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Behavioural therapies

Behavioural treatment versus treatment as usual (TAU) or control

Quality assessment							Summary of findings					Importance
							No. of patients		Effect		Quality	
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	CRITICAL
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	CRITICAL
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	CRITICAL
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	CRITICAL
								43.8%		118 more per 1000 (from 158 fewer to		

										675 more)		
Lapse up to 6-month follow-up - 3-6 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	7/18 (38.9%)	11/16 (68.8%)	RR 0.57 (0.29 to 1.1)	296 fewer per 1000 (from 488 fewer to 69 more)	⊕⊕⊕O MODERATE	CRITICAL
								68.8%		296 fewer per 1000 (from 488 fewer to 69 more)		
Relapse up to 6-month follow-up - at 0-3 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	9/18 (50%)	5/16 (31.3%)	RR 1.6 (0.68 to 3.79)	188 more per 1000 (from 100 fewer to 872 more)	⊕⊕⊕O MODERATE	CRITICAL
								31.3%		188 more per 1000 (from 100 fewer to 873 more)		
Relapse up to 6-month follow-up - at 3-6 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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)	⊕⊕⊕O MODERATE	CRITICAL
								43.8%		162 fewer per 1000 (from 329 fewer to 267 more)		
Attrition (dropout) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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)	⊕⊕⊕O MODERATE	IMPORTANT
								12.5%		70 fewer per 1000 (from 120 fewer to 431 more)		

Attrition (dropout) 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	2/18 (11.1%)	0/14 (0%)	RR 3.95 (0.2 to 76.17)	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTANT
							0%	0 more per 1000 (from 0 fewer to 0 more)				

¹ SMD=-0.97, p<0.0001.

² 95% CI includes no effect and RR increase greater than 25%.

³ 95% CIs around absolute effects from 120 fewer to 431 more.

Cognitive behavioural therapies

Cognitive behavioural versus treatment as usual (TAU) or control

Quality assessment							Summary of findings					Quality	Importance
							No. of patients		Effect		Relative (95% CI)		
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	TAU or control					
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)	⊕⊕⊕O MODERATE	CRITICAL	
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	CRITICAL	

								65%		292 fewer per 1000 (from 130 fewer to 403 fewer)		
Attrition (dropout) - post-treatment												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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)	⊕⊕⊕O MODERATE	IMPORTANT
								19.9%		14 more per 1000 (from 52 fewer to 105 more)		
Attrition (dropout) up to 6-month follow-up - at 6-month follow-up												
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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)	⊕⊕⊕O MODERATE	IMPORTANT
								20%		94 fewer per 1000 (from 164 fewer to 108 more)		

¹ 95% CI includes no effect. RR reduction greater than 25%.

² 95% CI includes no effect. RR reduction and increase greater than 25%.

³ 95% CI includes no effect. RR increase greater than 25%.

⁴ 95% CIs around absolute effects from 121 fewer to 80 more events.

Cognitive behavioural versus other therapy

Quality assessment							Summary of findings				Importance	
							No. of patients		Effect			Quality
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 trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	663	1238	-	SMD 0.09 lower (0.21 lower to 0.03 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinence - PDA up to 6-month follow-up - PDA 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	CRITICAL
Abstinence up to 6-month follow-up - PDA 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	CRITICAL
Abstinence from 7 to 12-month follow-up - PDA 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	CRITICAL
Abstinence from 7 to 12-month follow-up - 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	CRITICAL

	trials	limitations	inconsistency	indirectness	imprecision					higher)	HIGH	
Abstinence from 7 to 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	CRITICAL
Abstinence > 12-month follow-up - PDA 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	CRITICAL
Abstinence > 12-month follow-up - number of 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	21	23	-	SMD 0.64 higher (0.03 to 1.24 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinence > 12-month follow-up - PDA 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	CRITICAL
Abstinent/light use (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	CRITICAL
Abstinent/light use (1-3 standard drinks) 7 to 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	CRITICAL

Abstinent/light use (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	CRITICAL
Rate of consumption up to 6-month follow-up - proportion of 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 ¹	None	119	161	-	SMD 0.18 higher (0.21 lower to 0.57 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL
Rate of consumption up to 6-month follow-up - proportion of days heavy drinking 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	119	156	-	SMD 0.15 higher (0.26 lower to 0.55 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ¹	None	20	22	-	SMD 0.61 higher (0.01 lower to 1.23 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL

Rate of consumption - 7 to 12-month follow-up - proportion of 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	CRITICAL
Rate of consumption - 7 to 12-month follow-up - proportion of 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	CRITICAL
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 ²	None	21	23	-	SMD 0.06 higher (0.53 lower to 0.65 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rate of consumption > 12-month follow-up - proportion of 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 lower to 0.27 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rate of consumption > 12-month follow-up - proportion of 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	CRITICAL
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	CRITICAL

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 ²	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ²	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ³	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ¹	None	27	21	-	SMD 0.2 higher (0.37 lower to 0.77 higher)	⊕⊕⊕O MODERATE	CRITICAL
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	No serious	No serious	No serious	No serious	None	24	21	-	SMD 0.16 higher (0.42 lower to 0.75)	⊕⊕⊕⊕	CRITICAL

	trials	limitations	inconsistency	indirectness	imprecision					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	CRITICAL
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	CRITICAL
Amount of alcohol consumed - 7 to 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	CRITICAL
Amount of alcohol consumed - 7 to 12-month follow-up - DDD 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	CRITICAL
Amount of alcohol consumed - 7 to 12-month follow-up - DDD 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	577	1106	-	SMD 0.07 higher (0.04 lower to 0.17 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount of alcohol consumed > 12-month follow-up - g absolute alcohol 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	CRITICAL

Amount of alcohol consumed > 12-month follow-up - DDD 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	CRITICAL
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	CRITICAL
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	CRITICAL
Relapse (>6 units most days of the week) - post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ⁵	None	6/27 (22.2%)	3/21 (14.3%)	RR 1.56 (0.44 to 5.5)	80 more per 1000 (from 80 fewer to 643 more)	⊕⊕⊕O MODERATE	CRITICAL
								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 ⁶	None	15/27 (55.6%)	5/21 (23.8%)	RR 2.33 (1.01 to 5.38)	317 more per 1000 (from 2 more to 1043 more)	⊕⊕⊕O MODERATE	CRITICAL
								23.8%		317 more per 1000 (from 2 more to 1042 more)		
Attrition (dropout) post-treatment												
7	Randomised trials	No serious limitations	No serious inconsistency ⁷	No serious indirectness	Serious ⁸	None	98/844 (11.6%)	95/1423 (6.7%)	RR 1.05 (0.61 to 1.8)	3 more per 1000 (from 26 fewer to 53 more)	⊕⊕⊕O MODERATE	IMPORTANT
								12.2%		6 more per 1000 (from 48 fewer to 98 more)		
Attrition (dropout) - up to 6-month follow-up - at 3-month follow-up												
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁹	None	12/75 (16%)	13/125 (10.4%)	RR 1.29 (0.6 to 2.78)	30 more per 1000 (from 42 fewer to 185 more)	⊕⊕⊕O MODERATE	IMPORTANT
								12.1%		35 more per 1000 (from 48 fewer to 215 more)		
Attrition (dropout) - up to 6-month follow-up - at 6-month follow-up												
10	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹⁰	None	59/827 (7.1%)	79/1469 (5.4%)	RR 0.93 (0.59 to 1.48)	4 fewer per 1000 (from 22 fewer to 26 more)	⊕⊕⊕O MODERATE	IMPORTANT
								4.9%		3 fewer per 1000 (from 20 fewer to 24		

										more)		
Attrition (dropout) - 7 to 12-month follow-up - at 9-month follow-up												
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁷	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)	⊕⊕⊕O MODERATE	IMPORTANT
								2.1%		13 more per 1000 (from 5 fewer to 50 more)		
Attrition (dropout) - 7 to 12-month follow-up - at 12-month follow-up												
8	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹⁰	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)	⊕⊕⊕O MODERATE	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (dropout) - >12-month follow-up - at 15-month follow-up												
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁷	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)	⊕⊕⊕O MODERATE	IMPORTANT
								1.5%		10 more per 1000 (from 3 fewer to 38 more)		
Attrition (dropout) - >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	2/64 (3.1%)	0/66 (0%)	RR 4.29 (0.21 to 85.82)	0 more per 1000 (from 0 fewer to 0 more)	⊕⊕⊕⊕ HIGH	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		

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

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

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

⁴ 95% CIs around absolute effects from 80 fewer to 469 more events.

