Follow Up - Days Light Drinking (Proportion) at 12 Month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	19	24	-	SMD 0.08 lower (0.68 lower to 0.52 higher)	□□□□ MODERATE	
Rates of Consumption 7 - 12 Month Follow Up - % Days Abstinent/Light (no alcohol or 1-3 drinks) at 9 Month Follow Up (Better indicated by lower values)												
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	41	20	-	SMD 0.6 lower (1.15	□□□□	

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	trials	limitations	inconsistency	indirectness	imprecision					to 0.05 lower)	HIGH	
Rates of Consumption 7 - 12 Month Follow Up - % Days Abstinent/Light (no alcohol or 1-3 drinks) at 12 Month Follow Up (Better indicated by lower values)												
6	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	
Rates of Consumption 7 - 12 Month Follow Up - Days Drinking 5-9 Drinks (Proportion) at 12 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	19	24	-	SMD 0.05 higher (0.56 lower to 0.65 higher)	□□□□ MODERATE	
Rates of Consumption 7 - 12 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 9 Month Follow Up (Better indicated by lower values)												
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)	□□□□ HIGH	
Rates of Consumption 7 - 12 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 12 Month Follow Up (Better indicated by lower values)												
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	
Rates of Consumption 7 - 12 Month Follow Up - Days Drinking >= 10 drinks(proportion) at 12 Month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	19	24	-	SMD 0.25 lower (0.86 lower to 0.35 higher)	□□□□ MODERATE	
Relapse (>6 units most days of the week) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	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)	□□□□ MODERATE	
								22.2%		349 more per 1000 (from 36 more to 1046 more)		

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Regular Relapse (>6 units a few times a month) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	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)	□□□□ MODERATE	
								22.2%		80 fewer per 1000 (from 182 fewer to 282 more)		
Severe lapse (>6 units on one occasion) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	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)		
								44.4%		315 more per 1000 (from 27 more to 790 more)		
Attrition (Drop-out) Post Treatment												
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	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)	□□□□ MODERATE	
								9.8%		22 more per 1000 (from 25 fewer to 100 more)		
Attrition (Drop-out) up to 6 Month Follow Up - at 3 month Follow Up												
2	randomised trials	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 37.15)	0 more per 1000 (from 0 fewer to 0 more)	□□□□ HIGH	
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (Drop-out) up to 6 Month Follow Up - at 6 month Follow Up												

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3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁵	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)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								0%		0 fewer per 1000 (from 0 fewer to 0 fewer)	
Attrition (Drop-out) 7-12 month Follow Up - at 9 month Follow Up											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁶	none	1/41 (2.4%)	4/22 (18.2%)	RR 0.19 (0.03 to 1.17)	147 fewer per 1000 (from 176 fewer to 31 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								18.2%		147 fewer per 1000 (from 177 fewer to 31 more)	
Attrition (Drop-out) 7-12 month Follow Up - at 12 month Follow Up											
5	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁷	none	25/111 (22.5%)	18/131 (13.7%)	RR 2.26 (1.33 to 3.84)	173 more per 1000 (from 45 more to 390 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 5px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								14.3%		180 more per 1000 (from 47 more to 406 more)	

¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁴ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁵ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁶ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁷ SMD = -0.77, p=0.005

⁸ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

⁹ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

¹⁰ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

¹¹ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

¹² 95% confidence interval includes no effect and relative risk increase greater than 25%

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¹³ 95% confidence interval includes no effect and relative risk increase greater than 25%

¹⁴ 95% confidence interval includes no effect and relative risk increase greater than 25%

¹⁵ 95% confidence intervals around absolute effects from 66 fewer to 265 more events

¹⁶ 95% confidence intervals around absolute effects from 176 fewer to 32 more events

¹⁷ 95% confidence intervals around absolute effects from 45 more to 390 more events

5.2 BCT vs other couples therapy for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	BCT	Other Couples Therapy	Relative (95% CI)	Absolute		
Abstinence (Percentage or Proportion) Post Treatment (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	10	12	-	SMD 0.67 lower (1.54 lower to 0.2 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 2 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	10	12	-	SMD 0.17 lower (1.01 lower to 0.67 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 6 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) 7 - 12 Month Follow Up - at 12 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) >12 month Follow Up - at 18 months Follow Up (Better indicated by lower values)												

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1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	10	12	-	SMD 0.1 higher (0.74 lower to 0.94 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) >12 month Follow Up - at 24 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	10	12	-	SMD 0.26 higher (0.58 lower to 1.1 higher)	□□□□ MODERATE	
Rates of Consumption Post Treatment - % Days Heavy Drinking (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	25	25	-	SMD 0.02 higher (0.54 lower to 0.57 higher)	□□□□ MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Days Abstinent/Light (no alcohol or 1-3 drinks) at 3 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	20	21	-	SMD 0.13 lower (0.74 lower to 0.48 higher)	□□□□ MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Days Abstinent/Light (no alcohol or 1-3 drinks) at 6 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher)	□□□□ MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 3 month Follow Up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	45	46	-	SMD 0.07 lower (0.48 lower to 0.34 higher)	□□□□ HIGH	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 6 month Follow Up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	45	46	-	SMD 0.08 higher (0.33 lower to 0.49 higher)	□□□□ HIGH	
Rates of Consumption 7 - 12 Month Follow Up - % Days Abstinent or Light (no alcohol or 1-3 drinks) at 9 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	20	21	-	SMD 0.17 lower (0.78	□□□□	

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	trials	limitations	inconsistency	indirectness						lower to 0.44 higher)	MODERATE	
Rates of Consumption 7 - 12 Month Follow Up - % Days Abstinent or Light (no alcohol or 1-3 drinks) at 12 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	20	21	-	SMD 0.4 lower (1.02 lower to 0.22 higher)	▣▣▣▣ MODERATE	
Rates of Consumption 7 - 12 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 9 month Follow Up (Better indicated by lower values)												
2	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	
Rates of Consumption 7 - 12 Month Follow Up - % Days Heavy Drinking (>6 drinks per day) at 12 month Follow Up (Better indicated by lower values)												
2	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	
Attrition (Drop-Out) up to 6 Month Follow Up - at 3 month follow-up												
1	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	
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (Drop-Out) up to 6 Month Follow Up - at 9 month Follow Up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	1/21 (4.8%)	1/21 (4.8%)	RR 1 (0.07 to 14.95)	0 fewer per 1000 (from 44 fewer to 664 more)	▣▣▣▣ MODERATE	
								4.8%		0 fewer per 1000 (from 45 fewer to 670 more)		

¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

³ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

⁴ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

⁵ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

⁶ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

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⁷ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

⁸ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁹ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

