

Appendix 17c: psychological interventions forest plots

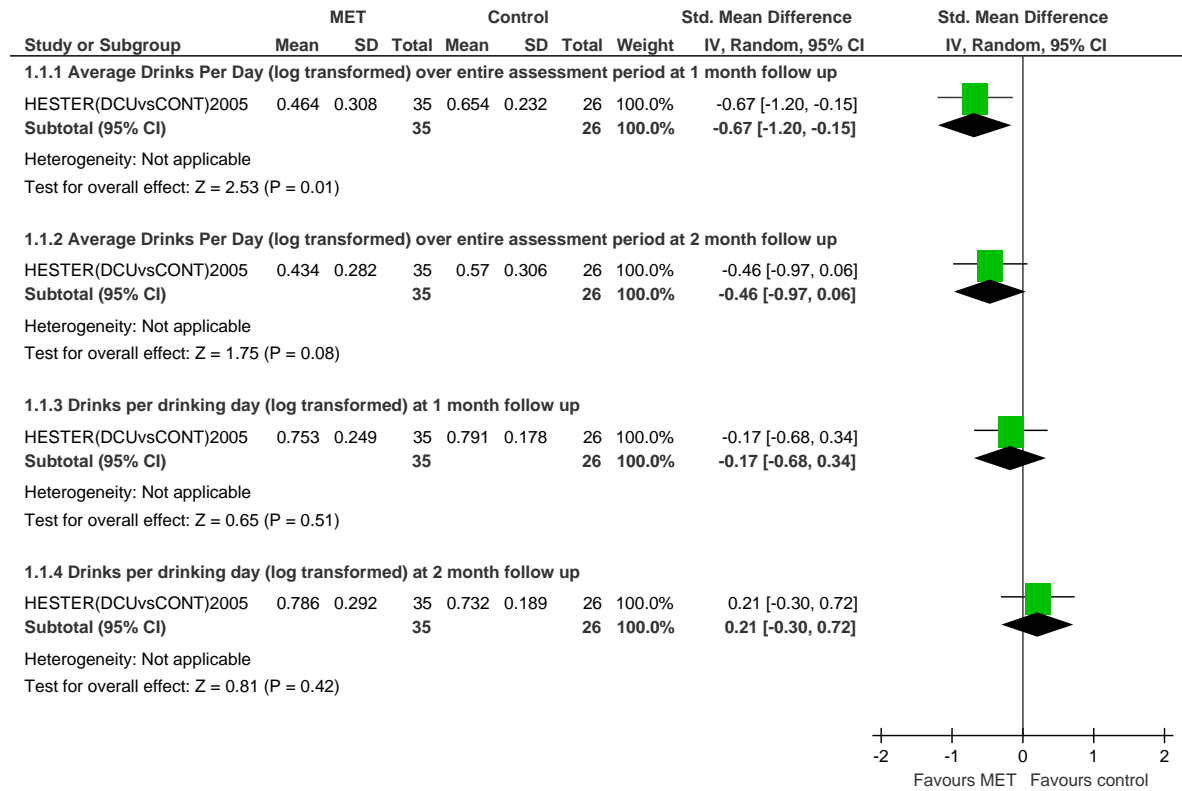
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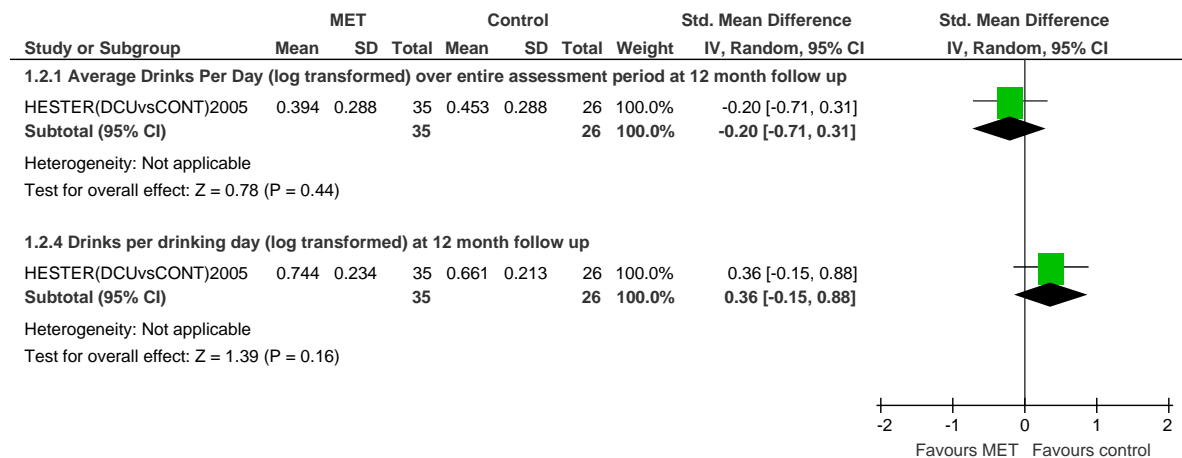
Motivational techniques

Motivational techniques versus control

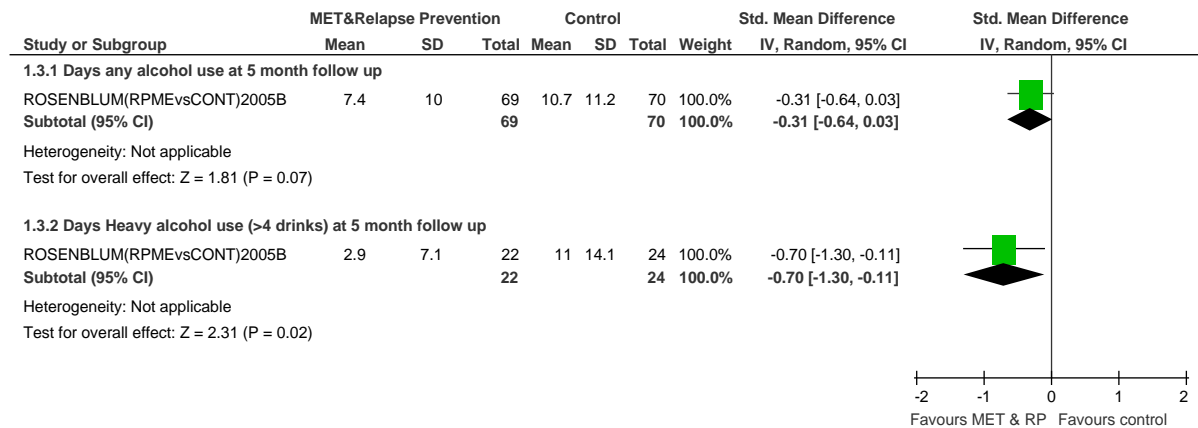
Amount of alcohol consumed up to 6-month follow-up



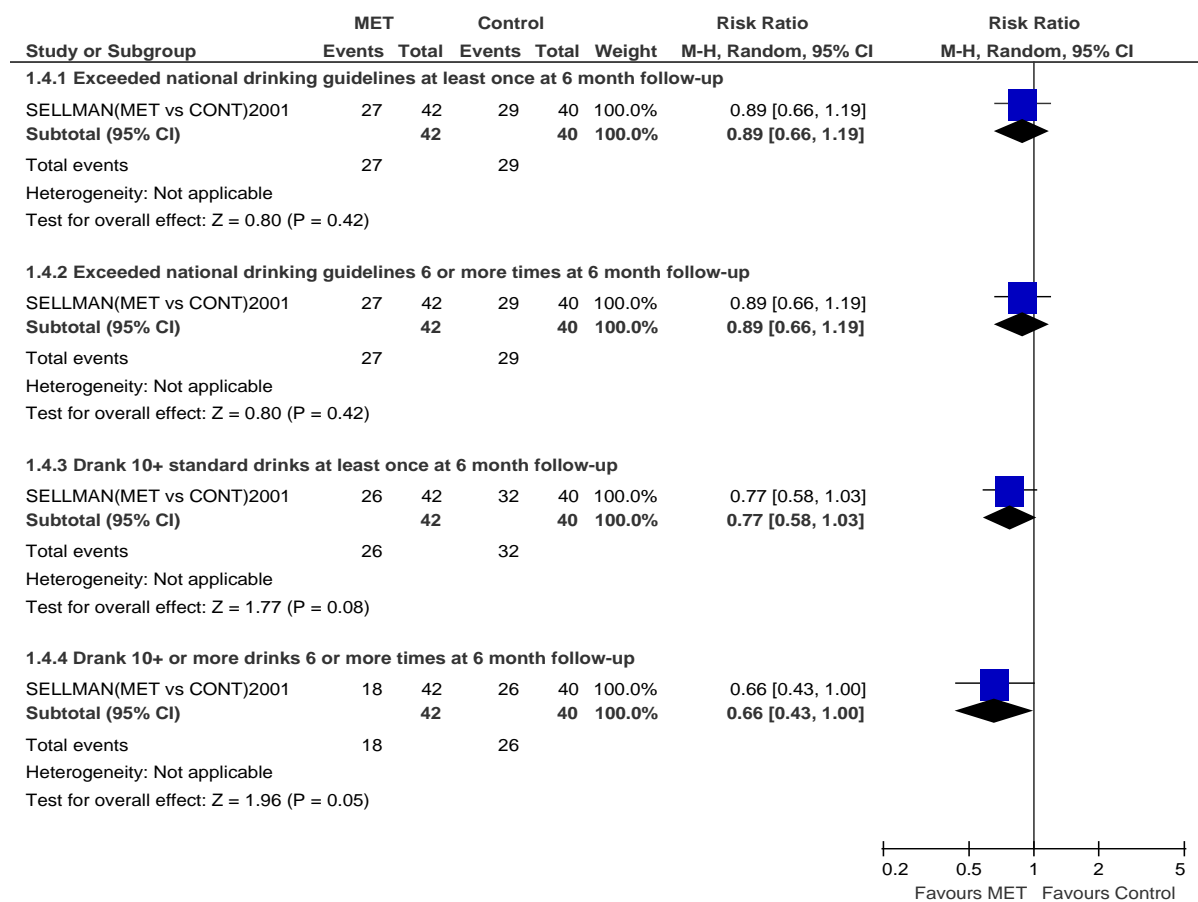
Amount of alcohol consumed 7- to 12-month follow-up



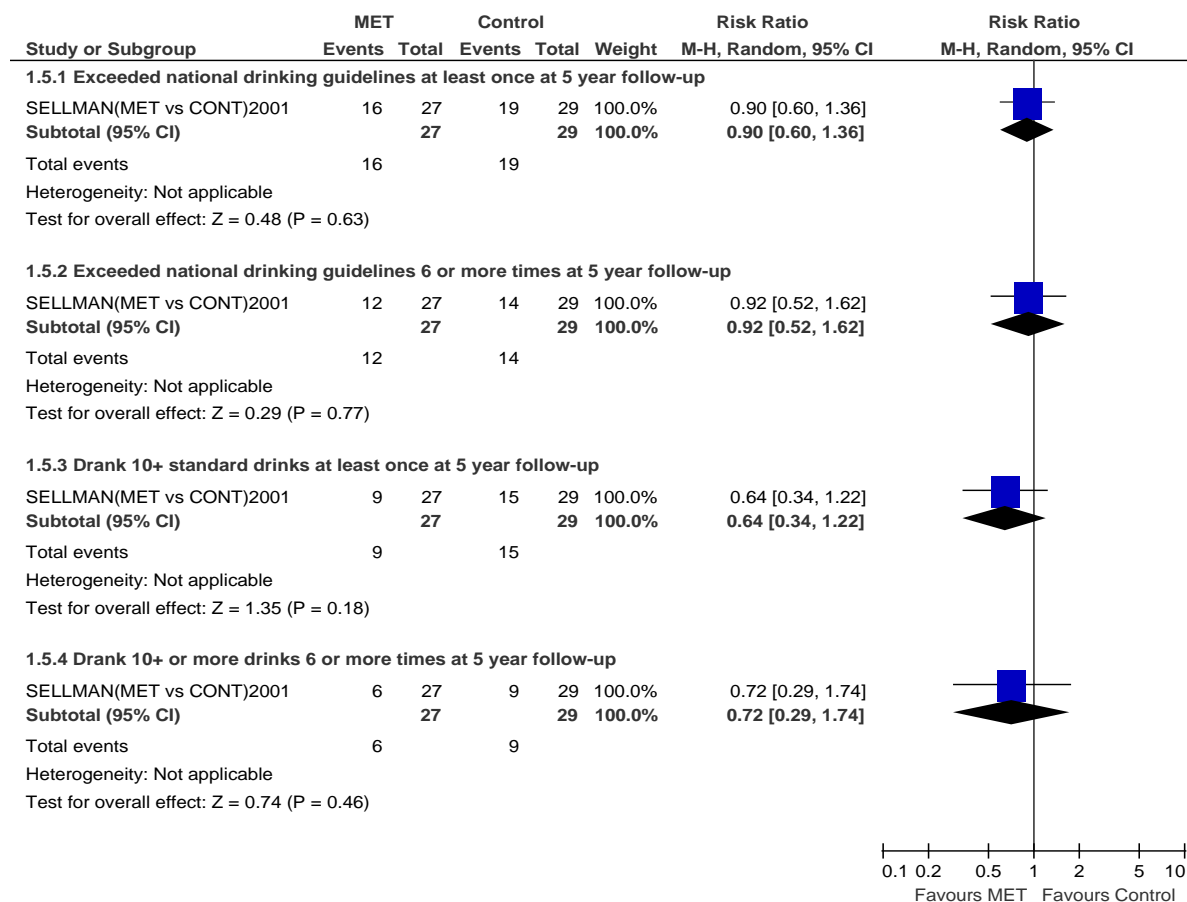
Rate of consumption up to 6-month follow-up (continuous)