⁵ 95% CIs around absolute effects from 80 fewer to 643 more events.

⁶ 95% CIs around absolute effects from 2 fewer to 1000 more events

⁷ 95% CI includes no effect. RR increase greater than 25%.

⁸ 95% CIs around absolute effects from 26 fewer to 53 more events.

⁹ 95% CIs around absolute effects from 42 fewer to 185 more events.

¹⁰ 95% CI includes no effect. RR increase and reduction greater than 25%.

Cognitive behavioural versus cognitive behavioural

Quality assessment							Summary of findings					Importance
							No. of patients		Effect		Quality	
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	Cognitive behavioural	Relative (95% CI)	Absolute		
Abstinence post-treatment - proportion of days abstinent (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	53	57	-	SMD 0.39 higher (0.01 to 0.77 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinence up to 6-month follow-up - percentage of possible drinking days (any day not in inpatient treatment or gaol) 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	CRITICAL
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	CRITICAL
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 ¹	None	29	32	-	SMD 0.39 lower (0.9 lower to 0.12 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Abstinent/light (1-3 standard drinks) drinking days 7 to 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	⊕⊕⊕⊕	CRITICAL

	trials	limitations	inconsistency	indirectness	imprecision					(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 ²	None	29	32	-	SMD 0.38 lower (0.96 lower to 0.2 higher)	⊕⊕⊕O MODERATE	CRITICAL
Lapsed - up to 6-month follow-up - at 6 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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)	⊕⊕⊕O MODERATE	CRITICAL
								53.1%		48 more per 1000 (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 ⁴	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)	⊕⊕⊕O MODERATE	CRITICAL
								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	CRITICAL
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 ¹	None	47	47	-	SMD 0.22 lower (0.65 lower to 0.2)	⊕⊕⊕O MODERATE	CRITICAL

										higher)		
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	CRITICAL
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 ⁴	None	55	51	-	SMD 0.24 higher (0.14 lower to 0.62 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Rates of consumption >12-month follow-up - number of heavy 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 ⁴	None	55	51	-	SMD 0.37 higher (0.01 lower to 0.75 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Amount of alcohol consumed up until 6-month follow-up - number of drinks per possible drinking day (any day not in inpatient treatment or gaol) 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 0.3 lower (0.73 lower to 0.13 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ¹	None	47	47	-	SMD 0.49 lower (1.44 lower to 0.47 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ⁴	None	47	47	-	SMD 0.19 higher (0.23 lower to 0.61 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL

	trials	limitations	inconsistency	indirectness						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 ⁵	None	47	47	-	SMD 0.11 higher (0.31 lower to 0.53 higher)	⊕⊕⊕O MODERATE	CRITICAL
Number of heavy drinkers >20 drinks/week 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 ⁶	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)	⊕⊕⊕O MODERATE	CRITICAL
							13.3%	247 more per 1000 (from 35 more to 729 more)				
Attrition (dropout) post-treatment												
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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)	⊕⊕⊕O MODERATE	IMPORTANT
							16.7%	22 fewer per 1000 (from 94 fewer to 119 more)				
Attrition (dropout) up to 6-month follow-up - at 15-week follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	None	23/114 (20.2%)	21/116 (18.1%)	RR 1.11 (0.65 to 1.9)	20 more per 1000 (from 63 fewer to 163 more)	⊕⊕⊕O MODERATE	IMPORTANT
							18.1%	20 more per 1000 (from 63 fewer to 163 more)				

Attrition (dropout) up to 6-month follow-up - at 6 months												
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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)	⊕⊕⊕O MODERATE	IMPORTANT
								7.9%		1 fewer per 1000 (from 44 fewer to 97 more)		
Attrition (dropout) 7 to 12-month follow-up - at 12-month follow-up												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁷	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)	⊕⊕⊕O MODERATE	IMPORTANT
								1.6%		2 fewer per 1000 (from 15 fewer to 201 more)		
Attrition (dropout) >12-month follow-up - at 15-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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)	⊕⊕⊕O MODERATE	IMPORTANT
								33.8%		44 fewer per 1000 (from 152 fewer to 132 more)		
Attrition (dropout) >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	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		

- ¹ 95% CI does not include an effect. Lower confidence limit crosses an effect size of 0.5.
- ² 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.
- ³ 95% CI does not include an effect. RR increase greater than 25%.
- ⁴ 95% CI does not include an effect. Upper confidence limit crosses an effect size of 0.5.
- ⁵ 95% CI includes no effect and upper confidence limit crosses an effect size of 0.5.
- ⁶ 95% CIs around absolute effects from 35 fewer to 731 more events.
- ⁷ 95% CIs around absolute effects from 16 fewer to 210 more events.

Contingency management

Contingency management versus control

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 - PDA 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	CRITICAL
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	CRITICAL
Abstinence 7 to 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	CRITICAL
Abstinence 7 to 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	CRITICAL
Abstinence > 12-month follow-up - at 15-month follow-up (Better indicated by lower values)												
1	Randomised	No serious	No serious	No serious	Serious ²	None	54	60	-	SMD 0.5 lower (0.87	⊕⊕⊕○	CRITICAL

	trials	limitations	inconsistency	indirectness						to 0.12 lower)	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	60	-	SMD 0.1 higher (0.27 lower to 0.47 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
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 ²	None	54	60	-	SMD 0.15 lower (0.52 lower to 0.22 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ²	None	54	60	-	SMD 0.24 lower (0.61 lower to 0.12 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL
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 ²	None	54	60	-	SMD 0.25 lower (0.61 lower to 0.12 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL

Amount of alcohol consumed (DDD) 7 to 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	CRITICAL
Amount of alcohol consumed (DDD) 7 to 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	CRITICAL
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	CRITICAL
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 ²	None	54	60	-	SMD 0.26 lower (0.63 lower to 0.11 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL
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	CRITICAL

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	CRITICAL
Attrition (dropout) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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	IMPORTANT
						5.8%		13 more per 1000 (from 38 fewer to 197 more)				
Attrition (dropout) up to 6-month follow-up - at 6 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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	IMPORTANT
						1.5%		15 more per 1000 (from 12 fewer to 308 more)				
Attrition (dropout) 7 to 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	IMPORTANT
						0%		0 more per 1000 (from 0 fewer to 0 more)				

Attrition (dropout) > 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	IMPORTANT
								0%				
Attrition (dropout) > 12-month follow-up - at 18 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	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	IMPORTANT
								1.6%				
Attrition (dropout) > 12-month follow-up - at 27 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Very serious ⁶	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	IMPORTANT
								1.6%				

¹ SMD=0.80, p<0.0001.

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

³ 95% CIs around absolute effects from 38 fewer to 197 more events.

⁴ 95% CIs around absolute effects from 12 fewer to 316 more events.

⁵ 95% CIs around absolute effects from 15 fewer to 249 more events.

⁶ 95% CIs around absolute effects from 13 fewer to 367 more events.

Contingency management versus standard care (TAU)

Quality assessment							Summary of findings				Importance	
							No. of patients		Effect			Quality
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 limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	46	57	-	SMD 0.27 lower (0.66 lower to 0.12 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Number relapsed to heavy drinking post-treatment - number relapsed to heavy drinking at end of treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	5/19 (26.3%)	14/23 (60.9%)	RR 0.43 (0.19 to 0.98)	347 fewer per 1000 (from 12 fewer to 493 fewer)	⊕⊕⊕⊕ MODERATE	CRITICAL
								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 ²	None	6/19 (31.6%)	14/23 (60.9%)	RR 0.52 (0.25 to 1.09)	292 fewer per 1000 (from 457 fewer to 55 more)	⊕⊕⊕⊕ MODERATE	CRITICAL
								60.9%		292 fewer per 1000 (from 457 fewer to 55 more)		

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

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

² 95% CI includes no effect and RR reduction greater than 25%.

³ RR reduction greater than 25%.