¹⁰ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

¹¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

¹² 95% confidence intervals around absolute effects from 44 fewer to 664 more events

5.3 Intensive couples therapy vs brief couples therapy for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Intensive Couples Therapy	Brief Couples Therapy	Relative (95% CI)	Absolute		
Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 1 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	70	46	-	SMD 0.64 higher (0.26 to 1.02 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 2 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	70	46	-	SMD 0.22 higher (0.15 lower to 0.6 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) Up to 6 month Follow Up - at 6 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	70	46	-	SMD 0.17 higher (0.21 lower to 0.54 higher)	□□□□ MODERATE	
Abstinence (Percentage or Proportion) 7 - 12 Month Follow Up - at 12 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	70	46	-	SMD 0.26 higher	□□□□	

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	trials	limitations	inconsistency	indirectness						(0.11 lower to 0.63 higher)	MODERATE	
Abstinence (Percentage or Proportion) >12 month Follow Up - at 18 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	70	46	-	SMD 0.15 higher (0.22 lower to 0.52 higher)	MODERATE	
Rates of Consumption Post Treatment - % Days Heavy Drinking (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	25	25	-	SMD 0.02 higher (0.54 lower to 0.57 higher)	MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (> 6 drinks per day) at 1 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	70	46	-	SMD 0.36 higher (0.02 lower to 0.73 higher)	MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (> 6 drinks per day) at 2 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	70	46	-	SMD 0.14 lower (0.51 lower to 0.23 higher)	MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (> 6 drinks per day) at 3 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	25	25	-	SMD 0.01 lower (0.57 lower to 0.54 higher)	MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Days Heavy Drinking (>=5 drinks per day) at 6 month Follow Up (Better indicated by lower values)												
2	randomised	no serious	no serious	no serious	no serious	none	95	71	-	SMD 0.02 higher (0.29 lower to 0.32 higher)		

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	trials	limitations	inconsistency	indirectness	imprecision					higher)	HIGH	
Rates of Consumption Up to 6 Month Follow Up - % Moderate Drinking Days (1-4 drinks per day) at 1 month Follow Up (Better indicated 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	
Rates of Consumption Up to 6 Month Follow Up - % Moderate Drinking Days (1-4 drinks per day) at 2 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	70	46	-	SMD 0.34 lower (0.71 lower to 0.04 higher)	□□□□ MODERATE	
Rates of Consumption Up to 6 Month Follow Up - % Moderate Drinking Days (1-4 drinks per day) at 6 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	70	46	-	SMD 0.15 lower (0.52 lower to 0.22 higher)	□□□□ MODERATE	
Rates of Consumption 7 - 12 Month Follow Up - % Moderate Drinking Days (1-4 drinks per day) at 12 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	70	46	-	SMD 0.3 lower (0.67 lower to 0.07 higher)	□□□□ MODERATE	
Rates of Consumption 7 - 12 Month Follow Up - % Days Heavy Drinking (> 6 drinks per day) at 9 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	25	25	-	SMD 0.01 lower (0.57 lower to 0.54 higher)	□□□□ MODERATE	
Rates of Consumption 7 - 12 Month Follow Up - % Days Heavy Drinking (>=5 drinks per day) at 12 month Follow Up (Better indicated by lower values)												
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	

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Rates of Consumption > 12 month Follow Up - % Moderate Drinking Days (1-4 drinks per day) at 18 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	none	70	46	-	SMD 0.23 lower (0.6 lower to 0.14 higher)	□□□□ MODERATE	
Rates of Consumption > 12 month Follow Up - % Days Heavy Drinking (>=5 drinks per day) at 18 month Follow Up (Better indicated by lower values)												
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	
Attrition (Drop-Out) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision ¹⁵	none	55/139 (39.6%)	0/79 (0%)	RR 63.43 (3.97 to 1012.92)	0 more per 1000 (from 0 more to 0 more)	□□□□ HIGH	
								0%		0 more per 1000 (from 0 more to 0 more)		
Attrition (Drop-Out) > 12 month Follow Up - at 1-18 month 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 322 fewer)	□□□□ HIGH	
								41.8%		251 fewer per 1000 (from 130 fewer to 322 fewer)		

¹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
³ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
⁴ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
⁵ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
⁶ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions
⁷ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
⁸ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

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⁹ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

¹⁰ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

¹¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

¹² 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

¹³ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

¹⁴ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

¹⁵ Counselling was only 1 session therefore it was impossible to have participants who drop-out

5.4 Parental Skills + BCT (PSBCT) vs BCT alone for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Parental Skills + BCT (PSBCT)	BCT alone	Relative (95% CI)	Absolute		
Abstinence (PDA) Post Treatment (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	10	10	-	SMD 0.12 higher (0.75 lower to 1 higher)	□□□□ MODERATE	
Abstinence (PDA) at 6 Month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	10	10	-	SMD 0.04 higher (0.84 lower to 0.91 higher)	□□□□ MODERATE	
Abstinence (PDA) at 12 month follow up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	10	10	-	SMD 0.04 lower (0.92 lower to 0.84 higher)	□□□□ MODERATE	

¹ No explanation was provided

² 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

³ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

6 Motivational Techniques

MET compared to Control for Harmful Alcohol Use and Alcohol Dependence

Patient or population: patients with Harmful Alcohol Use and Alcohol Dependence

Settings:

Intervention: MET

Comparison: Control

Outcomes	Illustrative comparative risks* (95% CI)		Relative effect (95% CI)	No of Participants (studies)	Quality of the evidence (GRADE)	Comments
	Assumed risk Control	Corresponding risk MET				
Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 1 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 1 month follow up in the intervention groups was 0.67 standard deviations lower (1.2 to 0.15 lower)		61 (1 study)	⊕⊕⊕⊕ high	SMD -0.67 (-1.2 to -0.15)
Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 2 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 2 month follow up in the intervention groups was 0.46 standard deviations lower (0.97 lower to 0.06 higher)		61 (1 study)	⊕⊕⊕⊖ moderate ¹	SMD -0.46 (-0.97 to 0.06)
Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 1 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 1 month follow up in the intervention groups was 0.17 standard deviations lower (0.68 lower to 0.34 higher)		61 (1 study)	⊕⊕⊕⊖ moderate ²	SMD -0.17 (-0.68 to 0.34)
Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 2 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 2 month follow up in the intervention groups was 0.21 standard deviations higher (0.3 lower to 0.72 higher)		61 (1 study)	⊕⊕⊕⊖ moderate ³	SMD 0.21 (-0.3 to 0.72)
Amount of Alcohol consumed 7-12 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 12 month follow up		The mean Amount of Alcohol consumed 7-12 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 12 month follow up in the intervention groups was		61 (1 study)	⊕⊕⊕⊖ moderate ⁴	SMD -0.2 (-0.71 to 0.31)