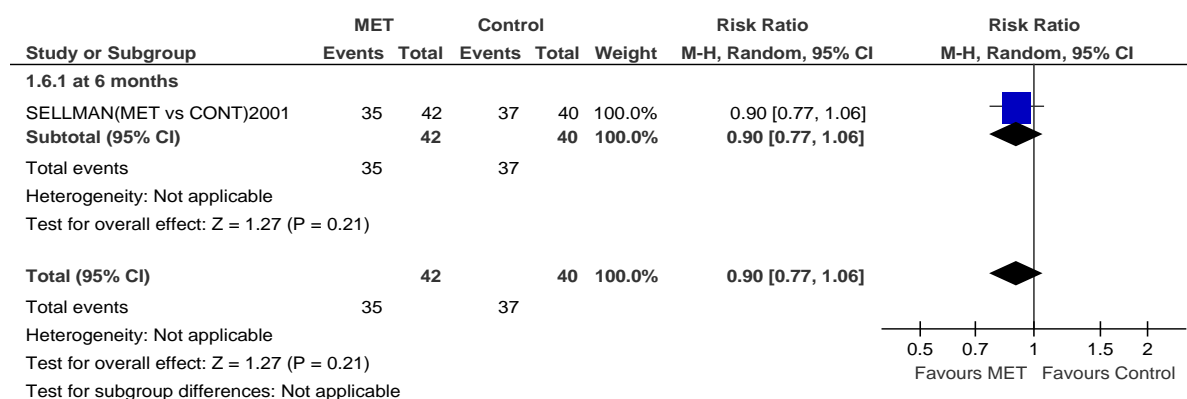
Rate of consumption up to 6-month follow-up (dichotomous)