Contingency management versus other treatment

Quality assessment							Summary of findings				Importance	
							No. of patients		Effect			Quality
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency management	Other treatment	Relative (95% CI)	Absolute		
Abstinence post-treatment - PDA 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	CRITICAL
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	CRITICAL

Abstinence 7 to 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	CRITICAL
Abstinence 7 to 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	CRITICAL
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 ¹	None	54	58	-	SMD 0.35 higher (0.02 lower to 0.72 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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	CRITICAL
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	CRITICAL
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	CRITICAL

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	CRITICAL
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	CRITICAL
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 ²	None	54	60	-	SMD 0.25 lower (0.62 lower to 0.12 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ¹	None	54	60	-	SMD 0.49 higher (0.12 to 0.87 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ¹	None	54	60	-	SMD 0.17 higher (0.2 lower to 0.54 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ²	None	54	60	-	SMD 0.21 lower (0.57 lower to 0.16 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL

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 0.03 higher (0.34 lower to 0.4 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
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 ¹	None	54	60	-	SMD 0.15 higher (0.22 lower to 0.52 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Attrition (dropout) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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	IMPORTANT
								8.5%				
Attrition (dropout) 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	IMPORTANT
								0%				
Amount of alcohol consumed (DDD) 7 to 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	CRITICAL

Attrition (dropout) 7 to 12-month follow-up - at 9 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	None	3/63 (4.8%)	1/65 (1.5%)	RR 3.1 (0.33 to 28.97)	32 more per 1000 (from 10 fewer to 430 more)	⊕⊕⊕O MODERATE	IMPORTANT
							1.5%	31 more per 1000 (from 10 fewer to 420 more)				
Amount of alcohol consumed (DDD) 7 to 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 ¹	None	54	60	-	SMD 0.32 higher (0.05 lower to 0.69 higher)	⊕⊕⊕O MODERATE	CRITICAL
Attrition (dropout) > 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	IMPORTANT
							0%	0 more per 1000 (from 0 fewer to 0 more)				
Attrition (dropout) > 12-month follow-up - at 27 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	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)	⊕⊕⊕O MODERATE	IMPORTANT
							4.9%	13 fewer per 1000 (from 43 fewer to 156 more)				

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

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

³ 95% CIs around absolute effects from 62 fewer to 139 more events.

⁴ 95% CIs around absolute effects from 10 fewer to 430 more events.

⁵ 95% CIs around absolute effects from 43 fewer to 157 more events.

Counselling

Counselling versus other treatment

Quality assessment							Summary of findings					Importance
							No. of patients		Effect		Quality	
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)	⊕⊕⊕O MODERATE	CRITICAL
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)	⊕⊕⊕O MODERATE	CRITICAL
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	CRITICAL
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 ²	None	71	91	-	SMD 0.25 higher (0.06 lower to 0.56)	⊕⊕⊕O MODERATE	CRITICAL

										higher)		
Abstinence (percentage or proportion) at 7 to 12-month follow-up - 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	Strong association ³	12	11	-	SMD 1.67 higher (0.7 to 2.65 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinence (percentage or proportion) at 7 to 12-month follow-up - PDA 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	59	69	-	SMD 0.24 higher (0.11 lower to 0.58 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Abstinence (percentage or proportion) at 7 to 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 ²	None	71	91	-	SMD 0.28 higher (0.03 lower to 0.59 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ²	None	59	69	-	SMD 0.28 higher (0.07 lower to 0.63 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ²	None	71	91	-	SMD 0.3 higher (0.01 lower to 0.61 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ²	None	12	22	-	SMD 0.34 higher (0.37 lower to 1.05 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL

Amount of alcohol consumed at 7 to 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 ⁴	12	11	-	SMD 1.15 higher (0.26 to 2.05 higher)	⊕⊕⊕⊕ HIGH	CRITICAL	
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	CRITICAL	
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	CRITICAL	
Rates of consumption up to 6-month follow-up - proportion of days heavy drinking (>= 6 men, 4 women) 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 0.14 higher (0.21 lower to 0.49 higher)	⊕⊕⊕⊕ HIGH	CRITICAL	
Rates of consumption up to 6-month follow-up - proportion of days heavy drinking (>= 6 men, 4 women) 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	59	69	-	SMD 0.2 higher (0.15 lower to 0.55 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL	
Rates of consumption 7 to 12-month follow-up - proportion of 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	CRITICAL	

Rates of consumption 7 to 12-month follow-up - proportion of days heavy drinking (≥ 6 men, 4 women) at 12-month follow-up (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	59	69	-	SMD 0.17 higher (0.18 lower to 0.52 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rates of consumption >12-month follow-up - proportion of days heavy drinking (≥ 6 men, 4 women) 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	59	69	-	SMD 0.07 higher (0.27 lower to 0.42 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of consumption >12-month follow-up - proportion of days heavy drinking (≥ 6 men, 4 women) 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 0.2 higher (0.15 lower to 0.55 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Lapse up to 6-month follow-up - broke abstinence (lapse) at 6-month follow-up												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	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)	⊕⊕⊕O MODERATE	CRITICAL
								70.6%		106 more per 1000 (from 7 more to 226 more)		
Lapsed - 7 to 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)	⊕⊕⊕⊕ HIGH	CRITICAL
								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 ⁶	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)	⊕⊕⊕⊕ MODERATE	CRITICAL
								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)	⊕⊕⊕⊕ HIGH	CRITICAL
								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)												
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)	⊕⊕⊕⊕ HIGH	CRITICAL
								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)	⊕⊕⊕⊕ HIGH	CRITICAL
								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)	⊕⊕⊕⊕ HIGH	CRITICAL
								42.9%		197 more per 1000 (from 21 fewer to 528 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 ⁷	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)	⊕⊕⊕○ MODERATE	CRITICAL
								59.3%		24 more per 1000 (from 202 fewer to 385 more)		
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%)	12/27 (44.4%)	RR 1.18 (0.66 to 2.12)	80 more per 1000 (from 151 fewer to 498 more)	⊕⊕⊕○ MODERATE	CRITICAL
								44.4%		80 more per 1000 (from 151 fewer to 497 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 ⁷	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)	⊕⊕⊕○ MODERATE	CRITICAL
								33.3%		47 more per 1000 (from 157 fewer to 483 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 ⁷	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)	⊕⊕⊕O MODERATE	CRITICAL
								22.2%		31 fewer per 1000 (from 160 fewer to 366 more)		
Attrition (dropout) up to 6-month follow-up - at 3-6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁶	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)	⊕⊕⊕O MODERATE	IMPORTANT
								30.4%		6 more per 1000 (from 79 fewer to 128 more)		
Attrition (dropout) 7 to 12-month follow-up - at 12-month follow-up												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁶	None	56/123 (45.5%)	67/124 (54%)	RR 0.85 (0.67 to 1.08)	81 fewer per 1000 (from 178 fewer to 43 more)	⊕⊕⊕O MODERATE	IMPORTANT
								33.6%		50 fewer per 1000 (from 111 fewer to 27 more)		
Attrition (dropout) >12-month follow-up - at 5 year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁷	None	19/40 (47.5%)	15/42 (35.7%)	RR 1.33 (0.79 to 2.24)	118 more per 1000 (from 75 fewer to 443 more)	⊕⊕⊕O MODERATE	IMPORTANT
								35.7%		118 more per 1000 (from 75 fewer to 443 more)		

¹ No explanation was provided.

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

³ SMD=1.67, p=0.0008.

⁴ SMD=1.15, p=0.01.

⁵ RR increase greater than 25%.

⁶ 95% CI includes no effect and RR increase greater than 25%.

⁷ 95% CI includes no effect and RR reduction and RR increase greater than 25%.

Counselling versus control (no treatment)

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)	⊕⊕⊕O MODERATE	CRITICAL
						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)	⊕⊕⊕O MODERATE	CRITICAL
						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 ²	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)	⊕⊕⊕O MODERATE	CRITICAL
								72.5%		51 more per 1000 (from 123 fewer to 275 more)		
Rates of consumption up to 6-month follow-up - exceeded national guidelines >=6 times (at 6 months)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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)	⊕⊕⊕O MODERATE	CRITICAL
								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	CRITICAL
								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 ¹	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ¹	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)	⊕⊕⊕O MODERATE	CRITICAL
								65.5%		39 fewer per 1000 (from 249 fewer to 295 more)		
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 ¹	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ¹	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ¹	None	4/21 (19%)	9/29 (31%)	RR 0.61 (0.22 to 1.73)	121 fewer per 1000 (from 242 fewer to 227 more)	⊕⊕⊕O MODERATE	CRITICAL
								31%		121 fewer per 1000 (from 242 fewer to 226 more)		

Attrition (dropout) >12-month follow-up - at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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)	⊕⊕⊕O MODERATE	IMPORTANT
								27.5%		201 more per 1000 (from 14 fewer to 591 more)		

¹ 95% CI includes no effect and RR reduction and RR increase greater than 25%.

² 95% CI includes no effect and RR increase greater than 25%.