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	0.2 standard deviations lower (0.71 lower to 0.31 higher)			
Amount of Alcohol consumed 7-12 month follow up - Drinks per drinking day (log transformed) at 12 month follow up	The mean Amount of Alcohol consumed 7-12 month follow up - Drinks per drinking day (log transformed) at 12 month follow up in the intervention groups was 0.36 standard deviations higher (0.15 lower to 0.88 higher)	61 (1 study)	⊕⊕⊕⊖ moderate ⁵	SMD 0.36 (-0.15 to 0.88)
Rates of Consumption up to 6 month follow-up - Days any alcohol use at 5 month follow-up	The mean Rates of Consumption up to 6 month follow-up - Days any alcohol use at 5 month follow-up in the intervention groups was 0.31 standard deviations lower (0.64 lower to 0.03 higher)	139 (1 study)	⊕⊕⊕⊖ moderate ⁶	SMD -0.31 (-0.64 to 0.03)
Rates of Consumption up to 6 month follow-up - Days Heavy alcohol use (>4 drinks) at 5 month follow-up	The mean Rates of Consumption up to 6 month follow-up - Days Heavy alcohol use (>4 drinks) at 5 month follow-up in the intervention groups was 0.7 standard deviations lower (1.3 to 0.11 lower)	46 (1 study)	⊕⊕⊕⊖ moderate ⁷	SMD -0.7 (-1.3 to -0.11)
Rate of consumption up to 6 month follow-up - Exceeded national drinking guidelines at least once at 6 month follow-up	Study population	RR 0.89	82 (1 study)	⊕⊕⊕⊖ moderate ⁸
	725 per 1000 645 per 1000 (479 to 863)	(0.66 to 1.19)		
	Medium risk population			
Rate of consumption up to 6 month follow-up - Exceeded national drinking guidelines 6 or more times at 6 month follow-up	Study population	RR 0.89	82 (1 study)	⊕⊕⊕⊖ moderate ⁹
	725 per 1000 645 per 1000 (479 to 863)	(0.66 to 1.19)		
	Medium risk population			
Rate of consumption up to 6 month follow-up - Drank 10+ standard drinks at least once at 6 month follow-up	Study population	RR 0.77	82 (1 study)	See comment
	800 per 1000 616 per 1000 (464 to 824)	(0.58 to 1.03)		
	Medium risk population			
	800 per 1000 616 per 1000			

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	1000	(464 to 824)			
Rate of consumption up to 6 month follow-up - Drank 10+ or more drinks 6 or more times at 6 month follow-up	Study population		RR 0.66	82 (0.43 to 1)	⊕⊕⊕⊖ moderate ¹⁰
	650 per 1000	429 per 1000 (280 to 650)			
	Medium risk population				
Rates of Consumption >12 month follow-up - Exceeded national drinking guidelines at least once at 5 year follow-up	Study population		RR 0.9	56 (1 study)	⊕⊕⊕⊖ moderate ¹¹
	655 per 1000	589 per 1000 (393 to 891)			
	Medium risk population				
Rates of Consumption >12 month follow-up - Exceeded national drinking guidelines 6 or more times at 5 year follow-up	Study population		RR 0.92	56 (1 study)	⊕⊕⊕⊖ moderate ¹²
	483 per 1000	444 per 1000 (251 to 782)			
	Medium risk population				
Rates of Consumption >12 month follow-up - Drank 10+ standard drinks at least once at 5 year follow-up	Study population		RR 0.64	56 (1 study)	⊕⊕⊕⊖ moderate ¹³
	517 per 1000	331 per 1000 (176 to 631)			
	Medium risk population				
Rates of Consumption >12 month follow-up - Drank 10+ or more drinks 6 or more times at 5 year follow-up	Study population		RR 0.72	56 (1 study)	⊕⊕⊕⊖ moderate ¹⁴
	310 per 1000	223 per 1000 (90 to 539)			
	Medium risk population				
	310 per 1000	223 per 1000 (90 to 539)			

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Lapsed up until 6 month follow-up - at 6 months	Study population		RR 0.9 (0.77 to 1.06)	82 (1 study)	⊕⊕⊕⊖ moderate ¹⁵
	925 per 1000	832 per 1000 (712 to 980)			
	Medium risk population				
Lapsed >12 month follow-up - at 5 yr follow-up	Study population		RR 1.03 (0.77 to 1.37)	56 (1 study)	⊕⊕⊕⊖ moderate ¹⁶
	759 per 1000	782 per 1000 (584 to 1000)			
	Medium risk population				
Attrition (Drop-Out) Post Treatment	Study population		RR 1.09 (0.76 to 1.57)	290 (1 study)	⊕⊕⊕⊖ moderate ¹⁷
	273 per 1000	298 per 1000 (207 to 429)			
	Medium risk population				
Attrition (drop-out) > 12 month follow-up - at 5 year follow-up	Study population		RR 1.3 (0.68 to 2.48)	82 (1 study)	⊕⊕⊕⊖ moderate ¹⁸
	275 per 1000	358 per 1000 (187 to 682)			
	Medium risk population				
Attrition (drop-out) at 7-12 month follow-up - at 12 months	Study population		RR 0.89 (0.3 to 2.61)	61 (1 study)	⊕⊕⊕⊖ moderate ¹⁹
	192 per 1000	171 per 1000 (58 to 501)			
	Medium risk population				
	192 per 1000	171 per 1000 (58 to 501)			

*The basis for the **assumed risk** (e.g. the median control group risk across studies) is provided in footnotes. The **corresponding risk** (and its 95% confidence interval) is based on the assumed risk in

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the comparison group and the **relative effect** of the intervention (and its 95% CI).

CI: Confidence interval; **RR:** Risk ratio;

GRADE Working Group grades of evidence

High quality: Further research is very unlikely to change our confidence in the estimate of effect.

Moderate quality: Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.

Low quality: Further research is very likely to have an important impact on our confidence in the estimate of effect and is likely to change the estimate.

Very low quality: We are very uncertain about the estimate.