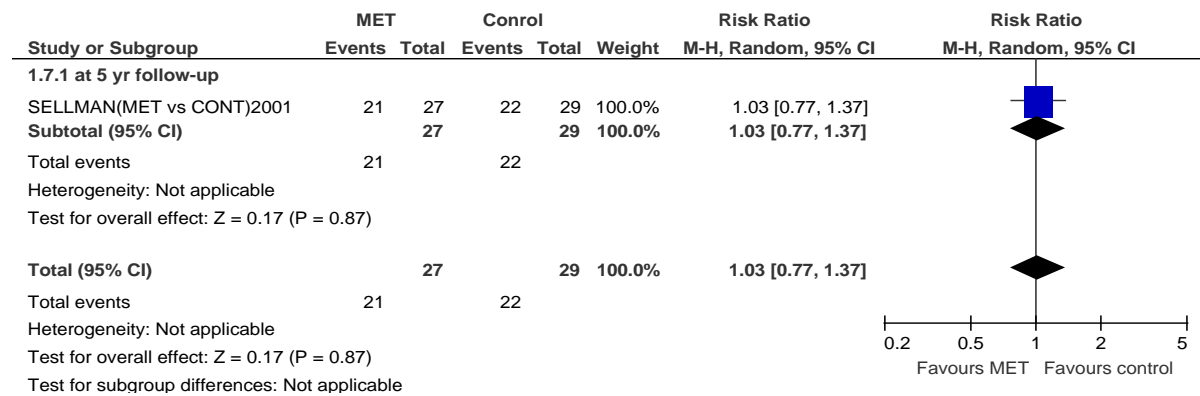
Rate of consumption >12-month follow-up



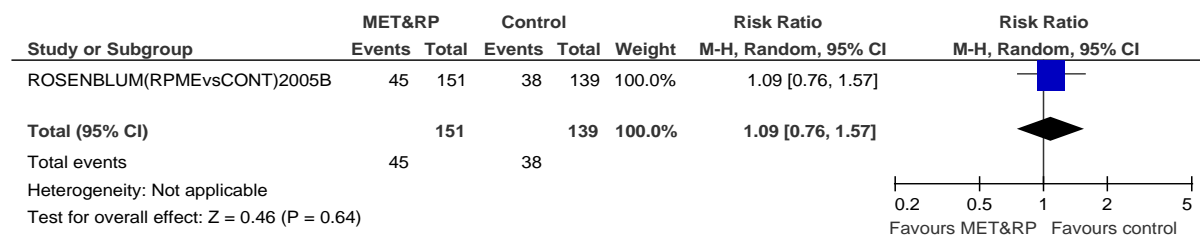
Lapsed up to 6-month follow-up



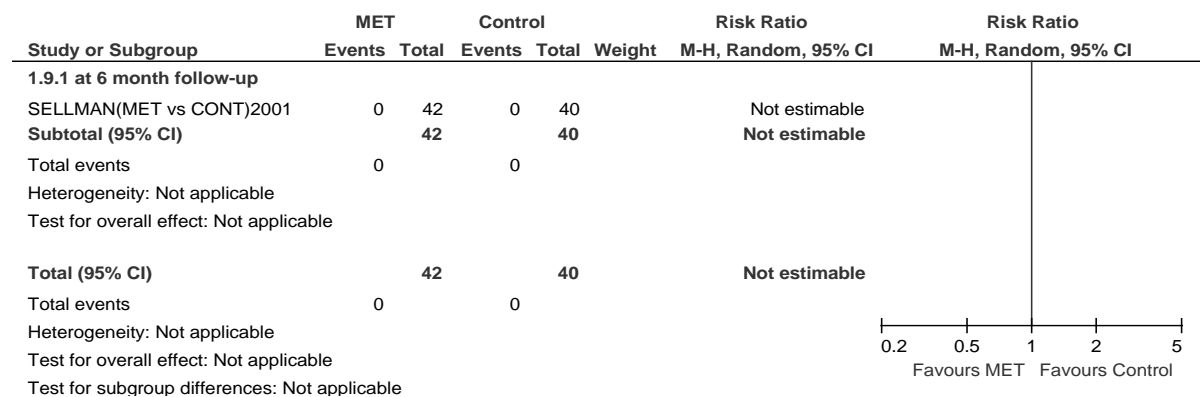
Lapsed >12-month follow-up



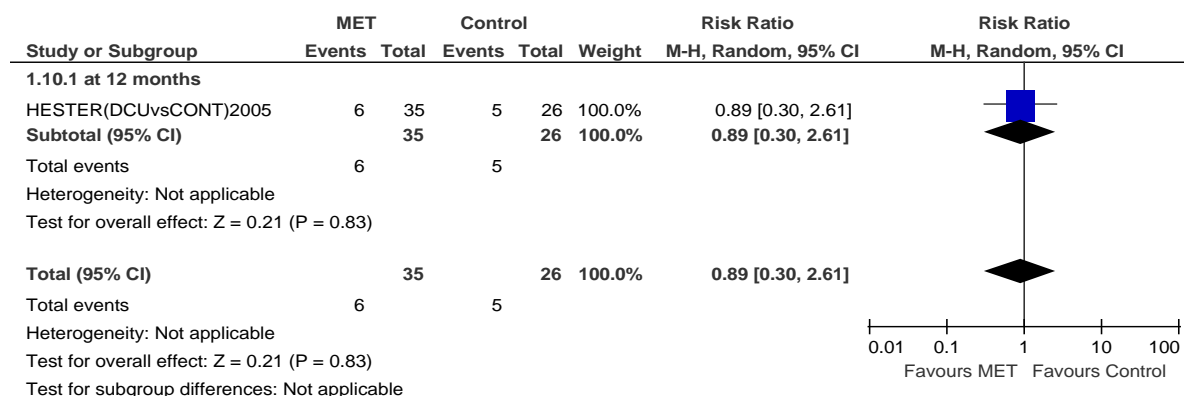
Attrition (dropout) post-treatment



Attrition (dropout) up to 6-month follow-up



Attrition (dropout) at 7- to 12-month follow-up

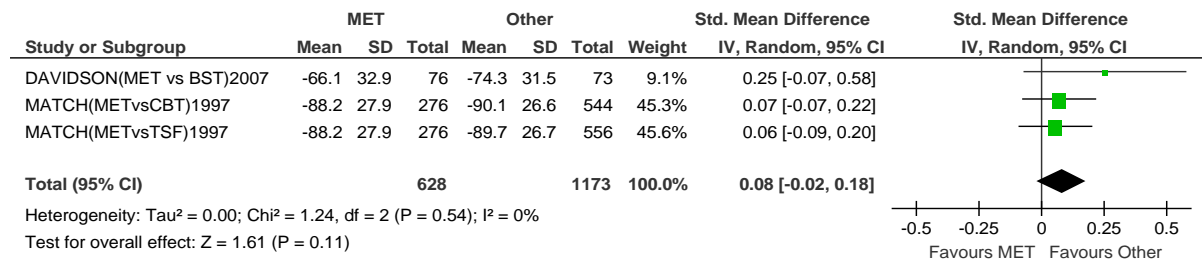


Attrition (dropout) >12-month follow-up

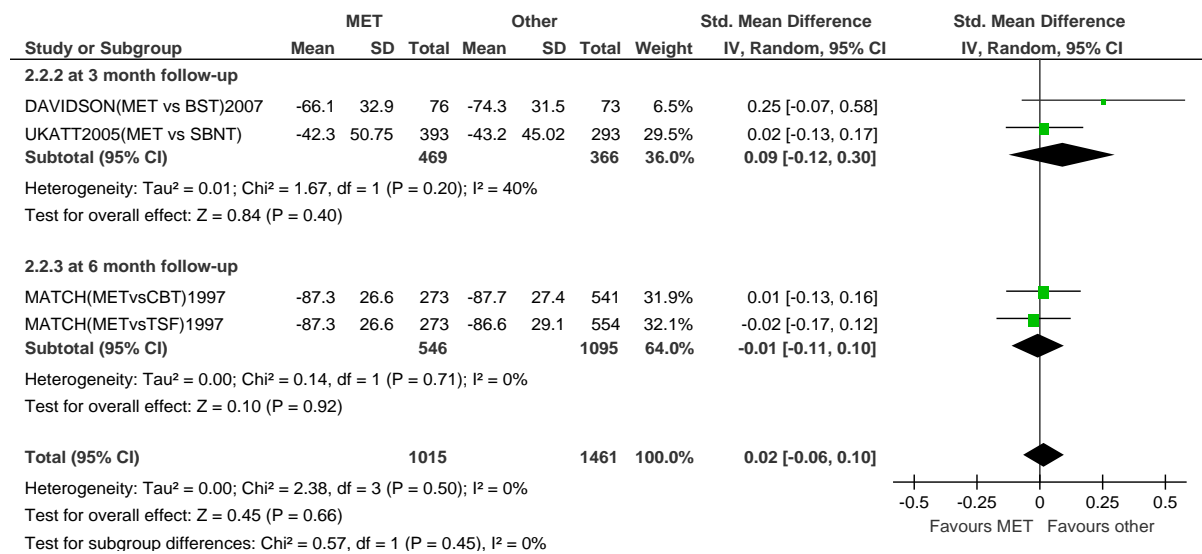


Motivational techniques versus other intervention

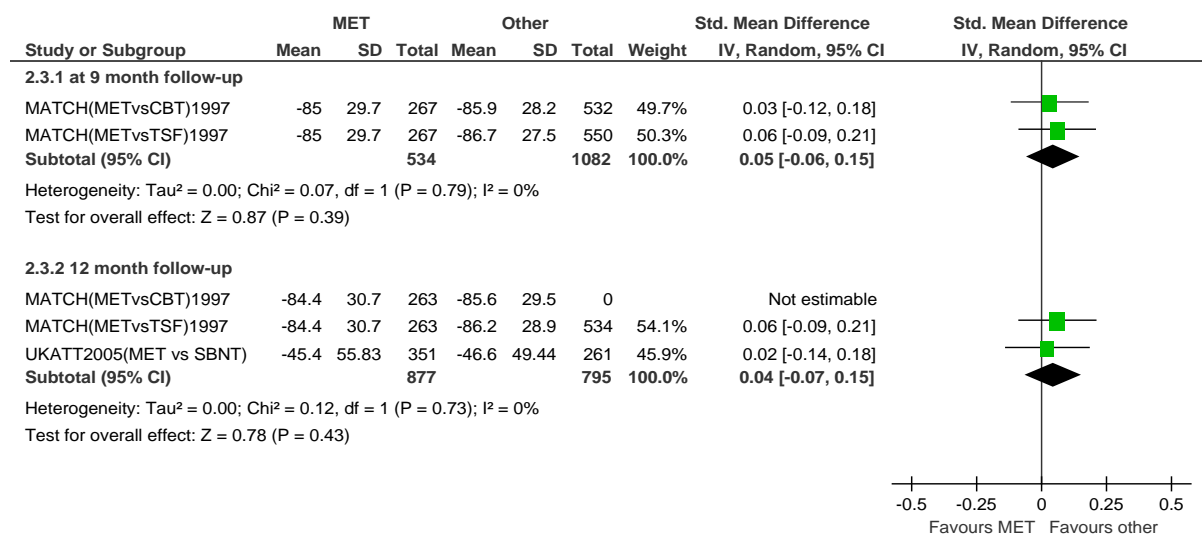
Abstinent post-treatment



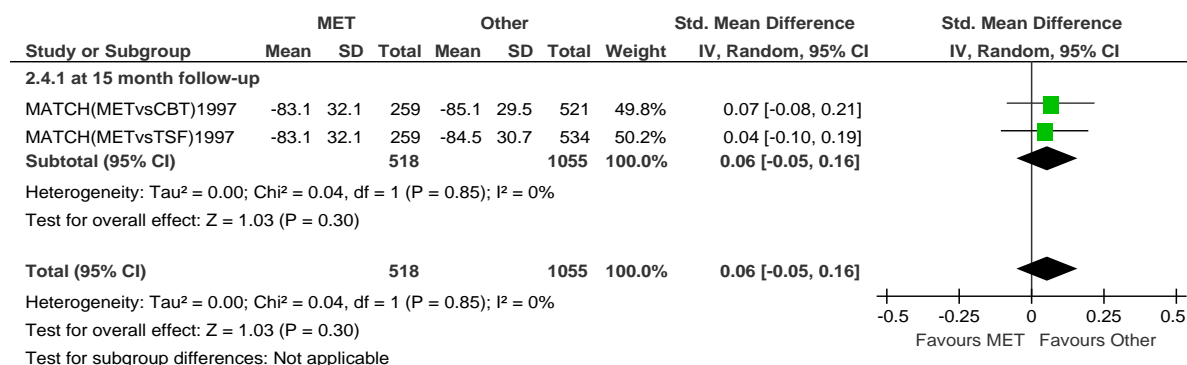
Abstinent up to 6-month follow-up



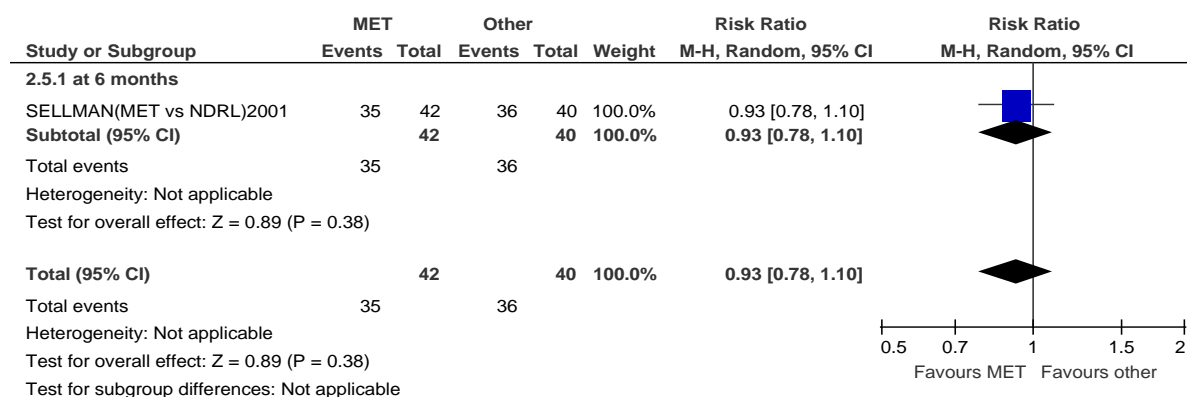
Abstinent at 7- to 12-month follow-up



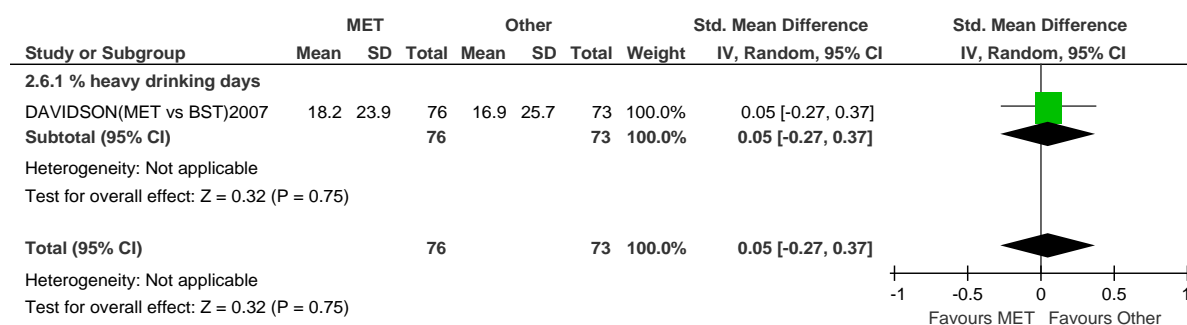
Abstinence at >12-month follow-up



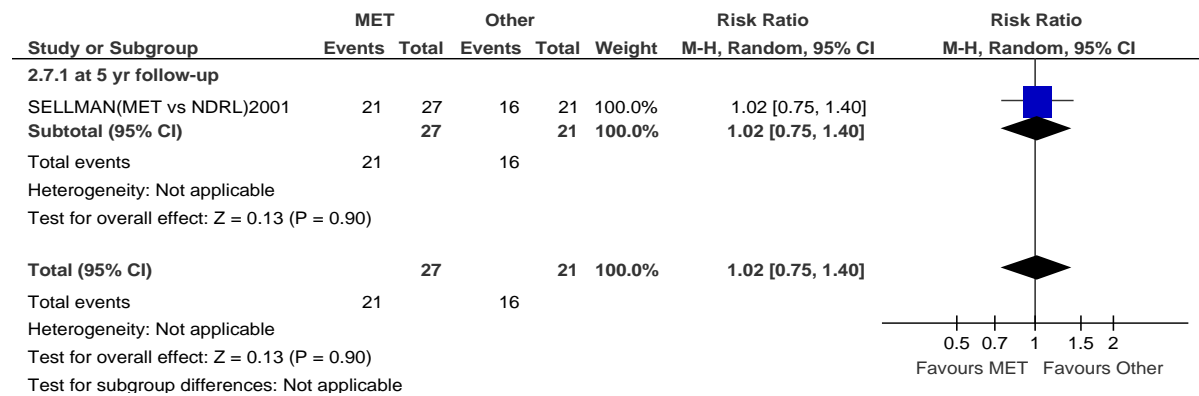
Lapsed up to 6-month follow-up



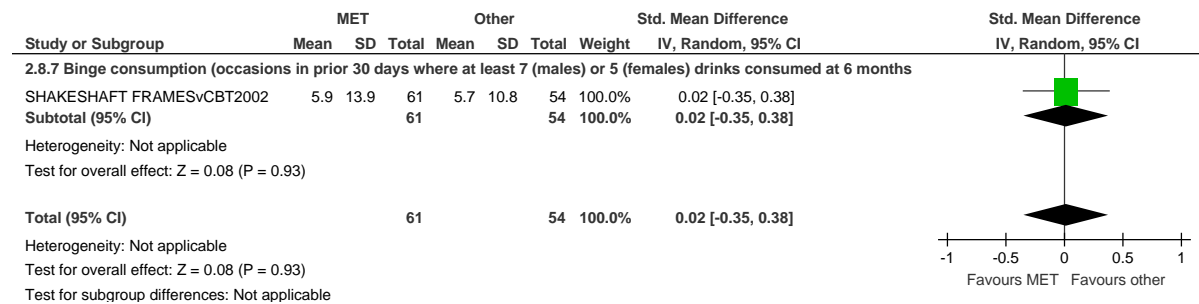
Rate of consumption post-treatment



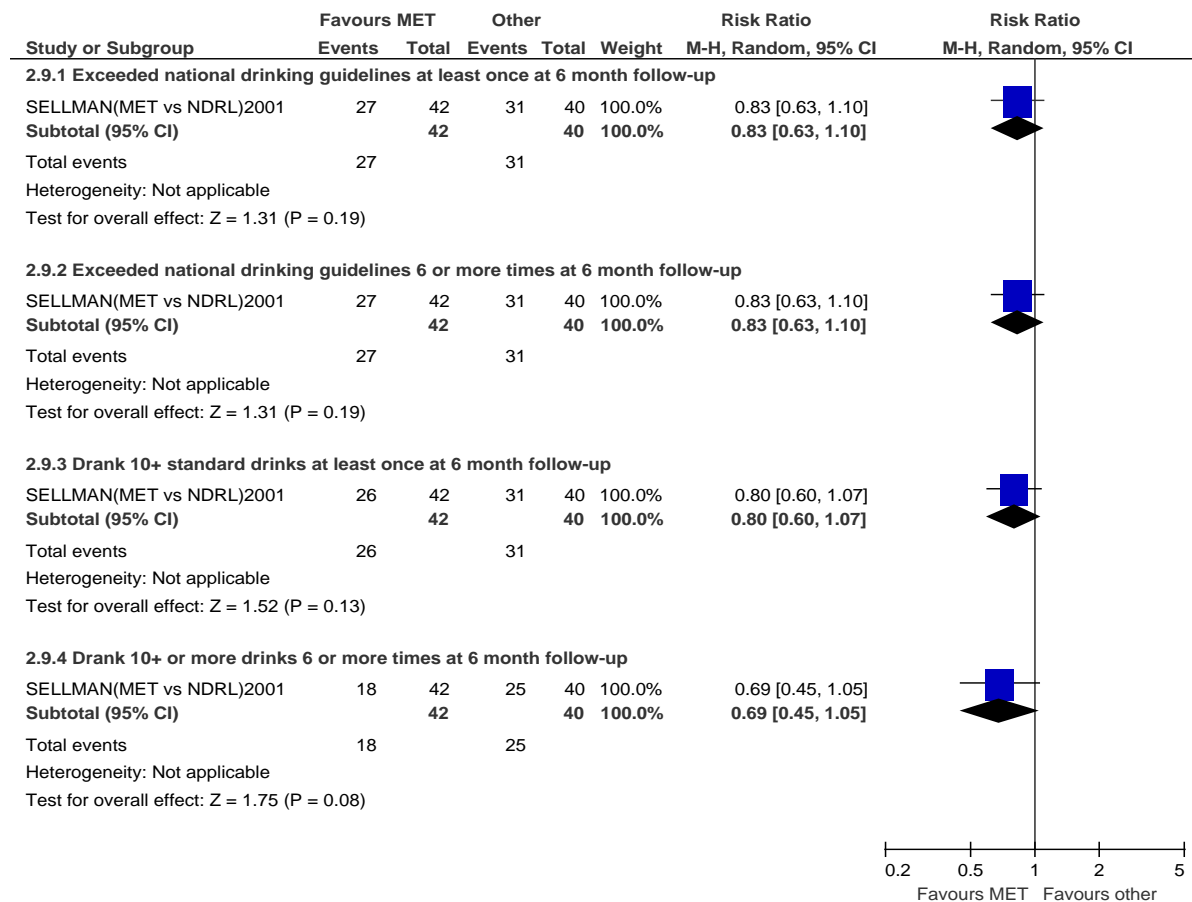
Lapsed at >12-month follow-up



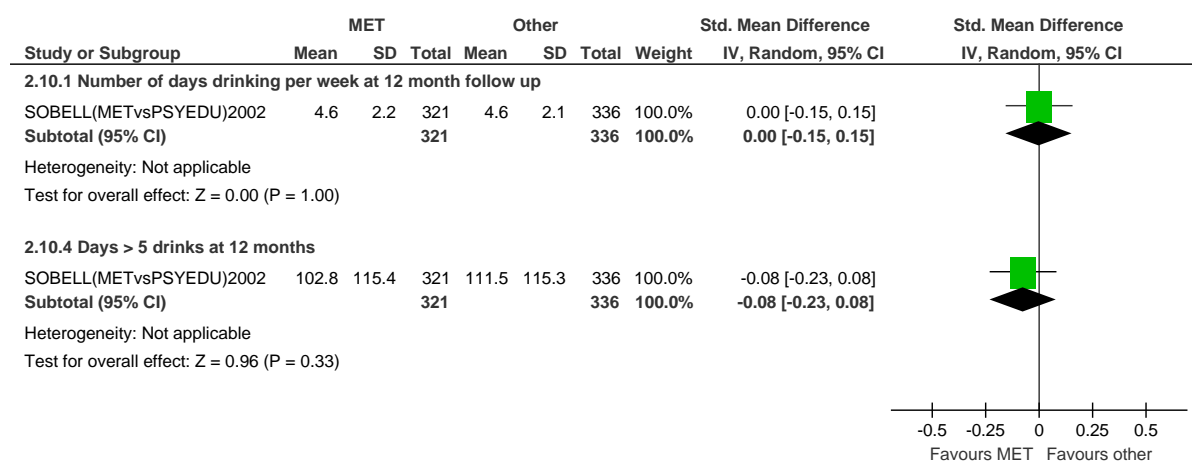
Rate of consumption up to 6-month follow-up (continuous)



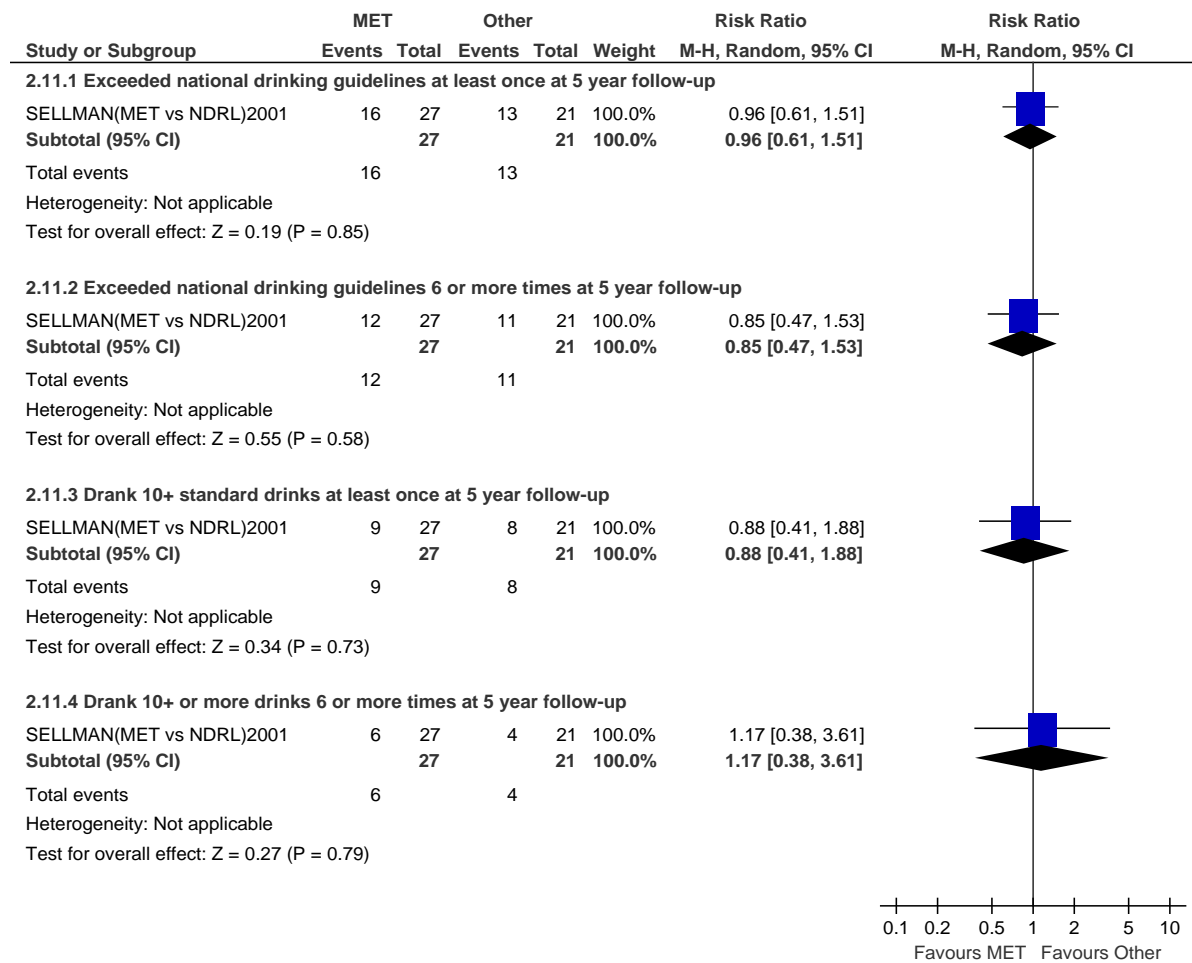
Rate of consumption up to 6-month follow-up (dichotomous)