Couples therapy

Couples therapy versus other intervention

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	CRITICAL
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)	⊕⊕⊕O MODERATE	CRITICAL

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	CRITICAL
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	CRITICAL
Abstinence (percentage or proportion) 7 to 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	CRITICAL
Abstinence (percentage or proportion) 7 to 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	CRITICAL
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 ¹	None	22	12	-	SMD 0.26 lower (0.97 lower to 0.45 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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 ¹	None	22	12	-	SMD 0.34 lower (1.05 lower to 0.37 higher)	⊕⊕⊕○ MODERATE	CRITICAL

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 ¹	None	27	21	-	SMD 0.38 lower (0.95 lower to 0.2 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ¹	None	21	24	-	SMD 0.16 lower (0.75 lower to 0.42 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Amount of alcohol consumed at 7- 12-month follow-up - Mean number DDD at 12-month follow-up (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	19	24	-	SMD 0.11 lower (0.71 lower to 0.49 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL
% Days abstinent/light use (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 ²	41	22	-	SMD 0.77 lower (1.31 to 0.23 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of consumption up to 6-month follow-up - % days abstinent/light use (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	⊕⊕⊕⊕	CRITICAL

	trials	limitations	inconsistency	indirectness	imprecision					(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	CRITICAL
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	CRITICAL
Rates of consumption 7 to 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 ³	None	19	24	-	SMD 0.08 lower (0.68 lower to 0.52 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Rates of consumption 7 to 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 to 0.05 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of consumption 7 to 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	CRITICAL
Rates of consumption 7 to 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 ³	None	19	24	-	SMD 0.05 higher (0.56 lower to 0.65)	⊕⊕⊕⊕	CRITICAL

	trials	limitations	inconsistency	indirectness						higher)	MODERATE	
Rates of consumption 7 to 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	CRITICAL
Rates of consumption 7 to 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	CRITICAL
Rates of consumption 7 to 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 ¹	None	19	24	-	SMD 0.25 lower (0.86 lower to 0.35 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Relapse (>6 units most days of the week) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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	CRITICAL
								22.2%		349 more per 1000 (from 36 more to 1046 more)		
Regular relapse (>6 units a few times a month) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	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	CRITICAL
								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 ⁵	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)	⊕⊕⊕O MODERATE	CRITICAL
								44.4%		315 more per 1000 (from 27 more to 790 more)		
Attrition (dropout) post-treatment												
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	None	25/138 (18.1%)	25/175 (14.3%)	RR 1.22 (0.74 to 2.02)	31 more per 1000 (from 37 fewer to 146 more)	⊕⊕⊕O MODERATE	IMPORTANT
								9.8%		22 more per 1000 (from 25 fewer to 100 more)		
Attrition (dropout) up 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	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (dropout) up to 6-month follow-up - at 6-month follow-up												
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁶	None	0/62 (0%)	13/49 (26.5%)	RR 0.05 (0 to 0.75)	252 fewer per 1000 (from 66 fewer to 265 fewer)	⊕⊕⊕O MODERATE	IMPORTANT
								0%		0 fewer per 1000 (from 0 fewer to 0 fewer)		

Attrition (dropout) 7 to 12-month follow-up - at 9-month follow-up												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁷	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)	⊕⊕⊕O MODERATE	IMPORTANT
								18.2%		147 fewer per 1000 (from 177 fewer to 31 more)		
Attrition (dropout) 7 to 12-month follow-up - at 12-month follow-up												
5	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁸	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)	⊕⊕⊕O MODERATE	IMPORTANT
								14.3%		180 more per 1000 (from 47 more to 406 more)		

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

² SMD = -0.77, p=0.005.

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

⁴ 95% CI includes no effect and RR reduction and RR increase greater than 25%.

⁵ 95% CI includes no effect and RR increase greater than 25%.

⁶ 95% CIs around absolute effects from 66 fewer to 265 more events.

⁷ 95% CIs around absolute effects from 176 fewer to 32 more events.

⁸ 95% CIs around absolute effects from 45 more to 390 more events.

Behavioural couples therapy (BCT) versus other couples therapy

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	CRITICAL
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	CRITICAL
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 ²	None	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Abstinence (percentage or proportion) 7 to 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 ²	None	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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 ²	None	10	12	-	SMD 0.1 higher (0.74 lower to 0.94 higher)	⊕⊕⊕○ MODERATE	CRITICAL

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 ²	None	10	12	-	SMD 0.26 higher (0.58 lower to 1.1 higher)	⊕⊕⊕○ MODERATE	CRITICAL	
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 ²	None	25	25	-	SMD 0.02 higher (0.54 lower to 0.57 higher)	⊕⊕⊕○ MODERATE	CRITICAL	
Rates of consumption up to 6-month follow-up - % days abstinent/light use (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 ¹	None	20	21	-	SMD 0.13 lower (0.74 lower to 0.48 higher)	⊕⊕⊕○ MODERATE	CRITICAL	
Rates of consumption up to 6-month follow-up - % days abstinent/light use (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 ²	None	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher)	⊕⊕⊕○ MODERATE	CRITICAL	
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	CRITICAL	
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	CRITICAL	

Rates of consumption 7 to 12-month follow-up - % days abstinent or light use (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 ¹	None	20	21	-	SMD 0.17 lower (0.78 lower to 0.44 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Rates of consumption 7 to 12-month follow-up - % days abstinent or light use (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 ¹	None	20	21	-	SMD 0.4 lower (1.02 lower to 0.22 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Rates of consumption 7 to 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	CRITICAL
Rates of consumption 7 to 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	CRITICAL
Attrition (dropout) 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	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (dropout) up to 6-month follow-up - at 9-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	None	1/21	1/21 (4.8%)	RR 1 (0.07)	0 fewer per 1000 (from 44 fewer to 664)	⊕⊕⊕⊕	IMPORTANT

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

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

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

³ 95% CIs around absolute effects from 44 fewer to 664 more events.

Intensive couples therapy versus brief couples therapy

Quality assessment							Summary of findings				Quality	Importance
							No. of patients		Effect			
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)	⊕⊕⊕O MODERATE	CRITICAL
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 ¹	None	70	46	-	SMD 0.22 higher (0.15 lower to 0.6 higher)	⊕⊕⊕O MODERATE	CRITICAL
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 ¹	None	70	46	-	SMD 0.17 higher (0.21 lower to 0.54 higher)	⊕⊕⊕O MODERATE	CRITICAL

Abstinence (percentage or proportion) 7 to 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 ¹	None	70	46	-	SMD 0.26 higher (0.11 lower to 0.63 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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 ¹	None	70	46	-	SMD 0.15 higher (0.22 lower to 0.52 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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 ²	None	25	25	-	SMD 0.02 higher (0.54 lower to 0.57 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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 ¹	None	70	46	-	SMD 0.36 higher (0.02 lower to 0.73 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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 ³	None	70	46	-	SMD 0.14 lower (0.51 lower to 0.23 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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 ²	None	25	25	-	SMD 0.01 lower (0.57 lower to 0.54 higher)	⊕⊕⊕○ MODERATE	CRITICAL

	trials	limitations	inconsistency	indirectness						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 trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	95	71	-	SMD 0.02 higher (0.29 lower to 0.32 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of consumption 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	CRITICAL
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 ³	None	70	46	-	SMD 0.34 lower (0.71 lower to 0.04 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ³	None	70	46	-	SMD 0.15 lower (0.52 lower to 0.22 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Rates of consumption 7 to 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 ³	None	70	46	-	SMD 0.3 lower (0.67 lower to 0.07 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Rates of consumption 7 to 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 ²	None	25	25	-	SMD 0.01 lower (0.57 lower to 0.54 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL

										higher)		
Rates of consumption 7 to 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	CRITICAL
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 ³	None	70	46	-	SMD 0.23 lower (0.6 lower to 0.14 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL
Attrition (dropout) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision ⁴	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	IMPORTANT
								0%		0 more per 1000 (from 0 more to 0 more)		
Attrition (dropout) > 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	⊕⊕⊕⊕ HIGH	IMPORTANT

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

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

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

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

⁴ Counselling was only 1 session therefore it was impossible to have participants who dropout.

Parental skills + BCT versus BCT alone

Quality assessment							Summary of findings					Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No. of patients		Effect		Quality	
							Parental skills + BCT	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)	⊕⊕⊕O MODERATE	CRITICAL
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)	⊕⊕⊕O MODERATE	CRITICAL
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 ²	None	10	10	-	SMD 0.04 lower (0.92 lower to 0.84 higher)	⊕⊕⊕O MODERATE	CRITICAL

¹ No explanation was provided.