-
- ¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5
 - ² 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5
 - ³ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
 - ⁴ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5
 - ⁵ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5
 - ⁶ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5
 - ⁷ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5
 - ⁸ 95% confidence interval includes no effect and relative risk increase greater than 25%
 - ⁹ 95% confidence interval includes no effect and relative risk increase greater than 25%
 - ¹⁰ Relative risk increase greater than 25%
 - ¹¹ 95% confidence interval includes no effect and relative risk increase greater than 25%
 - ¹² 95% confidence interval includes no effect and relative risk increase greater than 25%
 - ¹³ 95% confidence interval includes no effect and relative risk increase greater than 25%
 - ¹⁴ 95% confidence interval includes no effect and relative risk increase greater than 25%
 - ¹⁵ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%
 - ¹⁶ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%
 - ¹⁷ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%
 - ¹⁸ 95% confidence interval includes no effect and relative risk increase greater than 25%
 - ¹⁹ 95% confidence intervals around absolute effects from 135 fewer to 310 more events
-

7 Multi-Modal Intervention

7.1 Multimodal vs other for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Quality	Importance
							No of patients		Effect		Relative (95% CI)		
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Multimodal	Other					
Length of Sobriety (in months) Post Treatment (follow-up mean 6 months; Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	44	33	-	SMD 0.48 lower (0.93 to 0.02 lower)	□□□□ HIGH		
Lapsed Post Treatment (follow-up mean 6 months; Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	30	30	-	MD 0.79 higher (0.6 to 1.03 higher)	□□□□ MODERATE		
Lapsed up to 6 month follow-up - at 6 months													
1	randomised trials	serious ²	no serious inconsistency	no serious indirectness	serious ³	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)	□□□□ LOW		
							57.8%			133 more per 1000 (from 23 more to 260 more)			
Rates of Consumption Post Treatment - Days Drinking (follow-up mean 6 months; Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	44	36	-	SMD 0.41 lower (0.85 lower to 0.04 higher)	□□□□ MODERATE		
Amount of Alcohol Consumed Post Treatment - oz./day (follow-up mean 6 months; Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	41	34	-	SMD 0.25 lower (0.71 lower to 0.21 lower)	□□□□		

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	trials	limitations	inconsistency	indirectness						0.21 higher)	MODERATE	
Lapsed - 7-12 month follow-up - at 12 month follow-up (follow-up mean 12 months)												
1	randomised trials	serious ⁶	no serious inconsistency	no serious indirectness	serious ⁷	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)	□□□□ LOW	
								77.6%		62 fewer per 1000 (from 147 fewer to 39 more)		
Attrition (Drop-Out) Post Treatment (follow-up mean 6 months)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	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)	□□□□ MODERATE	
								17.5%		9 more per 1000 (from 100 fewer to 275 more)		
Attrition (Drop-Out) up to 6 months follow-up - at 3-6 month follow-up (follow-up mean 6 months)												
1	randomised trials	serious ⁹	no serious inconsistency	no serious indirectness	serious ¹⁰	none	50/161 (31.1%)	49/161 (30.4%)	RR 1.02 (0.74 to 1.42)	6 more per 1000 (from 79 fewer to 128 more)	□□□□ LOW	
								30.4%		6 more per 1000 (from 79 fewer to 128 more)		
Attrition (Drop-out) at 7-12 month follow-up - at 12 month follow-up (follow-up mean 12 months)												
1	randomised trials	serious ¹¹	no serious inconsistency	no serious indirectness	serious ¹²	none	56/111 (50.5%)	66/112 (58.9%)	RR 0.86 (0.67 to 1.09)	82 fewer per 1000 (from 194 fewer to 53 more)	□□□□ LOW	
								58.9%		82 fewer per 1000 (from 194 fewer to 53 more)		

¹ 95% confidence interval includes no effect.

² Randomisation method (sealed envelope)

³ 95% confidence interval includes an effect. Relative risk reduction and increase both greater than 25%.

⁴ 95% confidence interval includes no effect. Relative risk reduction greater than 25%.

⁵ 95% confidence interval includes no effect.

⁶ Randomisation method (sealed envelope)

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⁷ 95% confidence interval includes no effect. Relative risk reduction greater than 25%.

⁸ 95% confidence intervals around absolute effects from 100 fewer to 275 more events

⁹ Randomisation method (sealed envelope)

¹⁰ 95% confidence interval includes no effect. Relative risk increase greater than 25%.

¹¹ Randomisation method (sealed envelope).

¹² 95% confidence interval includes no effect and relative risk increase greater than 25%

8 Psychodynamic Therapy

8.1 Psychodynamic Therapy vs Other Therapy for Harmful Alcohol Use and Alcohol Dependence

Quality assessment							Summary of findings					Quality	Importance
							No of patients		Effect		Relative (95% CI)		
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Psychodynamic Therapy	Other Therapy					
Abstinence >12 month follow-up - Days Abstinent at 15 month Follow-up (Better indicated by lower values)													
1	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		
Amount of Alcohol Consumed >12 month follow-up - g abs.alc/drinking day at 15 Month Follow-up (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	23	21	-	SMD 0.07 higher (0.53 lower to 0.66 higher)	□□□□ MODERATE		
Rate of Consumption >12 month follow-up - Days > 80g abs.alc (Heavy Drinking) at 15 month Follow Up (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	23	21	-	SMD 0.06 lower (0.65 lower to 0.53 higher)	□□□□ MODERATE		

Alcohol Use Disorders – Psychological interventions GRADE profiles

Attrition (drop-out) >12 month follow-up - at 15 month Follow Up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	2/25 (8%)	3/24 (12.5%)	RR 0.64 (0.12 to 3.5)	45 fewer per 1000 (from 110 fewer to 312 more)	□□□□	MODERATE
							12.5%			45 fewer per 1000 (from 110 fewer to 312 more)		

¹ 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

² 95% confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

³ 95% confidence intervals around absolute effects from 110 fewer to 312 more events

9 Psychoeducational Intervention

9.1 Psychoeducational vs other treatment for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings				Quality	Importance
							No of patients		Effect			
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Psychoeducational	Other Treatment	Relative (95% CI)	Absolute		
Length of Sobriety (months) Post Treatment - Post Treatment (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	33	44	-	SMD 0.48 higher (0.02 to 0.93 higher)	□□□□	HIGH
Abstinence Post Treatment - Percentage Days Abstinent Post Treatment (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	46	92	-	SMD 0.03 higher (0.32 lower to 0.38 higher)	□□□□	HIGH