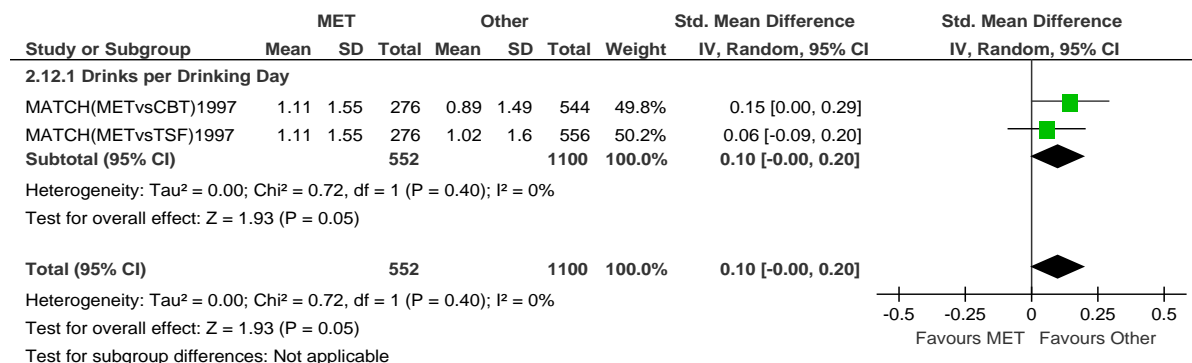
Rate of consumption at 7- to 12-month follow-up



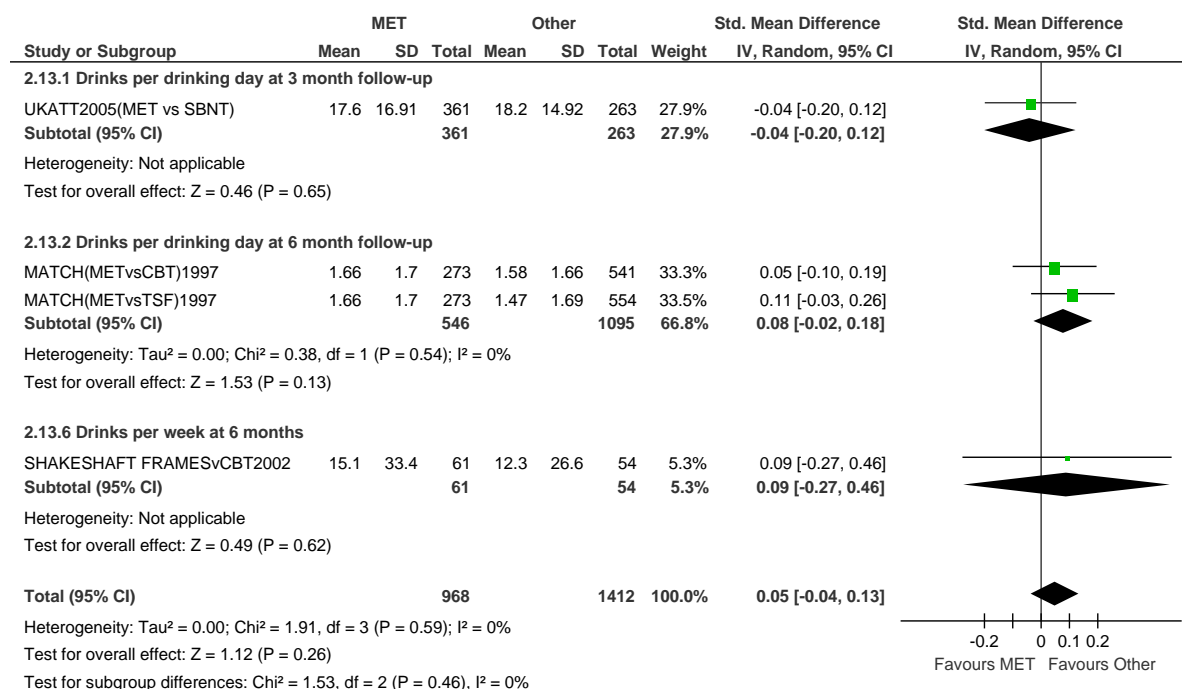
Rates of consumption at >12-month follow-up



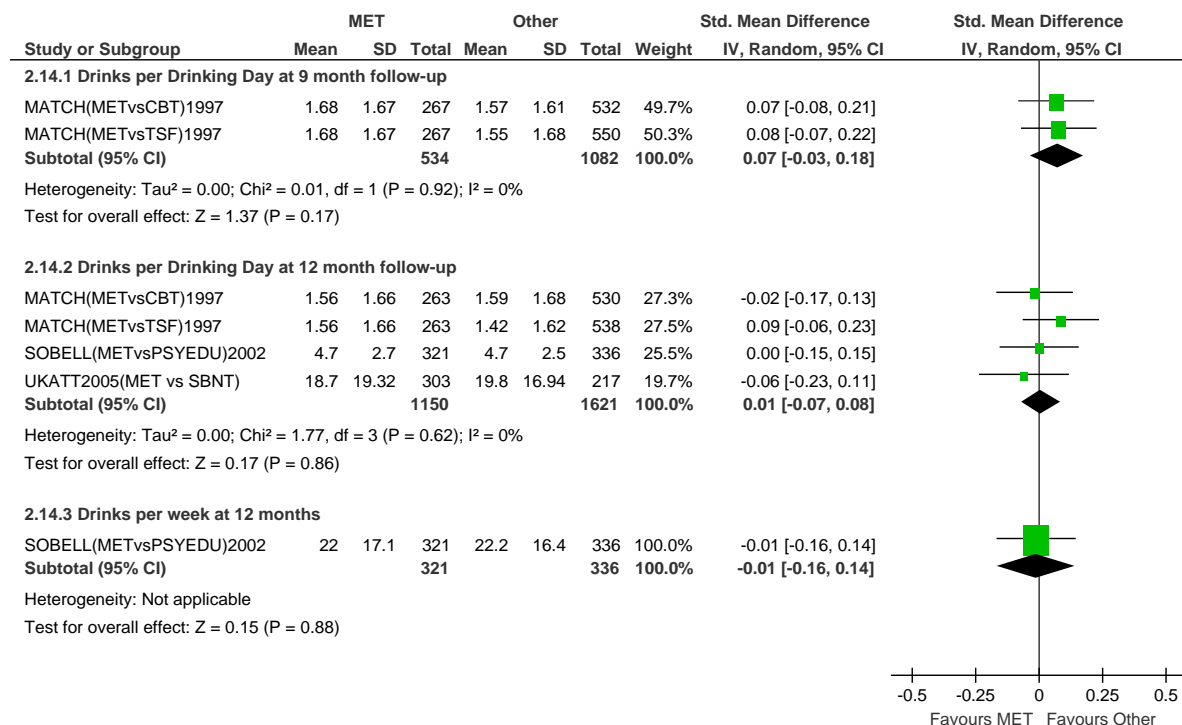
Amount of alcohol consumed post-treatment



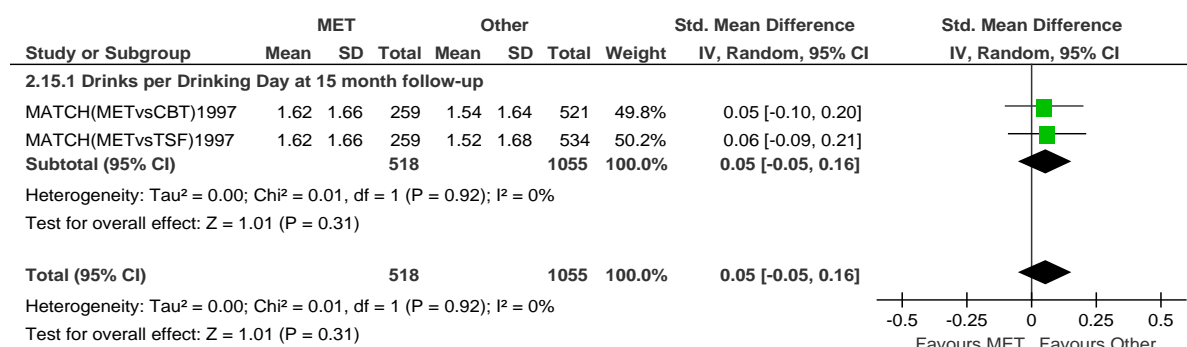
Amount of alcohol consumed up to 6-month follow-up



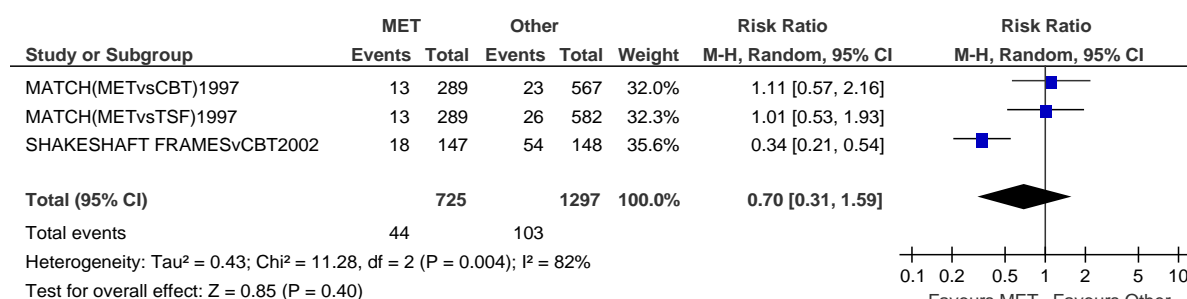
Amount of alcohol consumed at 7- to 12-month follow-up



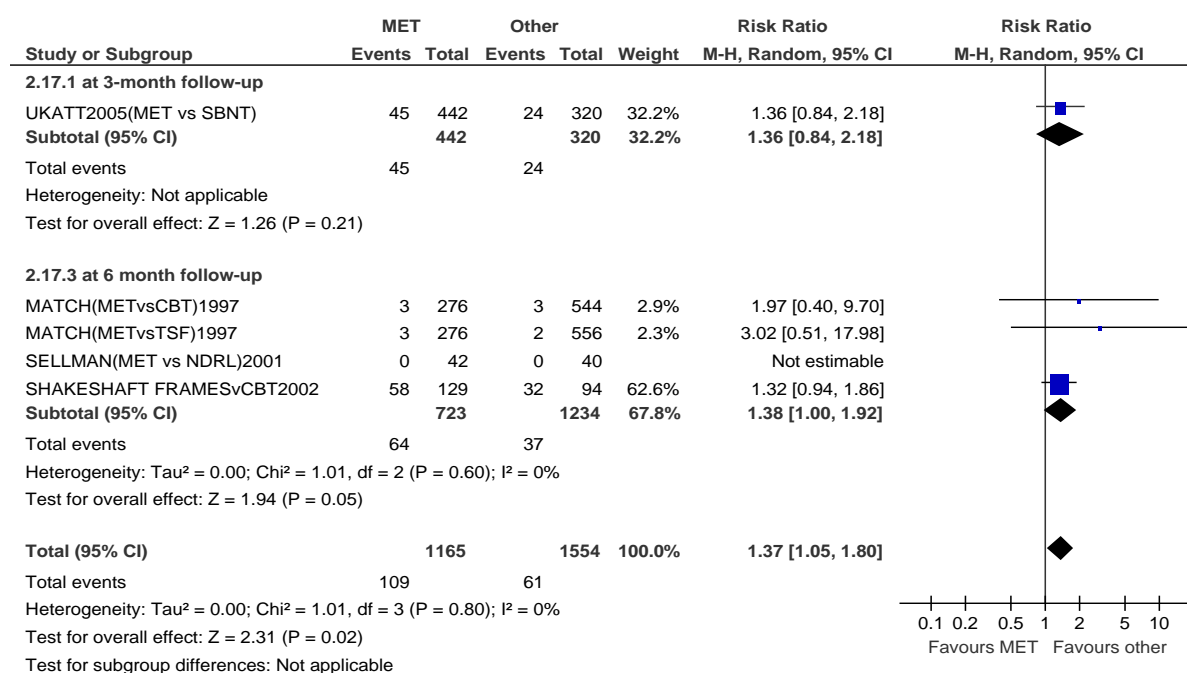
Amount of alcohol consumed at >12-month follow-up