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

Motivational techniques

Motivational enhancement therapy (MET) versus control

Quality assessment							No. of patients		Effect		Quality	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	MET	Control	Relative (95% CI)	Absolute		
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 (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	35	26	-	SMD 0.67 lower (1.2 to 0.15 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount of alcohol consumed up to 6-month follow-up - average drinks per day (log transformed) over entire assessment period at 2-month follow-up (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	35	26	-	SMD 0.46 lower (0.97 lower to 0.06 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Amount of alcohol consumed up to 6-month follow-up - DDD (log transformed) 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	35	26	-	SMD 0.17 lower (0.68 lower to 0.34 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Amount of alcohol consumed up to 6-month follow-up - DDD (log transformed) at 2-month follow-up (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	35	26	-	SMD 0.21 higher (0.3 lower to 0.72 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Amount of alcohol consumed 7 to 12-month follow-up - average drinks per day (log transformed) over entire assessment period at 12-month follow-up (Better indicated by lower values)												
1	Randomised	No serious	No serious	No serious	Serious ¹	None	35	26	-	SMD 0.2 lower (0.71	⊕⊕⊕○	CRITICAL

	trials	limitations	inconsistency	indirectness						lower to 0.31 higher)	MODERATE	
Amount of alcohol consumed 7 to 12-month follow-up - drinks per drinking day (log transformed) at 12-month follow-up (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	35	26	-	SMD 0.36 higher (0.15 lower to 0.88 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rates of consumption up to 6-month follow-up - days any alcohol use at 5-month follow-up (Better indicated by lower values)												
1	Randomised 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)	⊕⊕⊕O MODERATE	CRITICAL
Rates of consumption up to 6-month follow-up - days heavy alcohol use (>4 drinks) at 5-month follow-up (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	22	24	-	SMD 0.7 lower (1.3 to 0.11 lower)	⊕⊕⊕O MODERATE	CRITICAL
Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines at least once at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	27/42 (64.3%)	29/40 (72.5%)	RR 0.89 (0.66 to 1.19)	80 fewer per 1000 (from 246 fewer to 138 more)	⊕⊕⊕O MODERATE	CRITICAL
								72.5%		80 fewer per 1000 (from 246 fewer to 138 more)		
Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines 6 or more times at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	27/42 (64.3%)	29/40 (72.5%)	RR 0.89 (0.66 to 1.19)	80 fewer per 1000 (from 246 fewer to 138 more)	⊕⊕⊕O MODERATE	CRITICAL
								72.5%		80 fewer per 1000 (from 246 fewer to 138 more)		

Rate of consumption up to 6-month follow-up - drank 10+ standard drinks at least once at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	26/42 (61.9%)	32/40 (80%)	RR 0.77 (0.58 to 1.03)	184 fewer per 1000 (from 336 fewer to 24 more)	⊕⊕⊕O MODERATE	CRITICAL
								80%		184 fewer per 1000 (from 336 fewer to 24 more)		
Rate of consumption up to 6-month follow-up - drank 10+ or more drinks 6 or more times at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	None	18/42 (42.9%)	26/40 (65%)	RR 0.66 (0.43 to 1)	221 fewer per 1000 (from 370 fewer to 0 more)	⊕⊕⊕O MODERATE	CRITICAL
								65%		221 fewer per 1000 (from 370 fewer to 0 more)		
Rates of consumption >12-month follow-up - exceeded national drinking guidelines at least once at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	16/27 (59.3%)	19/29 (65.5%)	RR 0.9 (0.6 to 1.36)	66 fewer per 1000 (from 262 fewer to 236 more)	⊕⊕⊕O MODERATE	CRITICAL
								65.5%		66 fewer per 1000 (from 262 fewer to 236 more)		
Rates of Consumption >12-month follow-up - exceeded national drinking guidelines six or more times at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	12/27 (44.4%)	14/29 (48.3%)	RR 0.92 (0.52 to 1.62)	39 fewer per 1000 (from 232 fewer to 299 more)	⊕⊕⊕O MODERATE	CRITICAL
								48.3%		39 fewer per 1000 (from 232 fewer to 299 more)		

Rates of consumption >12-month follow-up - drank 10+ standard drinks at least once at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	9/27 (33.3%)	15/29 (51.7%)	RR 0.64 (0.34 to 1.22)	186 fewer per 1000 (from 341 fewer to 114 more)	⊕⊕⊕O MODERATE	CRITICAL
								51.7%		186 fewer per 1000 (from 341 fewer to 114 more)		
Rates of consumption >12-month follow-up - drank 10+ or more drinks six or more times at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	6/27 (22.2%)	9/29 (31%)	RR 0.72 (0.29 to 1.74)	87 fewer per 1000 (from 220 fewer to 230 more)	⊕⊕⊕O MODERATE	CRITICAL
								31%		87 fewer per 1000 (from 220 fewer to 229 more)		
Lapsed up until 6-month follow-up - at 6 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	None	35/42 (83.3%)	37/40 (92.5%)	RR 0.9 (0.77 to 1.06)	93 fewer per 1000 (from 213 fewer to 55 more)	⊕⊕⊕O MODERATE	CRITICAL
								92.5%		93 fewer per 1000 (from 213 fewer to 55 more)		
Lapsed >12-month follow-up - at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	None	21/27 (77.8%)	22/29 (75.9%)	RR 1.03 (0.77 to 1.37)	23 more per 1000 (from 174 fewer to 281 more)	⊕⊕⊕O MODERATE	CRITICAL
								75.9%		23 more per 1000 (from 175 fewer to 281 more)		

Attrition (dropout) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	None	45/151 (29.8%)	38/139 (27.3%)	RR 1.09 (0.76 to 1.57)	25 more per 1000 (from 66 fewer to 156 more)	⊕⊕⊕O MODERATE	IMPORTANT
								27.3%		25 more per 1000 (from 66 fewer to 156 more)		
Attrition (dropout) > 12-month follow-up - at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	15/42 (35.7%)	11/40 (27.5%)	RR 1.3 (0.68 to 2.48)	82 more per 1000 (from 88 fewer to 407 more)	⊕⊕⊕O MODERATE	IMPORTANT
								27.5%		82 more per 1000 (from 88 fewer to 407 more)		
Attrition (dropout) at 7 to 12-month follow-up - at 12 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	None	6/35 (17.1%)	5/26 (19.2%)	RR 0.89 (0.3 to 2.61)	21 fewer per 1000 (from 135 fewer to 310 more)	⊕⊕⊕O MODERATE	IMPORTANT
								19.2%		21 fewer per 1000 (from 134 fewer to 309 more)		

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

² 95% CI includes no effect and RR increase greater than 25%.

³ RR increase greater than 25%.

⁴ 95% CI includes no effect and RR reduction and RR increase greater than 25%.

⁵ 95% CIs around absolute effects from 135 fewer to 310 more events.

Motivational enhancement therapy (MET) versus other intervention

Quality assessment							No. of patients		Effect		Quality	Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	MET	Other therapy	Relative (95% CI)	Absolute		
Abstinent post-treatment (Better indicated by lower values)												
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	628	1173	-	SMD 0.08 higher (0.02 lower to 0.18 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
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	469	366	-	SMD 0.09 higher (0.12 lower to 0.3 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
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	None	546	1095	-	SMD 0.01 lower (0.11 lower to 0.1 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinence - 7 to 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	534	1082	-	SMD 0.05 higher (0.06 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinence - 7 to 12-month follow-up - 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	877	795	-	SMD 0.04 higher (0.07 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL

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	518	1055	-	SMD 0.06 higher (0.05 lower to 0.16 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Lapsed up to 6-month follow-up - at 6 months												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	35/42 (83.3%)	36/40 (90%)	RR 0.93 (0.78 to 1.1)	63 fewer per 1000 (from 198 fewer to 90 more)	⊕⊕⊕⊕ MODERATE	CRITICAL
								90%		63 fewer per 1000 (from 198 fewer to 90 more)		
Rate of consumption post-treatment - % heavy drinking days (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	76	73	-	SMD 0.05 higher (0.27 lower to 0.37 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Lapsed >12-month follow-up - at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	21/27 (77.8%)	16/21 (76.2%)	RR 1.02 (0.75 to 1.4)	15 more per 1000 (from 190 fewer to 305 more)	⊕⊕⊕⊕ MODERATE	CRITICAL
								76.2%		15 more per 1000 (from 190 fewer to 305 more)		
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 months (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	61	54	-	SMD 0.02 higher (0.35 lower to 0.38 higher)	⊕⊕⊕⊕ HIGH	CRITICAL

Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines at least once at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	27/42 (64.3%)	31/40 (77.5%)	RR 0.83 (0.63 to 1.1)	132 fewer per 1000 (from 287 fewer to 78 more)	⊕⊕⊕○ MODERATE	CRITICAL
								77.5%		132 fewer per 1000 (from 287 fewer to 78 more)		
Rate of consumption up to 6-month follow-up - exceeded national drinking guidelines six or more times at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	27/42 (64.3%)	31/40 (77.5%)	RR 0.83 (0.63 to 1.1)	132 fewer per 1000 (from 287 fewer to 78 more)	⊕⊕⊕○ MODERATE	CRITICAL
								77.5%		132 fewer per 1000 (from 287 fewer to 78 more)		
Rate of consumption up to 6-month follow-up - drank 10+ standard drinks at least once at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	26/42 (61.9%)	31/40 (77.5%)	RR 0.8 (0.6 to 1.07)	155 fewer per 1000 (from 310 fewer to 54 more)	⊕⊕⊕○ MODERATE	CRITICAL
								77.5%		155 fewer per 1000 (from 310 fewer to 54 more)		
Rate of consumption up to 6-month follow-up - drank 10+ or more drinks six or more times at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	18/42 (42.9%)	25/40 (62.5%)	RR 0.69 (0.45 to 1.05)	194 fewer per 1000 (from 344 fewer to 31 more)	⊕⊕⊕○ MODERATE	CRITICAL
								62.5%		194 fewer per 1000 (from 344 fewer to 31 more)		

Rate of consumption - 7 to 12-month follow-up - number of 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	321	336	-	SMD 0 higher (0.15 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rate of consumption - 7 to 12-month follow-up - days > 5 drinks at 12 months (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	321	336	-	SMD 0.08 lower (0.23 lower to 0.08 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rates of consumption >12-month follow-up - exceeded national drinking guidelines at least once at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	16/27 (59.3%)	13/21 (61.9%)	RR 0.96 (0.61 to 1.51)	25 fewer per 1000 (from 241 fewer to 316 more)	⊕⊕⊕⊕ MODERATE	CRITICAL
								61.9%		25 fewer per 1000 (from 241 fewer to 316 more)		
Rates of consumption >12-month follow-up - exceeded national drinking guidelines six or more times at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	12/27 (44.4%)	11/21 (52.4%)	RR 0.85 (0.47 to 1.53)	79 fewer per 1000 (from 278 fewer to 278 more)	⊕⊕⊕⊕ MODERATE	CRITICAL
								52.4%		79 fewer per 1000 (from 278 fewer to 278 more)		
Rates of consumption >12-month follow-up - drank 10+ standard drinks at least once at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	9/27 (33.3%)	8/21 (38.1%)	RR 0.88 (0.41 to 1.88)	46 fewer per 1000 (from 225 fewer to 335 more)	⊕⊕⊕⊕ MODERATE	CRITICAL
								38.1%		46 fewer per 1000 (from 225 fewer to 335 more)		

										335 more)		
Rates of consumption >12-month follow-up - drank 10+ or more drinks six or more times at 5-year follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	6/27 (22.2%)	4/21 (19%)	RR 1.17 (0.38 to 3.61)	32 more per 1000 (from 118 fewer to 497 more)	⊕⊕⊕O MODERATE	CRITICAL
								19.1%		32 more per 1000 (from 118 fewer to 499 more)		
Amount of alcohol consumed post-treatment - DDD (Better indicated by lower values)												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	552	1100	-	SMD 0.1 higher (0 to 0.2 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount of alcohol consumed up to 6-month follow-up - DDD/drinks per week at 3 and 6 months (Better indicated by lower values)												
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	968	1412	-	SMD 0.05 higher (0.04 lower to 0.13 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount of alcohol consumed 7 to 12-month follow-up - DDD 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	534	1082	-	SMD 0.07 higher (0.03 lower to 0.18 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attrition (dropout) > 12-month follow-up												
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	None	23/568 (4%)	32/1108 (2.9%)	RR 0.86 (0.55 to 1.35)	4 fewer per 1000 (from 13 fewer to 10 more)	⊕⊕⊕O MODERATE	IMPORTANT
								1.7%		2 fewer per 1000 (from 8 fewer to 6 more)		

Amount of alcohol consumed 7 to 12-month follow-up - DDD at 12-month follow-up (Better indicated by lower values)												
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	1150	1621	-	SMD 0.01 higher (0.07 lower to 0.08 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Amount of alcohol consumed 7 to 12-month follow-up - drinks per week at 12 months (Better indicated by lower values)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	321	336	-	SMD 0.01 lower (0.16 lower to 0.14 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attrition (dropout) up to 6-month follow-up												
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹	None	109/1165 (9.4%)	61/1554 (3.9%)	RR 1.37 (1.05 to 1.8)	15 more per 1000 (from 2 more to 31 more)	⊕⊕⊕⊕ MODERATE	IMPORTANT
								0.6%		2 more per 1000 (from 0 more to 5 more)		
Amount of alcohol consumed >12-month follow-up - DDD 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	518	1055	-	SMD 0.05 higher (0.05 lower to 0.16 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Attrition (dropout) post-treatment												
3	Randomised trials	No serious limitations	Serious ³	No serious indirectness	Serious ²	None	44/725 (6.1%)	103/1297 (7.9%)	RR 0.7 (0.31 to 1.59)	24 fewer per 1000 (from 55 fewer to 47 more)	⊕⊕⊕⊕ LOW	IMPORTANT
								4.5%		14 fewer per 1000 (from 31 fewer to 27 more)		
Attrition (dropout) at 7 to 12-month follow-up - at 9-month follow-up												
2	Randomised	No serious	No serious	No serious	Serious ¹	None	12/546	13/1095	RR 1.85	10 more per 1000	⊕⊕⊕⊕	IMPORTANT

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

¹ 95% CI includes no effect and RR reduction and RR increase greater than 25%.

² 95% CI includes no effect and RR increase greater than 25%.

³ High heterogeneity [I-squared = 82%].

Multimodal intervention

Multimodal versus other intervention

Quality assessment							Summary of findings					Quality	Importance
							No. of patients		Effect				
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Multimodal	Other	Relative (95% CI)	Absolute			
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	CRITICAL	

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	CRITICAL
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	CRITICAL
							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	CRITICAL
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 ¹	None	41	34	-	SMD 0.25 lower (0.71 lower to 0.21 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Lapsed - 7 to 12-month follow-up - at 12-month follow-up (follow-up mean 12 months)												
1	Randomised trials	Serious ²	No serious inconsistency	No serious indirectness	Serious ⁴	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	CRITICAL
							77.6%	62 fewer per 1000 (from 147 fewer to 39 more)				
Attrition (dropout) post-treatment (follow-up mean 6 months)												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	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	IMPORTANT
							17.5%	9 more per 1000 (from 100 fewer to 275 more)				

Attrition (dropout) up to 6-month follow-up - at 3-6-month follow-up (follow-up mean 6 months)												
1	Randomised trials	Serious ²	No serious inconsistency	No serious indirectness	Serious ⁶	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	IMPORTANT
							30.4%	6 more per 1000 (from 79 fewer to 128 more)				
Attrition (dropout) at 7 to 12-month follow-up - at 12-month follow-up (follow-up mean 12 months)												
1	Randomised trials	Serious ²	No serious inconsistency	No serious indirectness	Serious ⁶	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	IMPORTANT
							58.9%	82 fewer per 1000 (from 194 fewer to 53 more)				

¹ 95% CI includes no effect.

² Randomisation method (sealed envelope).

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

⁴ 95% CI includes no effect. RR reduction greater than 25%.

⁵ 95% CIs around absolute effects from 100 fewer to 275 more events

⁶ 95% CI includes no effect. RR increase greater than 25%.