Alcohol Use Disorders – Psychological interventions GRADE profiles

Abstinence up to 6 month follow up - at 3 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	46	92	-	SMD 0.12 higher (0.26 lower to 0.5 higher)	□□□□ HIGH	
Abstinence up to 6 month follow up - at 6 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	46	92	-	SMD 0.3 higher (0.23 lower to 0.84 higher)	□□□□ MODERATE	
Abstinence 7-12 month follow up - at 9 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	46	92	-	SMD 0.28 higher (0.35 lower to 0.92 higher)	□□□□ MODERATE	
Abstinence 7-12 month follow up - at 12 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	46	92	-	SMD 0.26 higher (0.43 lower to 0.96 higher)	□□□□ MODERATE	
Abstinent/Light (1-3 standard drinks) up to 6 month follow up - at 6 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ⁴	30	31	-	SMD 0.94 higher (0.4 to 1.48 higher)	□□□□ HIGH	
Abstinent/light (1-3 standard drinks) 7-12 month follow up - at 12 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ⁵	30	31	-	SMD 0.84 higher (0.27 to 1.4 higher)	□□□□ HIGH	
Abstinent/Light (1-3 standard drinks) >12 month follow up - at 18 month follow up (Better indicated by lower values)												

Alcohol Use Disorders – Psychological interventions GRADE profiles

2	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	
Number lapsed (non-abstinent) Post Treatment - at 6 month follow up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	30/37 (81.1%)	30/47 (63.8%)	RR 1.27 (0.97 to 1.66)	172 more per 1000 (from 19 fewer to 421 more)	□□□□ MODERATE	
								63.8%		172 more per 1000 (from 19 fewer to 421 more)		
Rate of alcohol consumption Post Treatment (%Days Heavy drinking and days drinking over last 6 months) (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	60	119	-	SMD 0.21 higher (0.11 lower to 0.53 higher)	□□□□ MODERATE	
Rate of alcohol consumption up to 6 month follow-up - % days heavy drinking at 3 months (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	24	75	-	SMD 0.19 higher (0.27 lower to 0.65 higher)	□□□□ MODERATE	
Rate of alcohol consumption up to 6 month follow-up - % days heavy drinking at 6 months (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	24	75	-	SMD 0.37 higher (0.1 lower to 0.83 higher)	□□□□ MODERATE	
Rate of alcohol consumption - 7-12 month follow-up - days drinking per week at 12 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	336	321	-	SMD 0 higher (0.15 lower to 0.15 higher)	□□□□ HIGH	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Rate of alcohol consumption - 7-12 month follow-up - days drinking five or more drinks at 12 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	336	321	-	SMD 0.08 higher (0.08 lower to 0.23 higher)	□□□□ HIGH	
Rate of alcohol consumption - 7-12 month follow-up - % days heavy drinking at 9 months (Better indicated by lower values)												
3	randomised trials	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 higher)	□□□□ HIGH	
Rate of alcohol consumption - 7-12 month follow-up - % days heavy drinking at 12 months (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	24	75	-	SMD 0.5 higher (0.04 lower to 1.04 higher)	□□□□ HIGH	
Amount of Alcohol Consumed Post Treatment - oz./day (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	34	41	-	SMD 0.25 higher (0.21 lower to 0.71 higher)	□□□□ HIGH	
Amount of alcohol consumed 7-12 month follow up - drinks per drinking day at 12 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	336	321	-	SMD 0 higher (0.15 lower to 0.15 higher)	□□□□ HIGH	
Amount of alcohol consumed 7-12 month follow up - drinks per week at 12 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	336	321	-	SMD 0.01 higher (0.14 lower to 0.16 higher)	□□□□ HIGH	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Attrition (drop-out) Post Treatment											
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	11/86 (12.8%)	18/141 (12.8%)	RR 0.93 (0.46 to 1.87)	9 fewer per 1000 (from 69 fewer to 111 more)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE
								10.9%		8 fewer per 1000 (from 59 fewer to 95 more)	
Attrition up to 6 month follow up - at 6 months											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	6/72 (8.3%)	6/72 (8.3%)	RR 1.01 (0.32 to 3.19)	1 more per 1000 (from 57 fewer to 182 more)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE
								8.2%		1 more per 1000 (from 56 fewer to 180 more)	
Attrition (drop-out) 7-12 month follow up - at 12 month follow up											
5	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	83/519 (16%)	110/563 (19.5%)	RR 0.83 (0.64 to 1.07)	33 fewer per 1000 (from 70 fewer to 14 more)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE
								17.1%		29 fewer per 1000 (from 62 fewer to 12 more)	
Attrition (drop-out) >12 month follow-up - at 18 months											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	0/66 (0%)	2/64 (3.1%)	RR 0.23 (0.01 to 4.67)	24 fewer per 1000 (from 31 fewer to 115 more)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE
								2.9%		22 fewer per 1000 (from 29 fewer to 106 more)	

Alcohol Use Disorders – Psychological interventions GRADE profiles

¹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁴ SMD=0.94, p=0.0006

⁵ SMD=0.84, p=0.004

⁶ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁷ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁸ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

¹⁰ 95% confidence interval includes no effect and relative risk increase greater than 25%

¹¹ 95% confidence intervals around absolute effects from 57 fewer to 182 more events

¹² 95% confidence interval includes no effect and relative risk increase greater than 25%

¹³ 95% confidence intervals around absolute effects from 31 fewer to 115 more events

10 Self-Help Based Intervention

10.1 Self-help vs self-help for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect		Quality	
							Self-Help	Self-Help	Relative (95% CI)	Absolute		
Amount of Alcohol Consumed at 7-12 Month Follow Up - Number Standard Drinks Per week at 9 month Follow Up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	30	29	-	SMD 0.54 lower (1.06 to 0.02 lower)	□□□□ HIGH	
Amount of Alcohol Consumed at 7-12 Month Follow Up - Number of Drinks per Drinking Day at 9 month Follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	30	29	-	SMD 0.19 lower (0.7 lower to 0.32 higher)	□□□□ MODERATE	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Amount of Alcohol consumed >12 Month Follow Up - Number of Standard Drinks per Week at 23 month Follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	30	29	-	SMD 0.45 lower (0.97 lower to 0.07 higher)	□□□□	MODERATE
Amount of Alcohol consumed >12 Month Follow Up - Number of Drinks per Drinking Day at 23 month Follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	30	29	-	SMD 0.1 lower (0.61 lower to 0.41 higher)	□□□□	MODERATE
Attrition at 23 Month Follow Up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	16/46 (34.8%)	18/47 (38.3%)	RR 0.91 (0.53 to 1.55)	34 fewer per 1000 (from 180 fewer to 211 more)	□□□□	MODERATE
								38.3%		34 fewer per 1000 (from 180 fewer to 211 more)		

¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

⁴ 95% confidence interval includes no effect and relative risk increase greater than 25%

11 Social Network & Environment Based Therapies

11.1 Social network/environment based therapies vs control for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Social Network/Environment Based Therapies	Control	Relative (95% CI)	Absolute		