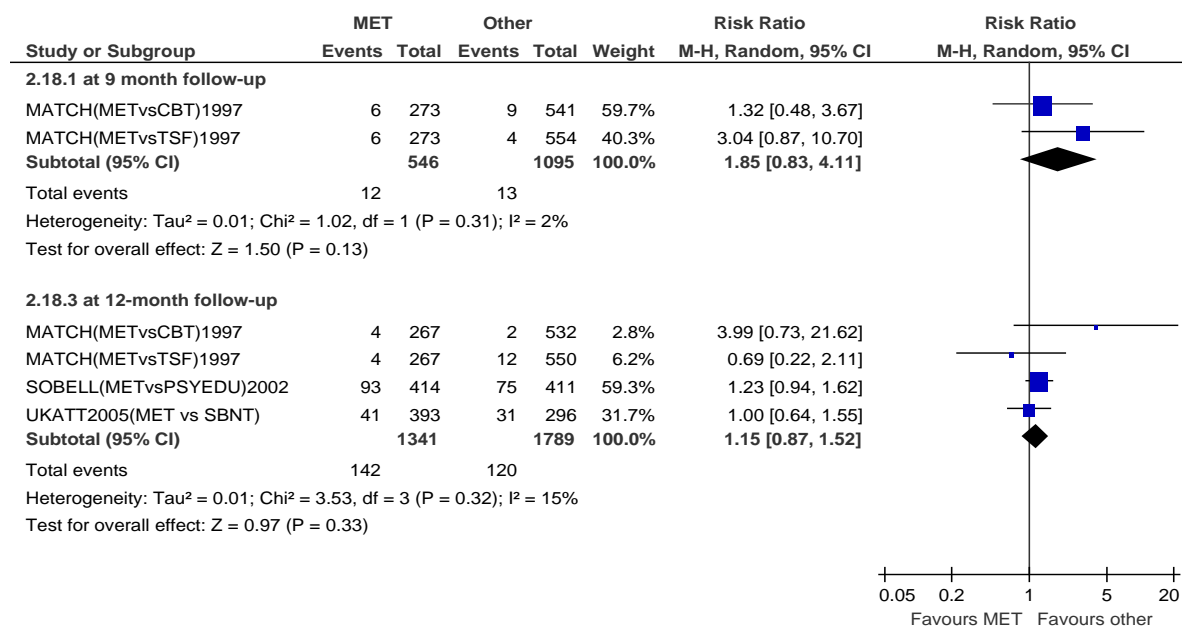
Attrition (dropout) post-treatment



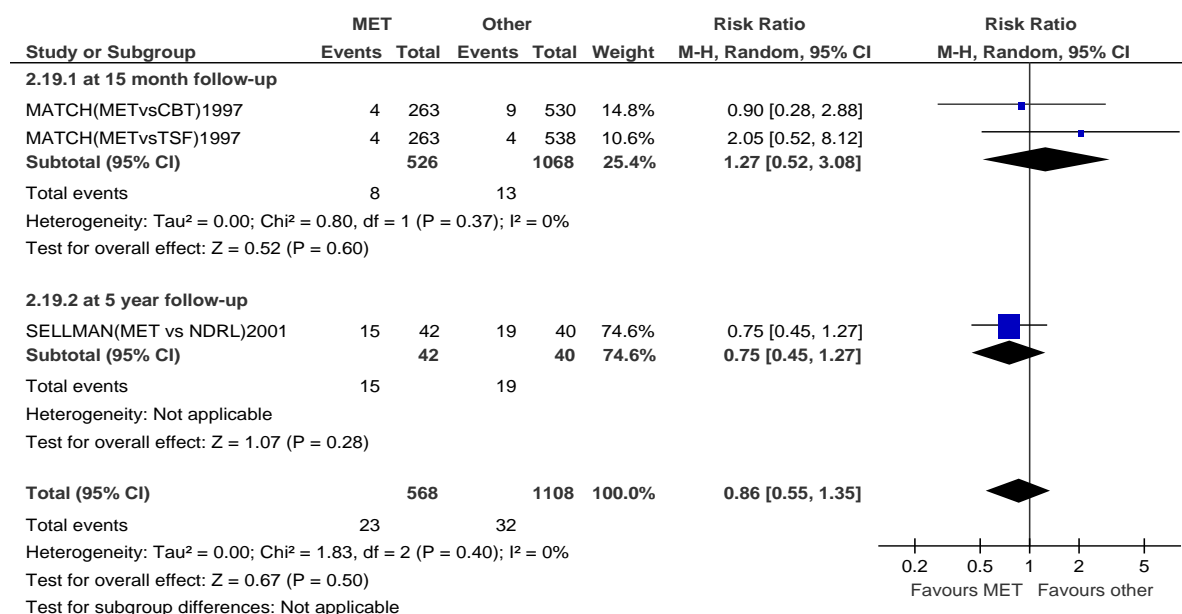
Attrition (dropout) up to 6-month follow-up



Attrition (dropout) at 7- to 12-month follow-up



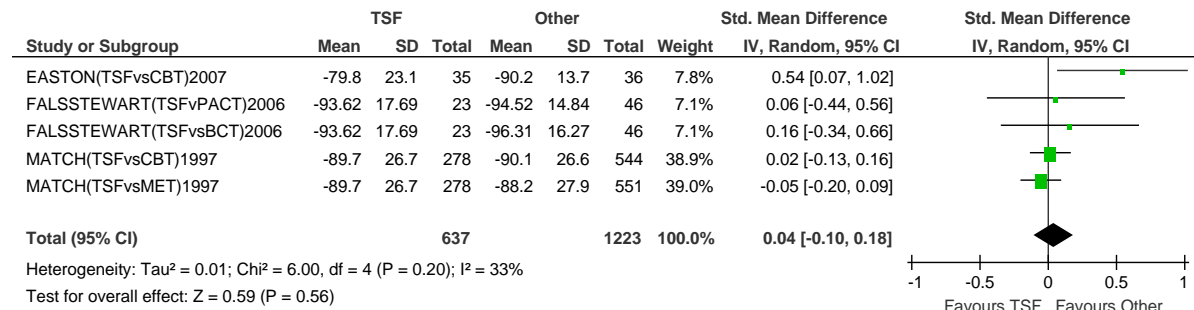
Attrition (dropout) at >12-month follow-up