Psychoeducational interventions

Psychoeducational versus other treatment

Quality assessment							Summary of findings				Importance	
							No. of patients		Effect			Quality
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	No serious	No serious	No serious	No serious	None	33	44	-	SMD 0.48 higher (0.02 to 0.93)	⊕⊕⊕⊕	CRITICAL

	trials	limitations	inconsistency	indirectness	imprecision					higher)	HIGH	
Abstinence post-treatment - PDA 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	CRITICAL
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	CRITICAL
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	CRITICAL
Abstinence 7 to 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 ¹	None	46	92	-	SMD 0.28 higher (0.35 lower to 0.92 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Abstinence 7 to 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 ¹	None	46	92	-	SMD 0.26 higher (0.43 lower to 0.96 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Abstinent/light use (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 ²	30	31	-	SMD 0.94 higher (0.4 to 1.48 higher)	⊕⊕⊕⊕ HIGH	CRITICAL

Abstinent/light use (1-3 standard drinks) 7 to 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 ³	30	31	-	SMD 0.84 higher (0.27 to 1.4 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinent/light use (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	30	31	-	SMD 0.74 higher (0.21 to 1.26 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Number lapsed (non-abstinent) post-treatment - at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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)	⊕⊕⊕O MODERATE	CRITICAL
								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 ¹	None	60	119	-	SMD 0.21 higher (0.11 lower to 0.53 higher)	⊕⊕⊕O MODERATE	CRITICAL
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 ¹	None	24	75	-	SMD 0.19 higher (0.27 lower to 0.65 higher)	⊕⊕⊕O MODERATE	CRITICAL

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 ¹	None	24	75	-	SMD 0.37 higher (0.1 lower to 0.83 higher)	⊕⊕⊕O MODERATE	CRITICAL
Rate of alcohol consumption - 7 to 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	CRITICAL
Rate of alcohol consumption - 7 to 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	CRITICAL
Rate of alcohol consumption - 7 to 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	CRITICAL
Rate of alcohol consumption - 7 to 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	CRITICAL
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	CRITICAL

Amount of alcohol consumed 7 to 12-month follow-up - DDD 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	CRITICAL
Amount of alcohol consumed 7 to 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	CRITICAL
Attrition (dropout) post-treatment												
3	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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)	⊕⊕⊕⊕ MODERATE	IMPORTANT
								10.9%				
Attrition up to 6-month follow-up - at 6 months												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	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)	⊕⊕⊕⊕ MODERATE	IMPORTANT
								8.2%				
Attrition (dropout) 7 to 12-month follow-up - at 12-month follow-up												
5	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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)	⊕⊕⊕⊕ MODERATE	IMPORTANT

								17.1%		29 fewer per 1000 (from 62 fewer to 12 more)		
Attrition (dropout) >12-month follow-up - at 18 months												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁶	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)	⊕⊕⊕⊕ MODERATE	IMPORTANT
							2.9%			22 fewer per 1000 (from 29 fewer to 106 more)		

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

² SMD=0.94, p=0.0006.

³ SMD=0.84, p=0.004.

⁴ 95% CI includes no effect and RR increase greater than 25%.

⁵ 95% CIs around absolute effects from 57 fewer to 182 more events.

⁶ 95% CIs around absolute effects from 31 fewer to 115 more events.

Self-help-based interventions

Self-help versus self-help intervention

Quality assessment							Summary of findings				Importance	
							No. of patients		Effect			Quality
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Self-help	Self-help	Relative (95% CI)	Absolute		
Amount of alcohol consumed at 7 to 12-month follow-up - number of 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	CRITICAL

Amount of alcohol consumed at 7 to 12-month follow-up - number of DDD 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	CRITICAL
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 ¹	None	30	29	-	SMD 0.45 lower (0.97 lower to 0.07 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Amount of alcohol consumed >12-month follow-up - number of DDD at 23-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 0.1 lower (0.61 lower to 0.41 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Attrition at 23-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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	IMPORTANT
							38.3%	34 fewer per 1000 (from 180 fewer to 211 more)				

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

² 95% CI includes no effect and RR increase greater than 25%.

Short-term psychodynamic therapy

Short-term psychodynamic therapy versus other therapy

Quality assessment							Summary of findings					Importance
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No. of patients		Effect		Quality	
							Short-term psychodynamic therapy	Other therapy	Relative (95% CI)	Absolute		
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	CRITICAL
Amount of alcohol consumed >12-month follow-up - g absolute alcohol/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	CRITICAL
Rate of consumption >12-month follow-up - days > 80g absolute alcohol (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 ¹	None	23	21	-	SMD 0.06 lower (0.65 lower to 0.53 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Attrition (dropout) >12-month follow-up - at 15-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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	IMPORTANT
								12.5%		45 fewer per 1000		

										(from 110 fewer to 312 more)		
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¹ 95% CI includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions.

² 95% CIs around absolute effects from 110 fewer to 312 more events.

Social network and environment-based therapies

Social network and environment-based therapies versus control

Quality assessment							Summary of findings					Importance
							No. of patients		Effect		Quality	
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Social network and environment-based therapies	Control	Relative (95% CI)	Absolute		
Abstinence post-treatment - PDA 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	CRITICAL
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 ¹	112	60	-	SMD 0.75 lower (1.08 to 0.43 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
Abstinence 7 to 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	CRITICAL

Abstinence 7 to 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	CRITICAL
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	CRITICAL
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 ²	Serious ³	None	112	60	-	SMD 0.28 lower (1.02 lower to 0.46 higher)	⊕○○○ VERY LOW	CRITICAL
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 ⁴	None	112	60	-	SMD 0.35 lower (0.74 lower to 0.05 higher)	⊕⊕⊕○ MODERATE	CRITICAL
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	CRITICAL
Abstinence >12-month follow-up - at 27-month follow-up (Better indicated by lower values)												
2	Randomised trials	No serious limitations	Serious ⁵	No serious indirectness	Serious ⁶	None	112	60	-	SMD 0.31 lower (1.12 lower to 0.49 higher)	⊕⊕○○ LOW	CRITICAL

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	CRITICAL
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	CRITICAL
Amount of alcohol consumed (DDD) 7 to 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	CRITICAL
Amount of alcohol consumed (DDD) 7 to 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 ⁶	None	112	60	-	SMD 0.25 lower (0.57 lower to 0.06 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ⁶	None	112	60	-	SMD 0.35 lower (0.83 lower to 0.12 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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	CRITICAL

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	CRITICAL
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 ⁷	None	112	60	-	SMD 0.11 lower (0.43 lower to 0.2 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
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 ⁷	None	112	60	-	SMD 0.06 higher (0.26 lower to 0.37 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Attrition (dropout) post-treatment												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁸	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)	⊕⊕⊕⊕ MODERATE	IMPORTANT
								5.7%		21 more per 1000 (from 31 fewer to 178 more)		
Attrition (dropout) up to 6-month follow-up - at 6 months												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁹	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)	⊕⊕⊕⊕ MODERATE	IMPORTANT
								3%		14 fewer per 1000 (from 28 fewer to 78 more)		

Attrition (dropout) 7 to 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)	⊕⊕⊕⊕ HIGH	IMPORTANT
								0%		0 more per 1000 (from 0 fewer to 0 more)		
Attrition (dropout) >12-month follow-up												
4	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ¹⁰	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)	⊕⊕⊕○ MODERATE	IMPORTANT
								3.2%		7 fewer per 1000 (from 25 fewer to 57 more)		

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

² High heterogeneity [I-squared = 82%].

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

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

⁵ High heterogeneity [I-squared =84%].

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

⁷ 95% CI includes no effect.

⁸ 95% CIs around absolute effects from 31 fewer to 179 more events.

⁹ 95% CIs around absolute effects from 28 fewer to 78 more events.

¹⁰ 95% CIs around absolute effects from 25 fewer to 57 more events.

Social network and environment-based therapies versus other treatment

Quality assessment							Summary of findings				Quality	Importance
							No. of patients		Effect			
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Social network and 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	CRITICAL
Abstinence 7 to 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	CRITICAL
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	CRITICAL
Amount of alcohol consumed up to 6-month follow-up - mean quantity/day at 6-month 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)	⊕⊕⊕O MODERATE	CRITICAL

Amount of alcohol consumed up to 6-month follow-up - number DDD 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	CRITICAL
Amount of alcohol consumed (mean/number drinks per day) 7 to 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	257	342	-	SMD 0.07 higher (0.09 lower to 0.23 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
Rate of consumption up to 6-month follow-up - number of 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	CRITICAL
Rate of consumption up to 6-month follow-up - number of drinking days at 6-month 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 0.09 higher (0.35 lower to 0.54 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Rate of consumption at 7 to 12-month follow-up - number of drinking days at 12-month 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 0.15 higher (0.29 lower to 0.6 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Attrition (dropout) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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	IMPORTANT
								46.5%		33 fewer per 1000		

										(from 149 fewer to 130 more)		
Attrition (dropout) up to 6-month follow-up - at 3-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	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)	⊕⊕⊕O MODERATE	IMPORTANT
								11.1%		36 fewer per 1000 (from 64 fewer to 9 more)		
Attrition (dropout) 7 to 12-month follow-up - at 12-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	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)	⊕⊕⊕O MODERATE	IMPORTANT
								10.4%		0 more per 1000 (from 36 fewer to 58 more)		

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

² 95% CI includes no effect and RR reduction and RR increase greater than 25%.

³ 95% CI includes no effect and RR reduction greater than 25%.

⁴ 95% CI includes no effect and RR increase greater than 25%.