Alcohol Use Disorders – Psychological interventions GRADE profiles

Abstinence Post Treatment - Percent days Abstinent Post Treatment (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ¹	112	60	-	SMD 0.76 lower (1.08 to 0.43 lower)	□□□□ HIGH	
Abstinence up to 6 month follow up - at 6 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ²	112	60	-	SMD 0.75 lower (1.08 to 0.43 lower)	□□□□ HIGH	
Abstinence 7-12 month follow up - at 9 month follow up (Better indicated by lower 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	
Abstinence 7-12 month follow up - at 12 month follow up (Better indicated by lower values)												
2	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	
Abstinence >12 month follow up - at 15 month follow up (Better indicated by lower values)												
2	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	
Abstinence >12 month follow up - at 18 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	very serious ³	serious ⁴	none	112	60	-	SMD 0.28 lower (1.02 lower to 0.46 higher)	□□□□ VERY LOW	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Abstinence >12 month follow up - at 21 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	112	60	-	SMD 0.35 lower (0.74 lower to 0.05 higher)		
Abstinence >12 month follow up - at 24 month follow up (Better indicated by lower values)												
2	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	
Abstinence >12 month follow up - at 27 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	serious ⁶	no serious indirectness	serious ⁷	none	112	60	-	SMD 0.31 lower (1.12 lower to 0.49 higher)	□□□□ LOW	
Amount of Alcohol Consumed (DDD) Post Treatment (Better indicated by lower values)												
2	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	
Amount of Alcohol Consumed (DDD) up to 6 Month Follow Up - at 6 month follow up (Better indicated by lower values)												
2	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	
Amount of Alcohol Consumed (DDD) 7-12 Month Follow Up - at 9 months (Better indicated by lower values)												
2	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	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Amount of Alcohol Consumed (DDD) 7-12 Month Follow Up - at 12 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	112	60	-	SMD 0.25 lower (0.57 lower to 0.06 higher)	▣▣▣▣ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 15 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	112	60	-	SMD 0.35 lower (0.83 lower to 0.12 higher)	▣▣▣▣ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 18 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	112	60	-	SMD 0.34 lower (0.66 to 0.03 lower)	▣▣▣▣ HIGH	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 21 month follow up (Better indicated by lower values)												
2	randomised trials	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	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 24 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	112	60	-	SMD 0.11 lower (0.43 lower to 0.2 higher)	▣▣▣▣ MODERATE	
Amount of Alcohol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	112	60	-	SMD 0.06 higher (0.26 lower to 0.37 higher)	▣▣▣▣ MODERATE	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Attrition (Drop-out) Post Treatment											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	11/141 (7.8%)	4/70 (5.7%)	RR 1.36 (0.45 to 4.13)	21 more per 1000 (from 31 fewer to 179 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								5.7%		21 more per 1000 (from 31 fewer to 178 more)	
Attrition (Drop-out) up to 6 month follow up - at 6 months											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	2/130 (1.5%)	2/66 (3%)	RR 0.54 (0.08 to 3.59)	14 fewer per 1000 (from 28 fewer to 78 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								3%		14 fewer per 1000 (from 28 fewer to 78 more)	
Attrition (Drop-out) 7-12 month follow up - at 9 months											
2	randomised trials	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 20.76)	0 more per 1000 (from 0 fewer to 0 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> HIGH
								0%		0 more per 1000 (from 0 fewer to 0 more)	
Attrition (Drop-out) >12 month follow up											
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	none	6/239 (2.5%)	4/126 (3.2%)	RR 0.78 (0.22 to 2.79)	7 fewer per 1000 (from 25 fewer to 57 more)	<div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black; margin-right: 2px;"></div> <div style="width: 10px; height: 10px; border: 1px solid black;"></div> </div> MODERATE
								3.2%		7 fewer per 1000 (from 25 fewer to 57 more)	

Alcohol Use Disorders – Psychological interventions GRADE profiles

¹ Significantly large effect [SMD=-0.76, p<0.001]

² Significantly large effect [SMD=-0.75, p<0.001]

³ High Heterogeneity [I-squared = 82%]

⁴ 95% confidence interval includes no effect and lower bound confidence interval crosses and effect size of 0.5.

⁵ 95% confidence interval includes no effect and lower confidence limit crosses the effect size of 0.5.

⁶ High Heterogeneity [I-squared =84%]

⁷ 95% confidence interval includes no effect and lower bound confidence interval crosses line of minimal important difference.

⁸ 95% confidence interval includes no effect and lower bound confidence interval crosses line of minimal important difference.

⁹ 95% confidence interval includes no effect and lower bound confidence interval crosses line of minimal important difference.

¹⁰ 95% confidence interval includes no effect

¹¹ 95% confidence interval includes no effect

¹² 95% confidence intervals around absolute effects from 31 fewer to 179 more events

¹³ 95% confidence intervals around absolute effects from 28 fewer to 78 more events

¹⁴ 95% confidence intervals around absolute effects from 25 less to 57 more events

11.2 Social network/environment based therapies vs other treatment for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings				Importance	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect			Quality
							Social Network/Environment Based Therapies	Other Treatment	Relative (95% CI)	Absolute		
Abstinence up to 6 Month Follow Up - % Days Abstinent at 3 month Follow-up (Better indicated by lower values)												
1	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	
Abstinence 7-12 Month Follow Up - % Days Abstinent at 12 month Follow-up (Better indicated by lower values)												
1	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	

Alcohol Use Disorders – Psychological interventions GRADE profiles

Amount of Alcohol Consumed Up to 6 Month Follow Up - Mean Quantity per day at 1 month Follow Up (Better indicated by lower values)												
1	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	
Amount of Alcohol Consumed Up to 6 Month Follow Up - Mean Quantity/day 6 months Follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	40	39	-	SMD 0.43 higher (0.02 lower to 0.87 higher)	□□□□ MODERATE	
Amount of Alcohol Consumed Up to 6 Month Follow Up - Number Drinks per drinking day at 3 month Follow-up (Better indicated by lower values)												
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	
Amount of Alcohol Consumed (mean/number drinks per day) 7-12 Month at Follow Up (Better indicated by lower values)												
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	
Rate of Consumption Up to 6 Month Follow Up - Number Drinking Days at 1 month Follow Up (Better indicated by lower values)												
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	
Rate of Consumption Up to 6 Month Follow Up - Number of Drinking Days 6 month Follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	40	39	-	SMD 0.09 higher (0.35 lower to 0.54 higher)		