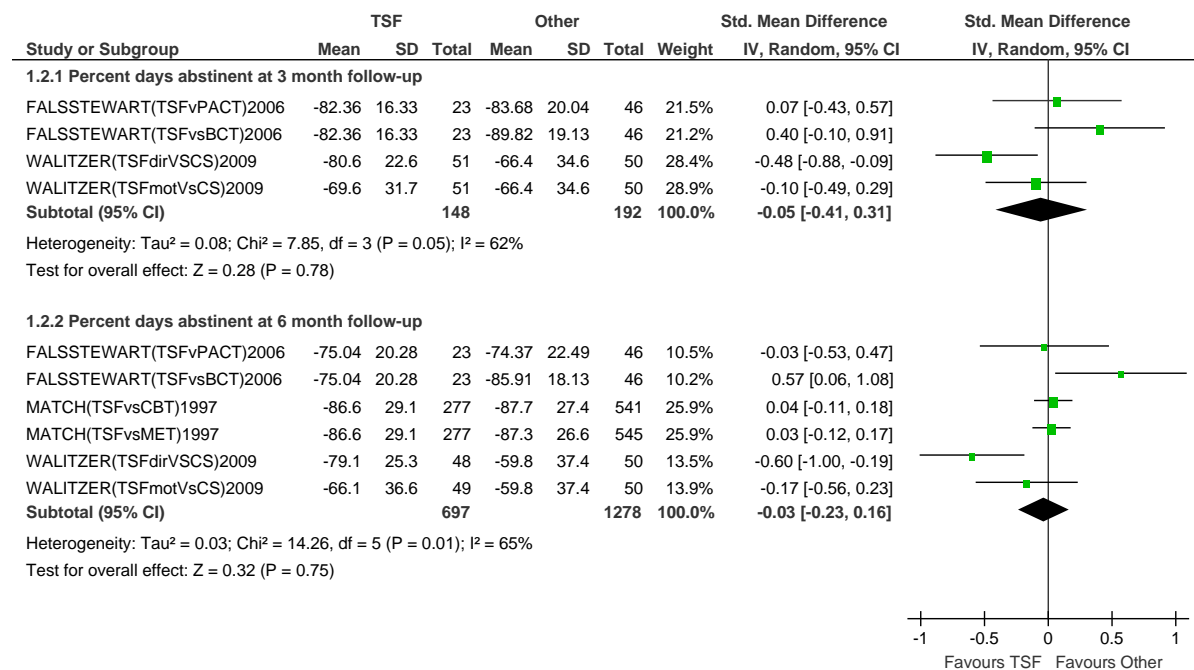
Twelve-step facilitation

Twelve-step facilitation versus other intervention

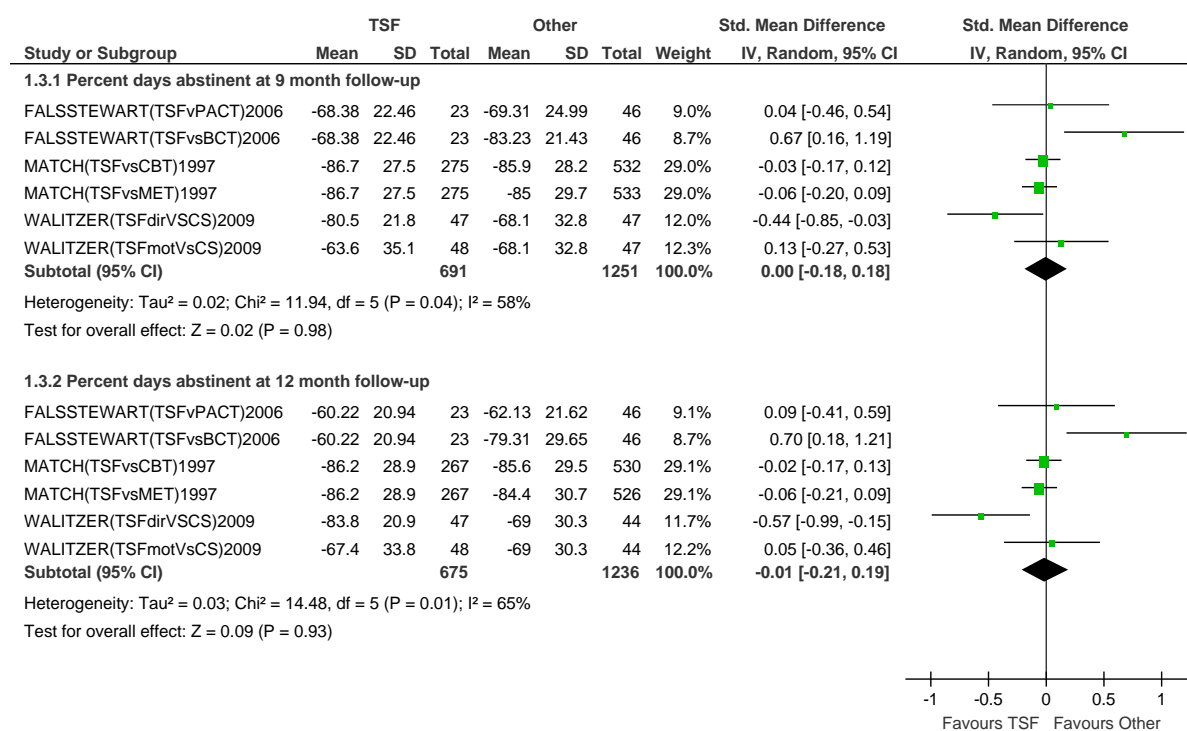
Percent days abstinent post-treatment



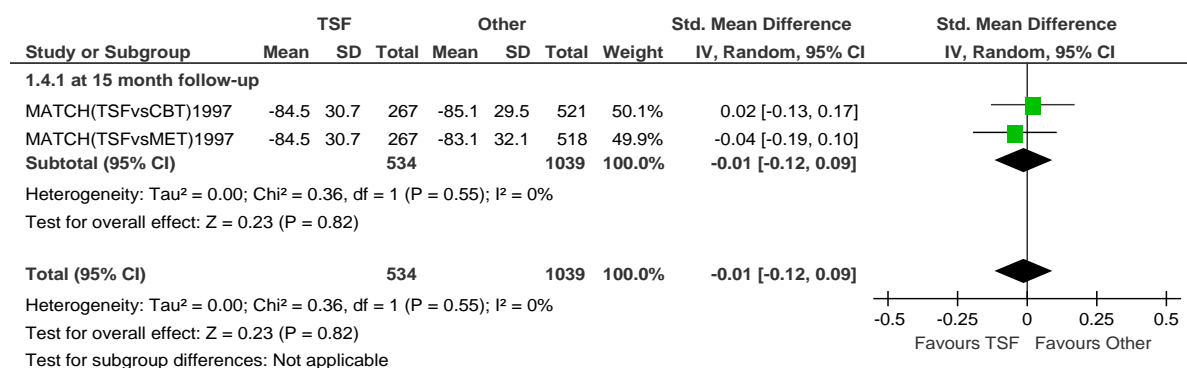
Abstinent up to 6-month follow-up



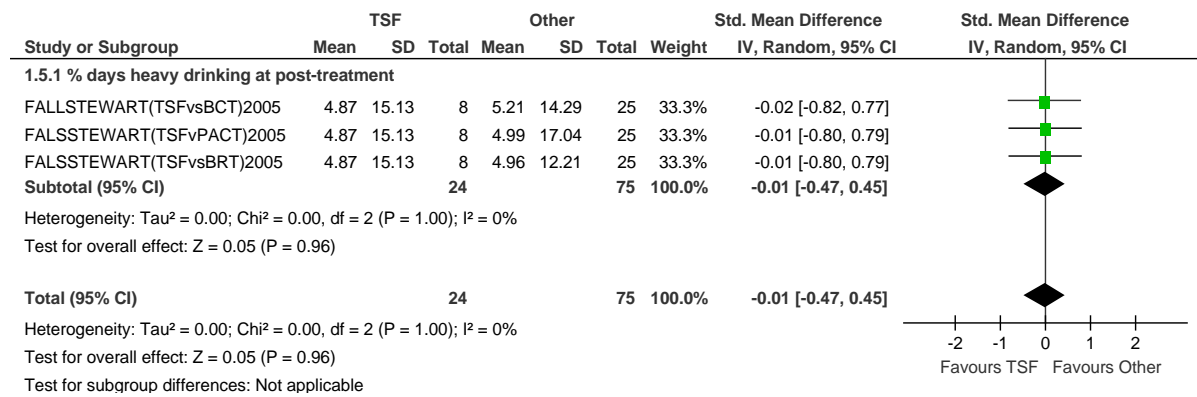
Abstinent 7- to 12-month follow-up



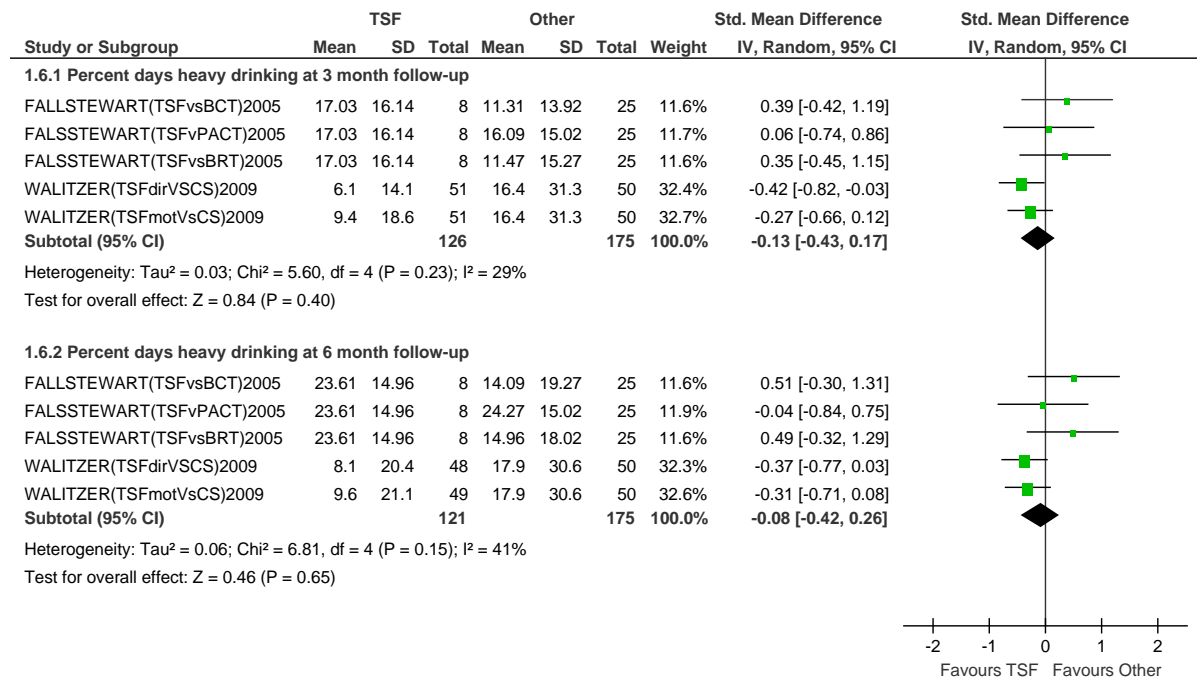
Abstinent >12-month follow-up



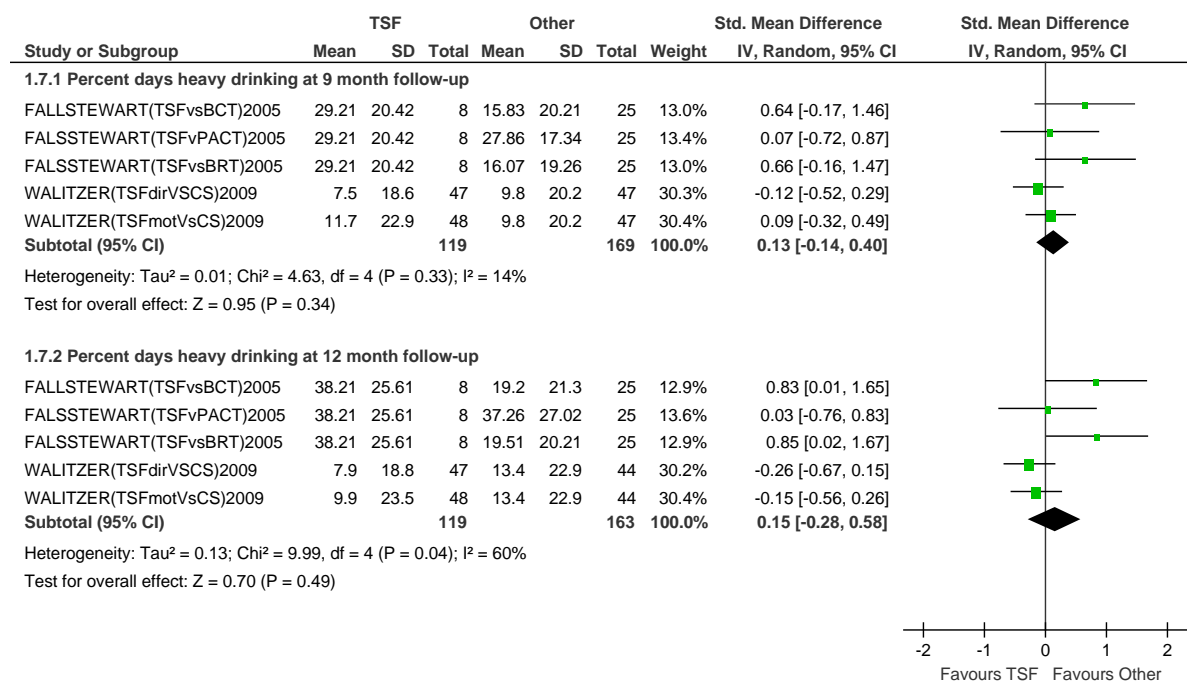
Rate of alcohol consumption post-treatment



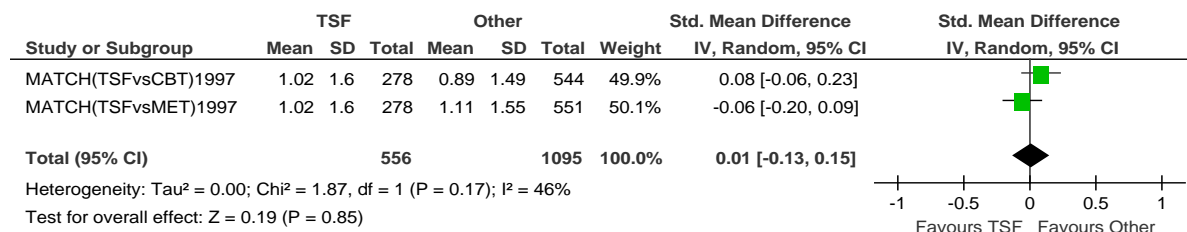
Rate of alcohol consumption up to 6-month follow-up



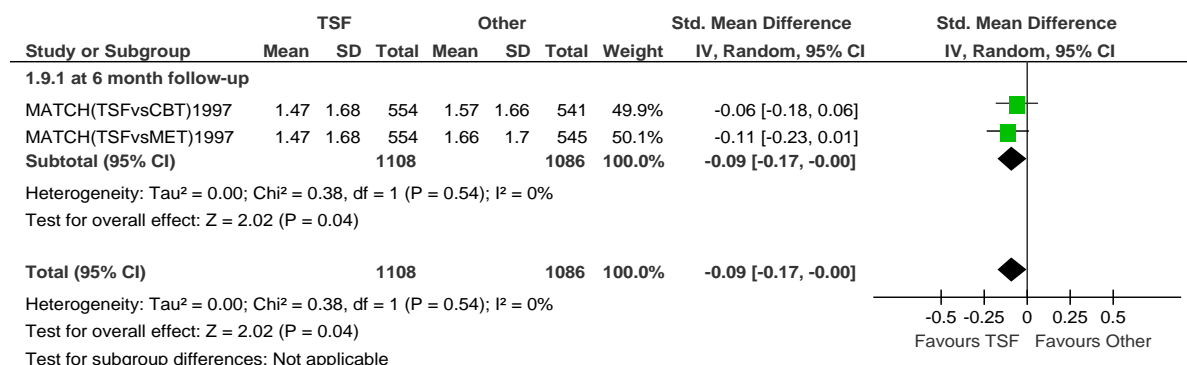
Rate of alcohol consumption 7- to 12-month follow-up



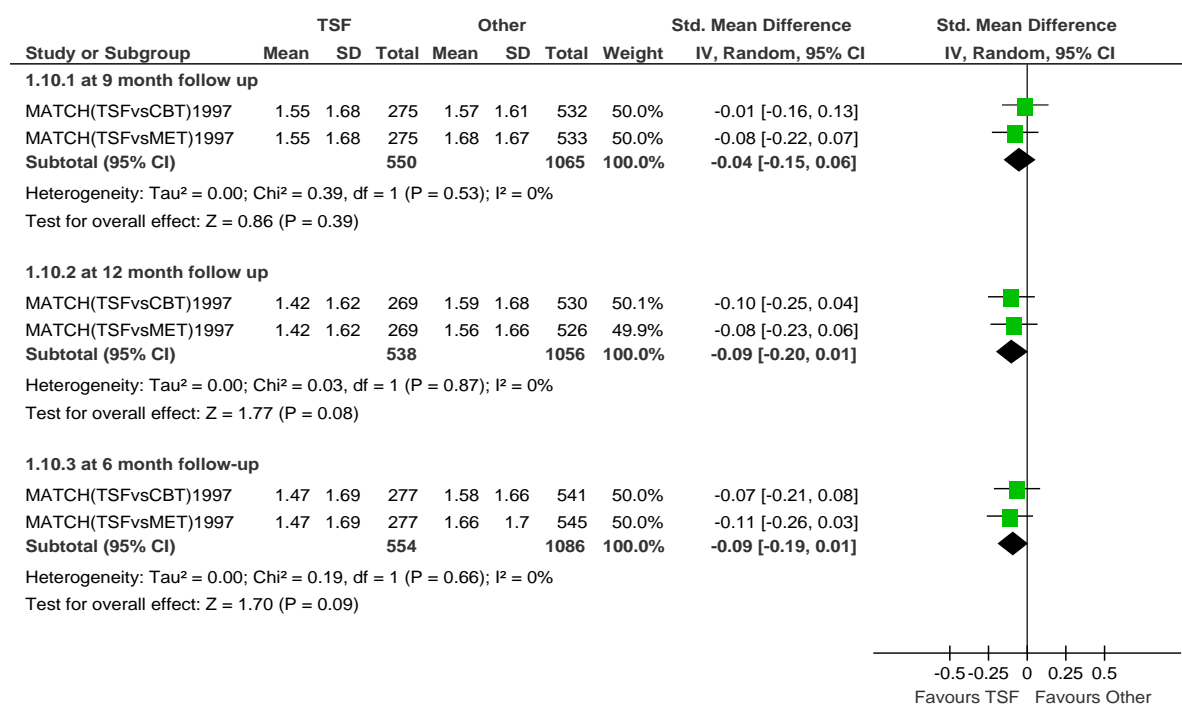
Amount of alcohol consumed post-treatment



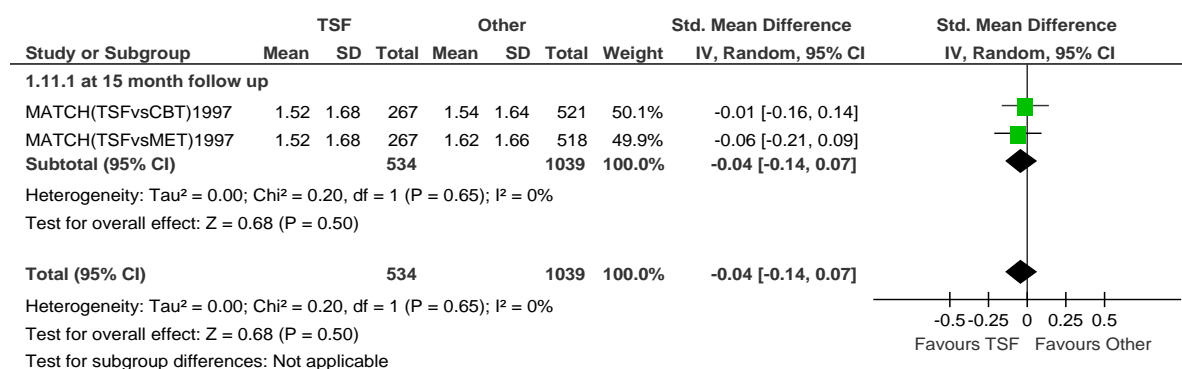
Amount of alcohol consumed up to 6-month follow-up



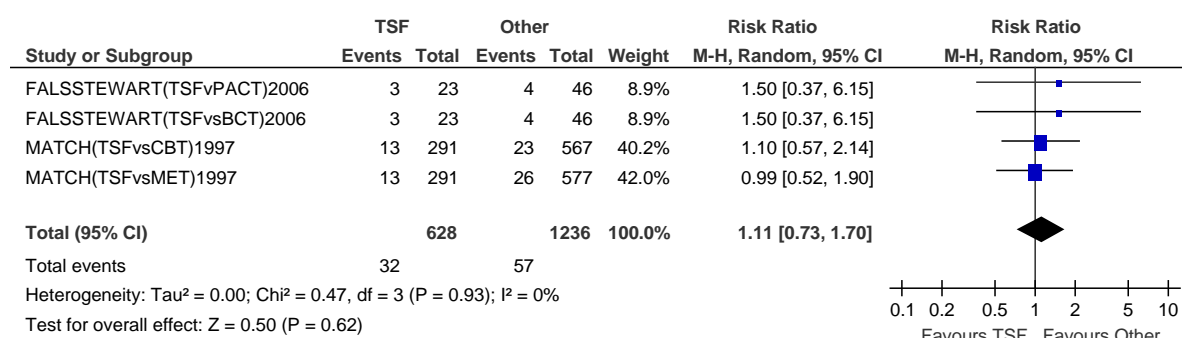
Amount of alcohol consumed 7- to 12-month follow-up