Twelve-step facilitation

Twelve-step facilitation (TSF) versus other treatment

Quality 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	CRITICAL
Abstinence up to 6-month follow-up - PDA 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	CRITICAL
Abstinence up to 6-month follow-up - PDA 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	CRITICAL
Abstinence 7 to 12-month follow-up - PDA 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	CRITICAL

Abstinence 7 to 12-month follow-up - PDA 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	CRITICAL
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	CRITICAL
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	CRITICAL
Rate of alcohol consumption up to 6-month follow-up - percentage of 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	CRITICAL
Rate of alcohol consumption up to 6-month follow-up - percentage of 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	CRITICAL
Rate of alcohol consumption - 7 to 12-month follow-up - percentage of 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	CRITICAL
Rate of alcohol consumption - 7 to 12-month follow-up - percentage of 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	CRITICAL

Amount of alcohol consumed post-treatment (Better indicated by lower values)												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	556	1095	-	SMD 0.01 higher (0.13 lower to 0.15 higher)	⊕⊕⊕⊕ HIGH	CRITICAL
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	CRITICAL
Amount of alcohol consumed 7 to 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	CRITICAL
Amount of alcohol consumed 7 to 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	CRITICAL
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	CRITICAL
Attrition (dropout) 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	IMPORTANT
								6.6%		7 more per 1000 (from 18 fewer to 46 more)		
Attrition (dropout) 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	IMPORTANT

										more)		
							13.8%			59 fewer per 1000 (from 112 fewer to 101 more)		
Attrition (dropout) 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)	⊕⊕⊕O MODERATE	IMPORTANT
							0.3%			1 more per 1000 (from 2 fewer to 12 more)		
Attrition (dropout) 7 to 12-month 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)	⊕⊕⊕O MODERATE	IMPORTANT
							4.1%			26 fewer per 1000 (from 5 fewer to 35 fewer)		
Attrition (dropout) 7 to 12-month follow-up - at 12-month follow-up												
6	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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)	⊕⊕⊕O MODERATE	IMPORTANT
							6.4%			13 more per 1000 (from 29 fewer to 106 more)		
Attrition (dropout) > 12-month follow-up - at 15-month follow-up												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁶	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)	⊕⊕⊕O MODERATE	IMPORTANT
							1.6%			9 fewer per 1000 (from 13 fewer to 6 more)		

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

² 95% CI includes no effect and RR increase greater than 25%.

³ 95% CIs around absolute effects from 112 fewer to 101 more events.

⁴ 95% CIs around absolute effects from 5 fewer to 31 more events.

⁵ 95% CIs around absolute effects from 3 fewer to 19 fewer events.

⁶ 95% CIs around absolute effects from 14 fewer to 6 more events.

TSF versus TSF

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		
PDA up to 6-month 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	CRITICAL
PDA 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 0.41 lower (0.81 to 0.01 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
PDA 7 to 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	47	48	-	SMD 0.57 lower (0.98 to 0.16 lower)	⊕⊕⊕⊕ HIGH	CRITICAL
PDA 7 to 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 0.58 lower (0.99 to 0.17 lower)	⊕⊕⊕⊕ HIGH	CRITICAL

Percentage of days heavy drinking up to 6-month follow-up - at 3-month follow-up (Better indicated by lower values)												
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	CRITICAL
Percentage of 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	CRITICAL
Percentage of days heavy drinking at 7 to 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	47	48	-	SMD 0.2 lower (0.6 lower to 0.2 higher)	⊕⊕⊕⊕ MODERATE	CRITICAL
Percentage of days heavy drinking at 7 to 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	CRITICAL
Attrition (dropout) post-treatment												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ²	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	IMPORTANT
								11%		1 more per 1000 (from 49 fewer to 92 more)		
Attrition (dropout) up to 6-month follow-up - at 3-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ³	None	2/53	7/58	OR 0.29 (0.06)	82 fewer per 1000 (from 113 fewer to 44)	⊕⊕⊕⊕	IMPORTANT

	trials	limitations	inconsistency	indirectness			(3.8%)	(12.1%)	to 1.44)	more)	MODERATE	
								12.1%		83 fewer per 1000 (from 113 fewer to 44 more)		
Attrition (dropout) up to 6-month follow-up - at 6-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁴	None	3/51 (5.9%)	2/51 (3.9%)	OR 1.53 (0.24 to 9.57)	20 more per 1000 (from 30 fewer to 242 more)	⊕⊕⊕O MODERATE	IMPORTANT
								3.9%		19 more per 1000 (from 29 fewer to 241 more)		
Attrition (dropout) 7 to 12-month follow-up - at 9-month follow-up												
1	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁵	None	1/48 (2.1%)	1/49 (2%)	RR 1.02 (0.07 to 15.86)	0 more per 1000 (from 19 fewer to 303 more)	⊕⊕⊕O MODERATE	IMPORTANT
								2%		0 more per 1000 (from 19 fewer to 297 more)		
Attrition (dropout) 7 to 12-month follow-up - at 12-month follow-up												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	Serious ⁶	None	16/228 (7%)	14/212 (6.6%)	RR 1.04 (0.52 to 2.06)	3 more per 1000 (from 32 fewer to 70 more)	⊕⊕⊕O MODERATE	IMPORTANT
								4.3%		2 more per 1000 (from 21 fewer to 46 more)		
Number of participants non-abstinent 7 to 12-month follow-up - at 12-month follow-up												
1	No methodology					None	78/161	87/146	RR 0.81 (0.66	113 fewer per 1000 (from 203 fewer to 0		

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

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

² 95% CI includes no effect and RR increase greater than 25%

³ 95% CIs around absolute effects from 113 fewer to 44 more events

⁴ 95% CIs around absolute effects from 30 fewer to 242 more events

⁵ 95% CIs around absolute effects from 19 fewer to 303 more events

⁶ 95% CI includes no effect and RR reduction greater than 25%

Economic profile

Any psychological intervention versus standard care

Study & country	Limitations	Applicability	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Slattery <i>et al.</i> , 2003 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 Dominate	Coping/social skills training dominates standard care to ICER of 82, 654/ additional abstinent patient: range in one way sensitivity analysis
Slattery <i>et al.</i> , 2003 Scotland, UK	Minor limitations	Partially applicable	Intervention: BSCT	-121 052	86	-1408 Dominate	BSCT dominates standard care to ICER of 219, 706/ additional abstinent patient: range in one way sensitivity analysis

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

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

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

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

Any psychological intervention versus any other psychological intervention

Study & country	Limitations	Applicability	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Mortimer & Segal, 2005 Australia	Potentially serious limitations ⁴	Partially applicable ⁵	Uses QALYs as measure of benefit. Interventions: MOCE versus BSCT. The use of different effectiveness outcomes results in different results - CEA and CUA conducted with Markov model.	147 ⁶	0.116	1265 or BSCT dominates MOCE	353/QALY to BSCT dominates MOCE: range in sensitivity analysis

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

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

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

Mortimer & Segal, 2005 Australia	Potentially serious limitations ⁷	Partially applicable ⁸	Interventions: MET versus no further counselling after initial assessment and feedback/education	229 ⁹	0.116	1984 or MET dominates no further counselling	400/QALY to no further counselling dominates MET: range in sensitivity analysis
Mortimer & Segal, 2005 Australia	Potentially serious Limitations ¹⁰	Partially applicable ¹¹	Interventions: Non-directive reflective listening (NDRL) versus. No further counselling after initial assessment and feedback/education	-	-	No further counselling dominates	590/QALY to no further counselling dominates NDRL: range in sensitivity analysis
UKATT, 2005 UK	Minor limitations	Directly applicable	MET versus SBNT. Inflated ICER above NICE threshold.	279 ¹²	0.0113	24 652	The CEACs for MET relative to SBNT demonstrated that the two therapies were equally cost effective. If decision makers are willing to pay nothing for an extra QALY gained then SBNT would be preferable to MET in 747 of the 1000 samples (that is, 514 samples where the health gains from MET have no value and 233 samples where SBNT dominates). If a cost of 100,000 per QALY is considered acceptable, then MET is preferable to SBNT in 662 of the 1000 samples. In the case where an additional QALY is valued at 30,000, MET has a 57.6% probability of being more cost effective than SBNT.

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 Sellman and colleagues (2001). Perspective of the department of Health and Ageing adopted. 5% discount rate used which is not in keeping with NICE reference case. Sources of certain data, for example, unit costs not explicit.

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

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

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).

CBT versus CBT + naltrexone

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 - when compared with other studies the results varied.

¹³ Not a full economic evaluation

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