Alcohol Use Disorders – Psychological interventions GRADE profiles

Rate of Consumption at 7-12 Month Follow Up - Number of Drinking Days 12 month Follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	40	39	-	SMD 0.15 higher (0.29 lower to 0.6 higher)		
Attrition (Drop-out) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	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)	□□□□	MODERATE
								46.5%				
Attrition (Drop-out) up to 6 Month Follow Up - at 3 month follow up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	24/320 (7.5%)	49/442 (11.1%)	RR 0.68 (0.42 to 1.08)	35 fewer per 1000 (from 64 fewer to 9 more)	□□□□	MODERATE
								11.1%				
Attrition (Drop-out) 7-12 month follow up - at 12 month follow up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	31/296 (10.5%)	41/393 (10.4%)	RR 1 (0.65 to 1.56)	0 more per 1000 (from 37 fewer to 58 more)		
								10.4%				

¹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

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³ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁴ 95% confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

⁵ 95% confidence interval includes no effect and relative risk reduction greater than 25%

⁶ 95% confidence interval includes no effect and relative risk increase greater than 25%

12 Twelve-Step Facilitation

12.1 TSF vs other treatment for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	TSF	Other Treatment	Relative (95% CI)	Absolute		
Abstinence Post Treatment (Better indicated by lower values)												
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	
Abstinence up to 6 month follow-up - Percent days abstinent at 3 month follow-up (Better indicated by lower values)												
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	
Abstinence up to 6 month follow-up - Percent days abstinent at 6 month follow-up (Better indicated by lower values)												
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	
Abstinence 7-12 month follow-up - Percent days abstinent at 9 month follow-up (Better indicated by lower values)												
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	

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Abstinence 7-12 month follow-up - Percent days abstinent at 12 month follow-up (Better indicated by lower values)												
6	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	
Abstinence > 12 month follow-up - at 15 month follow-up (Better indicated by lower values)												
2	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	
Rate of alcohol consumption Post Treatment - % days heavy drinking at post-treatment (Better indicated by lower values)												
3	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	
Rate of alcohol consumption up to 6 month follow-up - Percent days heavy drinking at 3 month follow-up (Better indicated by lower values)												
5	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	
Rate of alcohol consumption up to 6 month follow-up - Percent days heavy drinking at 6 month follow-up (Better indicated by lower values)												
5	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	
Rate of alcohol consumption - 7-12 month follow-up - Percent days heavy drinking at 9 month follow-up (Better indicated by lower values)												
5	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	
Rate of alcohol consumption - 7-12 month follow-up - Percent days heavy drinking at 12 month follow-up (Better indicated by lower values)												
5	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	119	163	-	SMD 0.15 higher (0.28 lower to 0.58 higher)	□□□□ MODERATE	
Amount of alcohol consumed Post Treatment (Better indicated by lower values)												

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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	
Amount of alcohol consumed up to 6 month follow-up - at 6 month follow-up (Better indicated by lower 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	
Amount of alcohol consumed 7-12 month follow-up - at 9 month follow up (Better indicated by lower values)												
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	
Amount of alcohol consumed 7-12 month follow-up - at 12 month follow up (Better indicated by lower values)												
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	
Amount of alcohol consumed > 12 month follow-up - at 15 month follow up (Better indicated by lower values)												
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	
Attrition (Drop-Out) Post Treatment												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	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)	□□□□ MODERATE	
								6.6%		7 more per 1000 (from 18 fewer to 46 more)		
Attrition (Drop-Out) up to 6 month follow up - at 3 month follow-up												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	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 more)	□□□□ MODERATE	

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								13.8%		59 fewer per 1000 (from 112 fewer to 101 more)		
Attrition (Drop-Out) up to 6 month follow up - at 6 month follow-up												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	7/658 (1.1%)	9/1195 (0.8%)	RR 1.21 (0.29 to 5.11)	2 more per 1000 (from 5 fewer to 31 more)	□□□□ MODERATE	
								0.3%		1 more per 1000 (from 2 fewer to 12 more)		
Attrition (Drop-Out) 7-12 months follow-up - at 9 month follow-up												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	6/651 (0.9%)	27/1186 (2.3%)	RR 0.37 (0.15 to 0.88)	14 fewer per 1000 (from 3 fewer to 19 fewer)	□□□□ MODERATE	
								4.1%		26 fewer per 1000 (from 5 fewer to 35 fewer)		
Attrition (Drop-Out) 7-12 months follow-up - at 12 month follow-up												
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	20/687 (2.9%)	30/1243 (2.4%)	RR 1.21 (0.55 to 2.65)	5 more per 1000 (from 11 fewer to 40 more)	□□□□ MODERATE	
								6.4%		13 more per 1000 (from 29 fewer to 106 more)		
Attrition (Drop-Out) > 12 month follow-up - at 15 month follow-up												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	4/538 (0.7%)	17/1056 (1.6%)	RR 0.46 (0.16 to 1.37)	9 fewer per 1000 (from 14 fewer to 6 more)	□□□□ MODERATE	
								1.6%		9 fewer per 1000 (from 13 fewer to 6 more)		

¹ 95% confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and relative risk increase greater than 25%

³ 95% confidence intervals around absolute effects from 112 fewer to 101 more events

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⁴ 95% confidence intervals around absolute effects from 5 fewer to 31 more events

⁵ 95% confidence intervals around absolute effects from 3 fewer to 19 fewer events

⁶ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁷ 95% confidence intervals around absolute effects from 14 fewer to 6 more events

12.2 TSF vs TSF for harmful alcohol use and alcohol dependence

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	TSF	TSF	Relative (95% CI)	Absolute		
Percent Days Abstinent up to 6 months follow up - at 3 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	51	51	-	SMD 0.4 lower (0.79 lower to 0 higher)	□□□□ HIGH	
Percent Days Abstinent up to 6 months follow up - at 6 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	48	49	-	SMD 0.41 lower (0.81 to 0.01 lower)	□□□□ HIGH	
Percent Days Abstinent 7-12 months follow up - at 9 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	48	-	SMD 0.57 lower (0.98 to 0.16 lower)	□□□□ HIGH	
Percent Days Abstinent 7-12 months follow up - at 12 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	48	-	SMD 0.58 lower (0.99 to 0.17 lower)	□□□□ HIGH	
Percent Days Heavy Drinking up to 6 month follow up - at 3 month follow-up (Better indicated by lower values)												