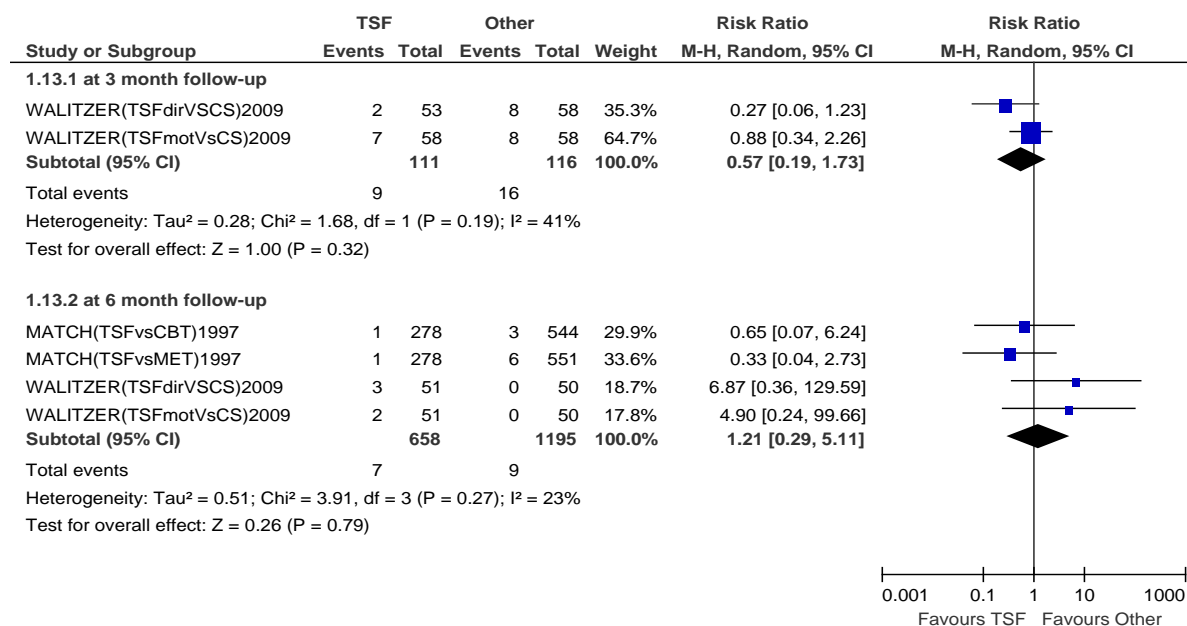
Amount of alcohol consumed >12-month follow-up



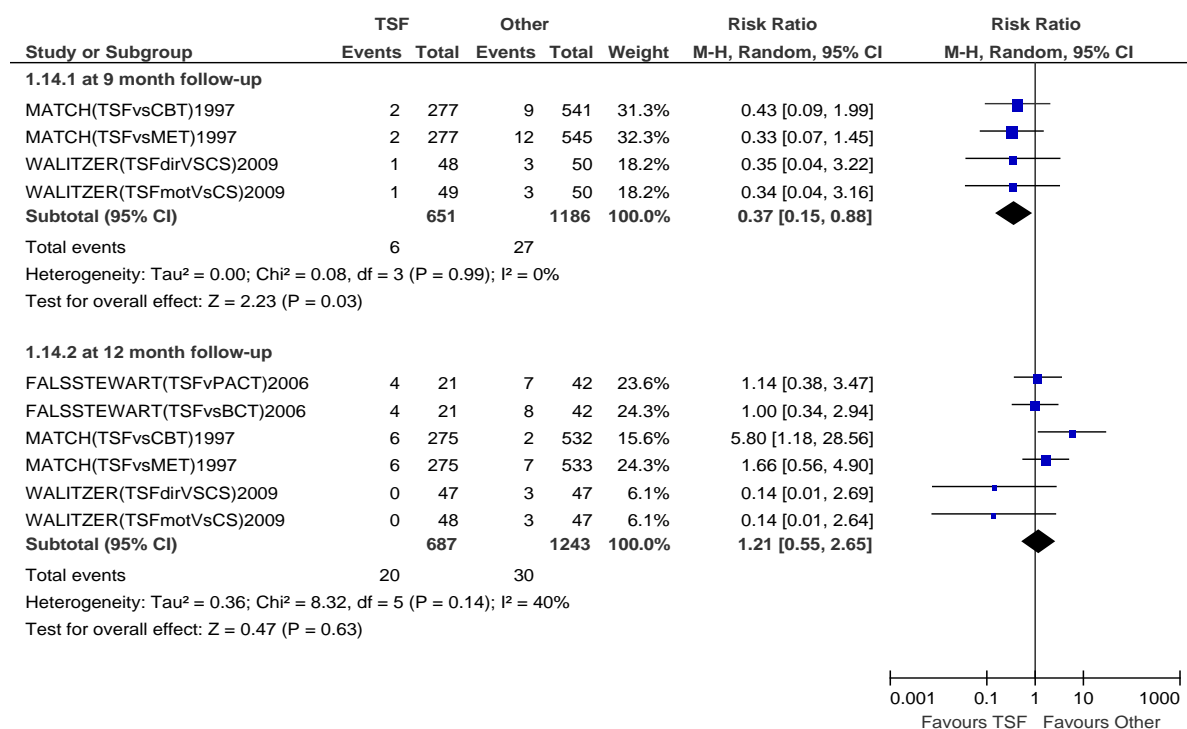
Attrition (dropout) post-treatment



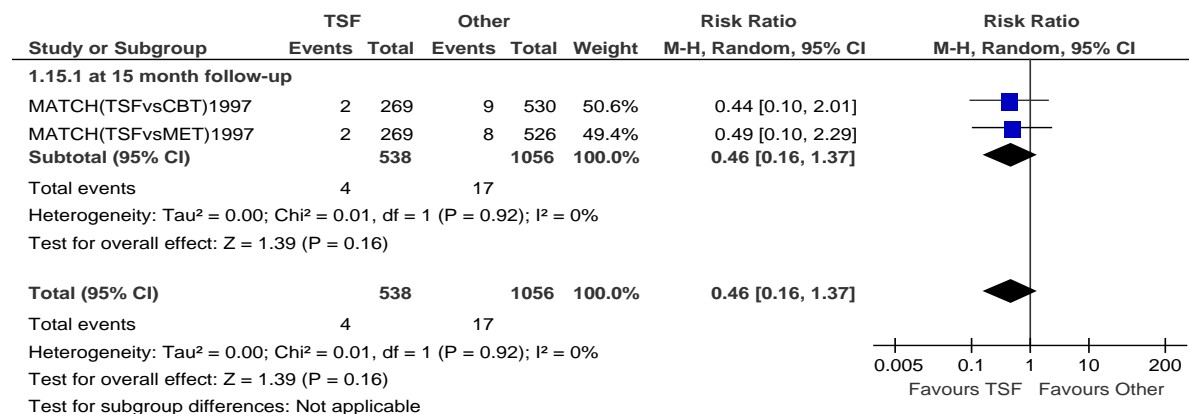
Attrition (dropout) up to 6-month follow-up



Attrition (dropout) 7- to 12-month follow-up

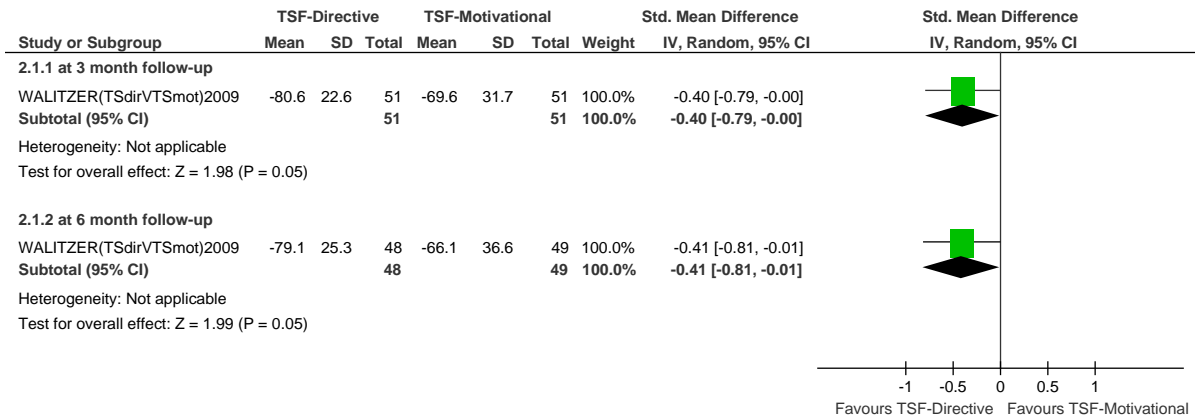


Attrition (dropout) >12-month follow-up

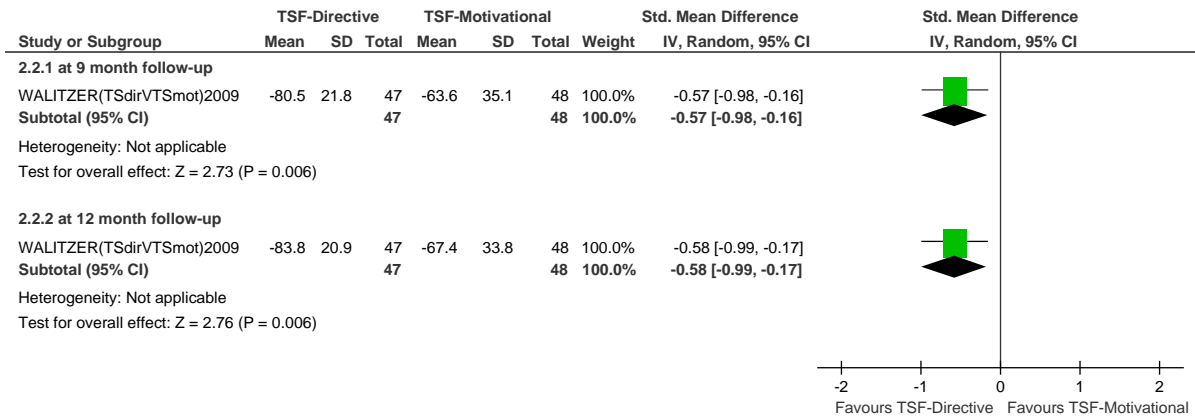


Twelve-step facilitation versus twelve-step facilitation

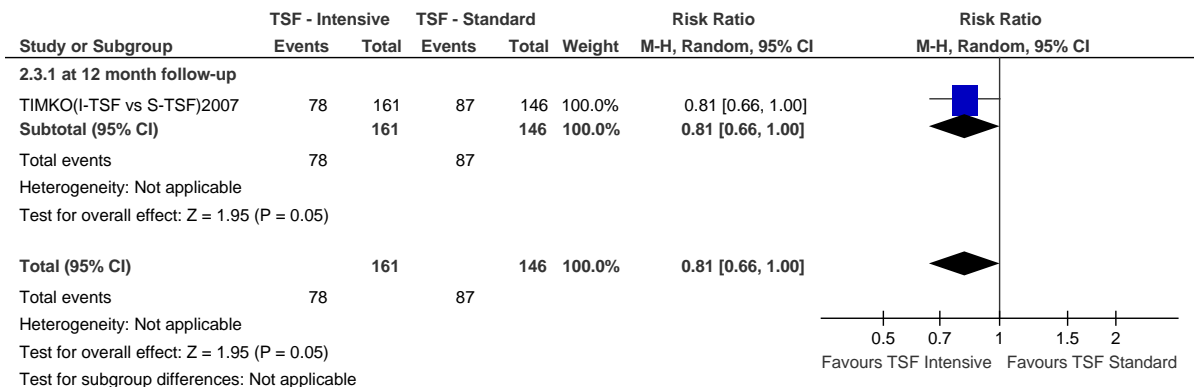
Percent days abstinent up to 6-month follow-up



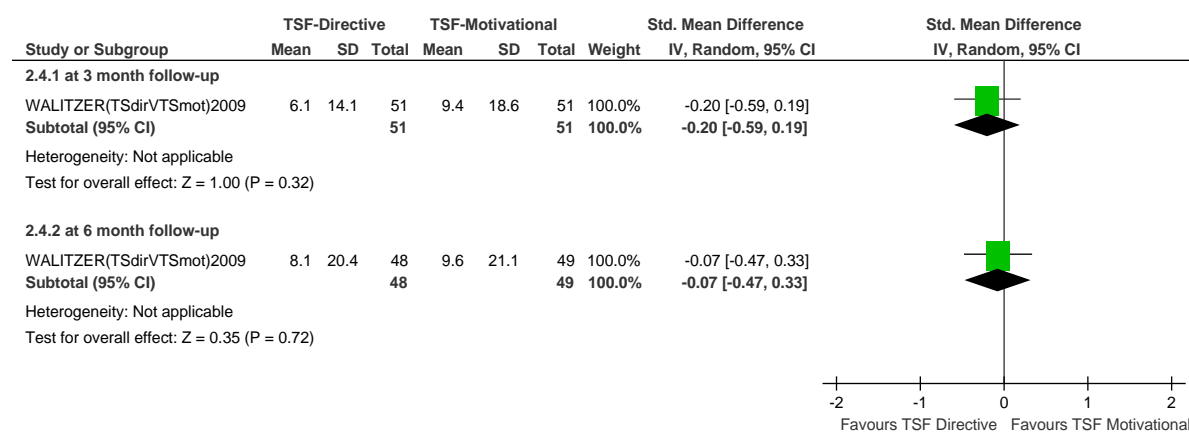
Percent days abstinent 7- to 12-month follow-up