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1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	51	51	-	SMD 0.2 lower (0.59 lower to 0.19 higher)	□□□□ MODERATE	
Percent Days Heavy Drinking up to 6 month follow up - at 6 month follow-up (Better indicated by lower values)												
1	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)	□□□□ HIGH	
Percent Days Heavy Drinking at 7-12 month follow up - at 9 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	47	48	-	SMD 0.2 lower (0.6 lower to 0.2 higher)	□□□□ MODERATE	
Percent Days Heavy Drinking at 7-12 month follow up - at 12 month follow-up (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	48	-	SMD 0.09 lower (0.5 lower to 0.31 higher)	□□□□ HIGH	
Attrition (Drop-out) Post Treatment												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	20/181 (11%)	18/164 (11%)	RR 1.01 (0.55 to 1.84)	1 more per 1000 (from 49 fewer to 92 more)	□□□□ MODERATE	
								11%				
Attrition (Drop-out) up to 6 month follow up - at 3 month follow-up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	2/53 (3.8%)	7/58 (12.1%)	OR 0.29 (0.06 to 1.44)	82 fewer per 1000 (from 113 fewer to 44 more)	□□□□ MODERATE	
								12.1%		83 fewer per 1000 (from 113 fewer to 44 more)		
Attrition (Drop-out) up to 6 month follow up - at 6 month follow-up												

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1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	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)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE	
							3.9%			19 more per 1000 (from 29 fewer to 241 more)		
Attrition (Drop-out) 7-12 months follow-up - at 9 month follow-up												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	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)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE	
							2%			0 more per 1000 (from 19 fewer to 297 more)		
Attrition (Drop-out) 7-12 months follow-up - at 12 month follow-up												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	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)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE	
							4.3%			2 more per 1000 (from 21 fewer to 46 more)		
Number of participants NON abstinent 7-12 months follow-up - at 12 month follow-up (Copy)												
1	no methodology chosen					none	78/161 (48.4%)	87/146 (59.6%)	RR 0.81 (0.66 to 1)	113 fewer per 1000 (from 203 fewer to 0 more)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> MODERATE	
							59.6%			113 fewer per 1000 (from 203 fewer to 0 more)		

¹ 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

² 95% confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

³ 95% confidence interval includes no effect and relative risk increase greater than 25%

⁴ 95% confidence intervals around absolute effects from 113 fewer to 44 more events

⁵ 95% confidence intervals around absolute effects from 30 fewer to 242 more events

⁶ 95% confidence intervals around absolute effects from 19 fewer to 303 more events

⁷ 95% confidence interval includes no effect and relative risk reduction greater than 25%

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Economic profile

Any psychological intervention versus standard care							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Slattery, 2002 Scotland -UK	Minor Limitations ¹	Partially applicable ²	Effectiveness data based on SIGN meta-analysis and combined with Scottish NHS cost data. Intervention- Coping/Social Skills training.	-412 287 ³	122 additional patients abstinent	-3379 Dominated	Coping/Social Skills Training Dominates Standard care to ICER of 82 654/ additional abstinent patient: range in one way sensitivity analysis
Slattery, 2002 Scotland -UK	Minor Limitations	Partially applicable	Intervention: BSCT	-121 052	86	-1408 Dominated	BSCT Dominates Standard care to ICER of 219 706/ additional abstinent patient: range in one way sensitivity analysis
Slattery, 2002 Scotland -UK	Minor Limitations	Partially applicable	Intervention: MET	-228 290	99	-2306 Dominated	MET Dominates Standard care to ICER of 103 767/ additional abstinent patient: range in one way sensitivity analysis

¹ Some limitations in reporting e.g. 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

² Some uncertainty over the applicability of trial data to 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.

³ 2002 prices inflated using HCHS indices (Curtis, 2009)

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Slattery, 2002 Scotland-UK	Minor Limitations	Partially applicable	Intervention: Marital/Family Therapy	-276 548	105	-2634 Dominated	Marital/Family Therapy Dominates Standard care to ICER of 24 943/ additional abstinent patient: range in one way sensitivity analysis
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Any psychological intervention versus Any other psychological intervention							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Mortimer, 2005 Australia	Potentially serious Limitations ⁴	Partially applicable ⁵	Uses QALYs as measure of benefit. Interventions: MOCE vs. BSCT. The use of different effectiveness outcomes results in different results-CEA and CUA conducted with Markov model	147 ⁶	0.116	1265 or BSCT dominates MOCE	353/QALY to BSCT dominates MOCE: range in sensitivity analysis
Mortimer, 2005 Austr	Potentially serious Limit	Partially applicable ⁸	Interventions: MET vs. No further counselling (NFC) after initial assessment and feedback/education	229 ⁹	0.116	1984 or MET dominates NFC	400/QALY to NFC dominates MET: range in sensitivity analysis

⁴ Some uncertainty over applicability of the economic study to the UK due to potential differences in health care settings. Effectiveness data sourced from Heather et al.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 e.g. Unit costs not explicit.

⁵ This study reports QALYs. However, the source and methods of determining the utility data was 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.

⁶ Converted from 2003 AUD using a PPP exchange rate of 1.35(www.oecd.org/std/ppp) then inflated using HCHS indices (Curtis, 2009)

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alia	ation s ⁷						
Mortimer, 2005 Australia	Potentially serious Limitations ¹⁰	Partially applicable ¹¹	Interventions: Non-directive reflective listening (NDRL) vs. No further counselling after initial assessment and feedback/education	-	-	NFC dominates	590/QALY to NFC dominates NDRL: range in sensitivity analysis
UKA TT, 2005 UK	Minor Limitations	Directly applicable	MET vs. Social Behaviour Network Therapy. Inflated ICER above NICE threshold.	279 ¹²	0.0113	24 652	The cost-effectiveness acceptability curves for MET relative to social behaviour and network therapy demonstrated that the two therapies were equally cost-effective. If decision-makers are willing to pay nothing for an extra QALY gained then social therapy would be preferable to motivational therapy in 747 of the 1,000 samples (i.e. 514 samples where the health gains from motivational therapy have no value and 233 samples where social therapy dominates). If a cost of 100,000 per QALY is considered acceptable, then motivational therapy is preferable to social network therapy in 662 of the 1,000 samples. In the case where an additional QALY is valued at 30,000, motivational therapy has a 57.6% probability of being more cost-effective than social behaviour and network therapy.

CBT versus CBT + Naltrexone

⁸ This study reports QALYs. However, the source and methods of determining the utility data was not adequately described.

⁹ Converted from 2003 AUD using a PPP exchange rate of 1.35(www.oecd.org/std/ppp) then inflated using HCHS indices (Curtis, 2009)

⁷ 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.

¹⁰ 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.

¹¹ This study reports QALYs. However, the source and methods of determining the utility data was not adequately described.

¹² 2000/1 UK pounds inflated using HCHS indices (Curtis, 2009)

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

¹³ Not a full economic evaluation

¹⁴ Health care setting limits its transferability as well as the costs used. The outcome measures also do not prove helpful from the NHS perspective