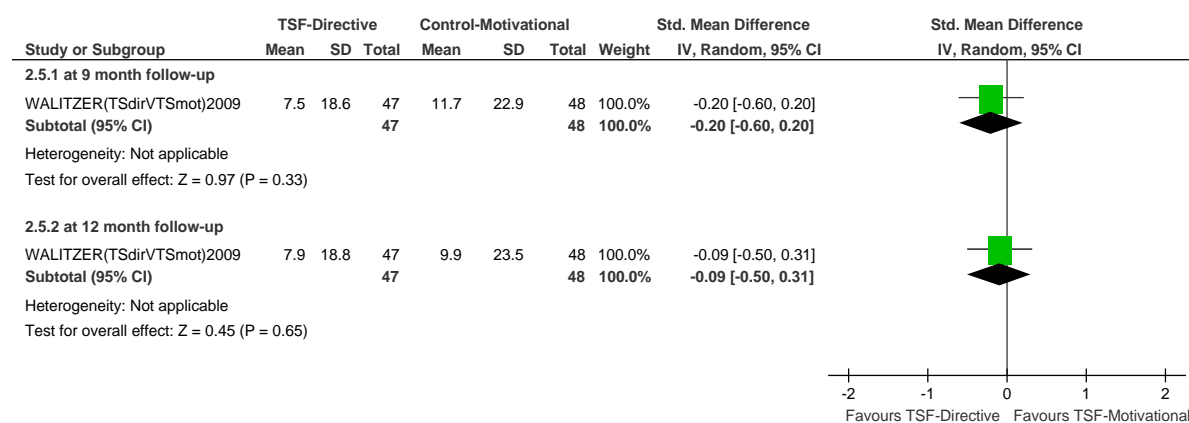
Number of participants abstinent 7- to 12-month follow-up



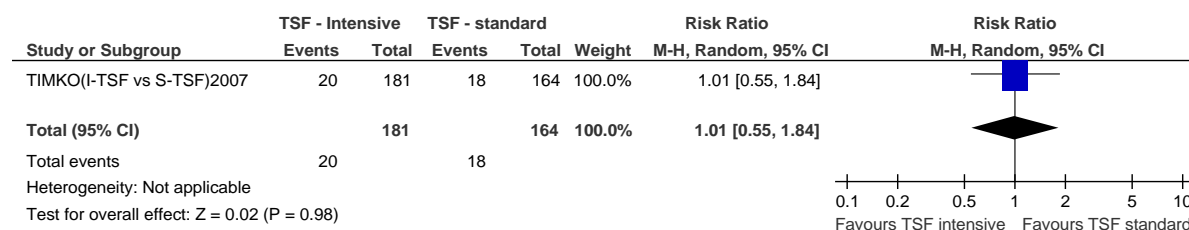
Percent days heavy drinking up to 6-month follow-up



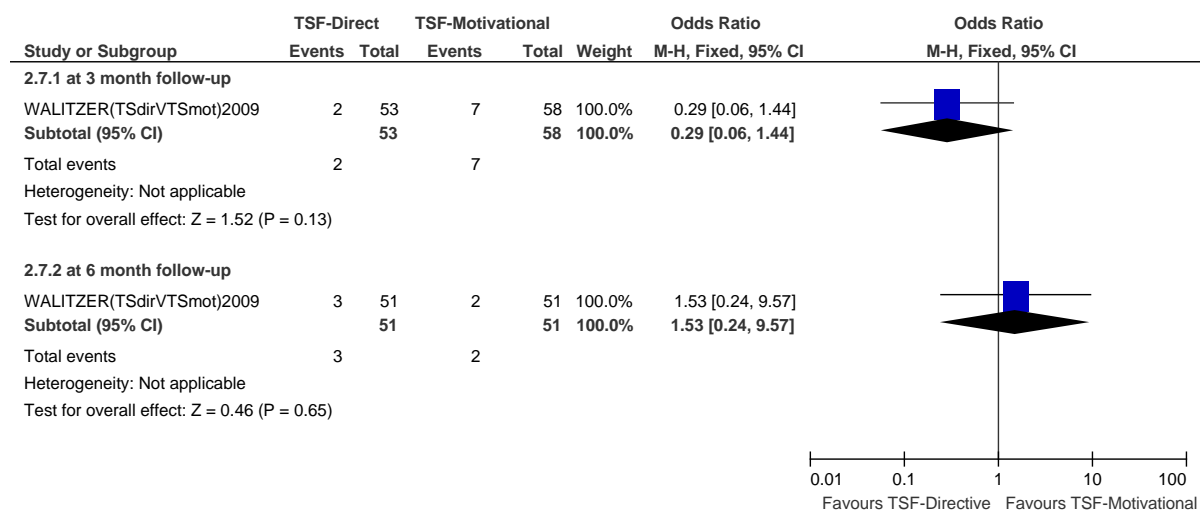
Percent days heavy drinking at 7- to 12-month follow-up



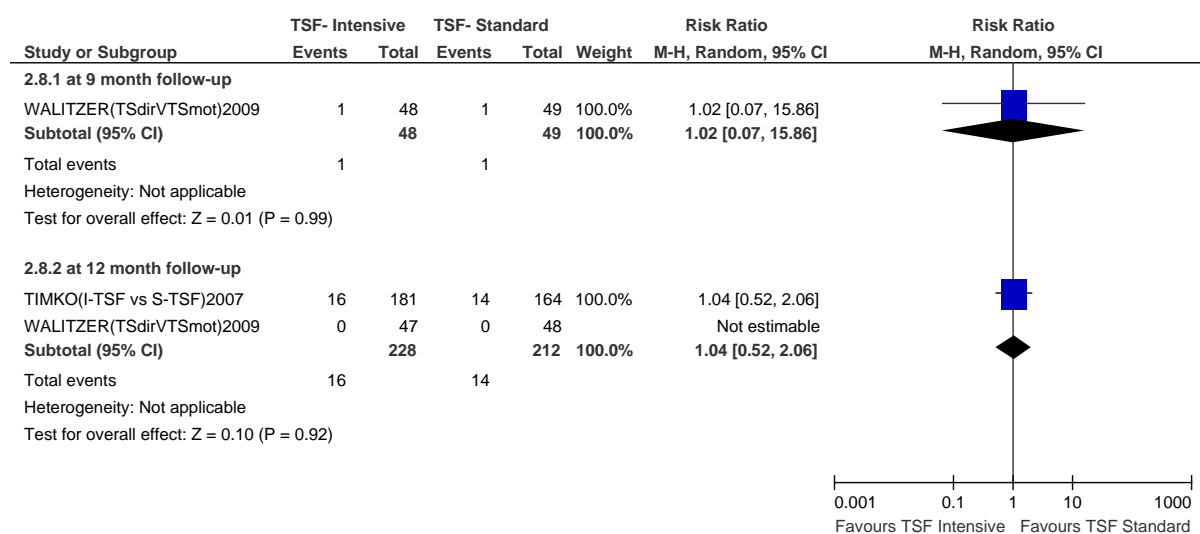
Attrition (dropout) post-treatment



Attrition (dropout) up to 6-month follow-up



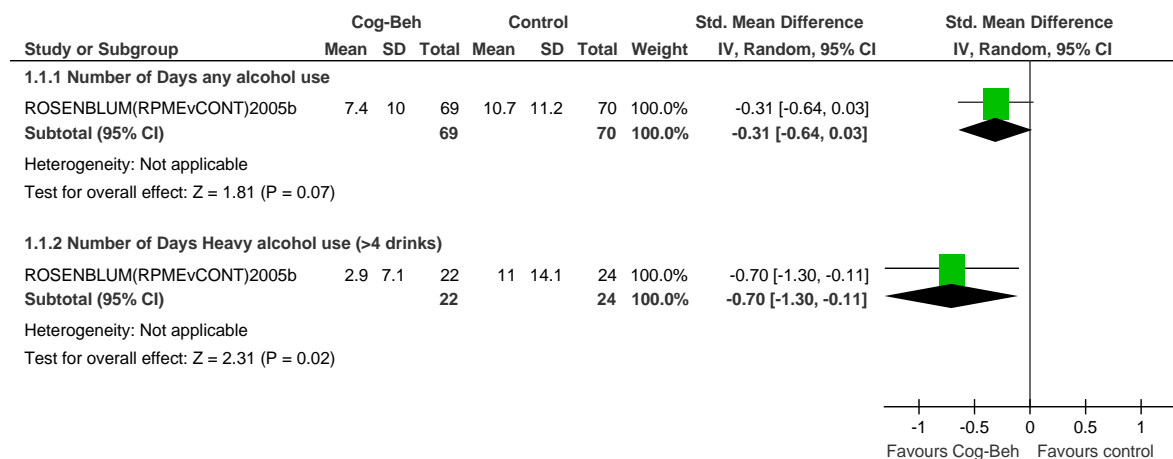
Attrition (dropout) 7- to 12-month follow-up



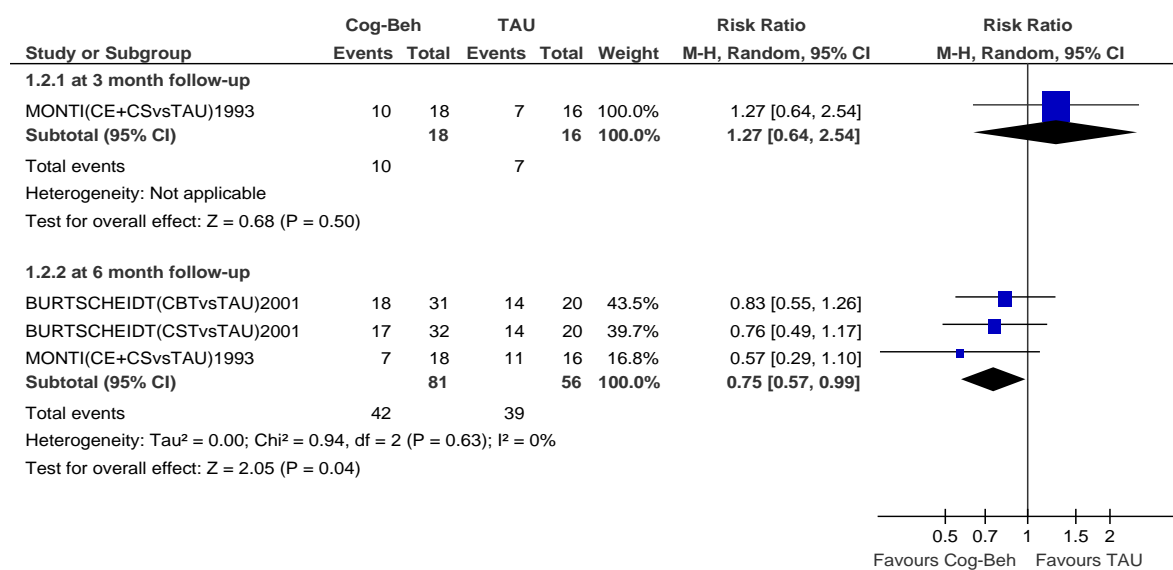
Cognitive behavioural therapies

Cognitive behavioural versus treatment as usual or control

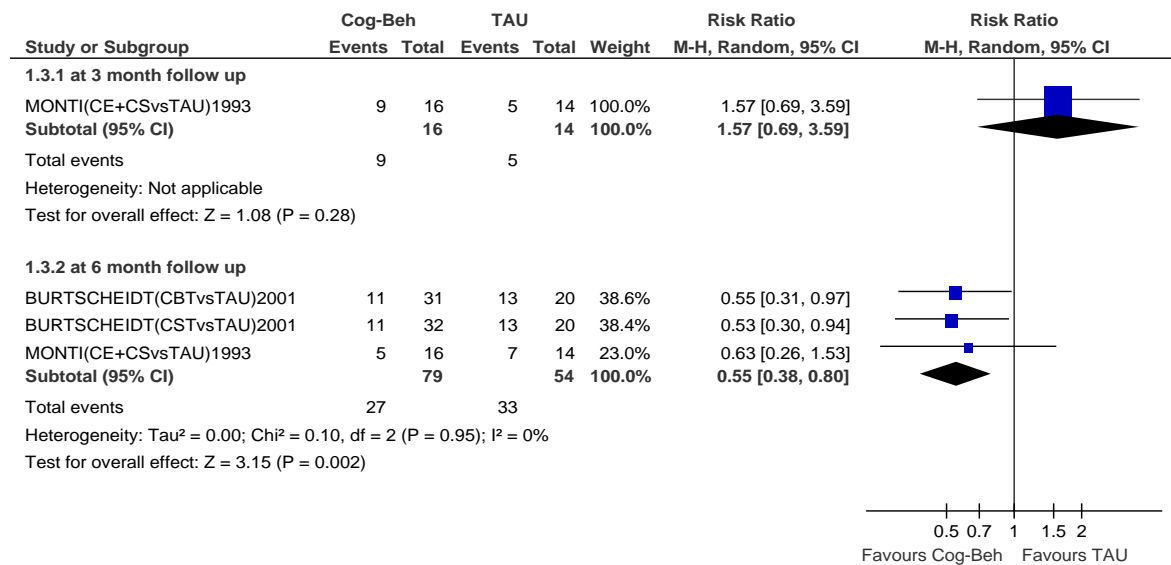
Rates of consumption post-treatment



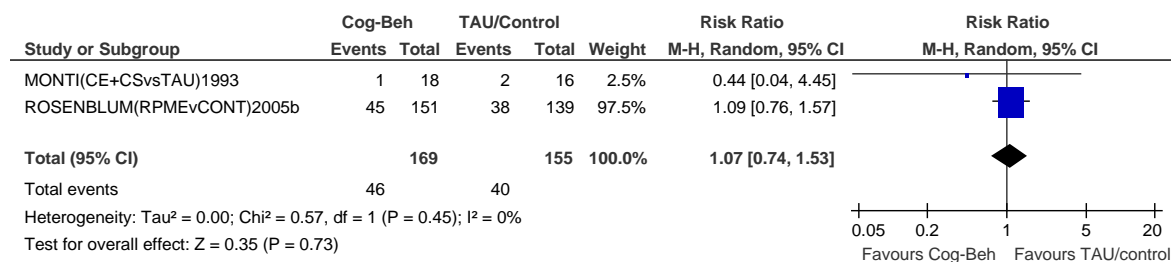
Lapsed - up to 6 months follow-up



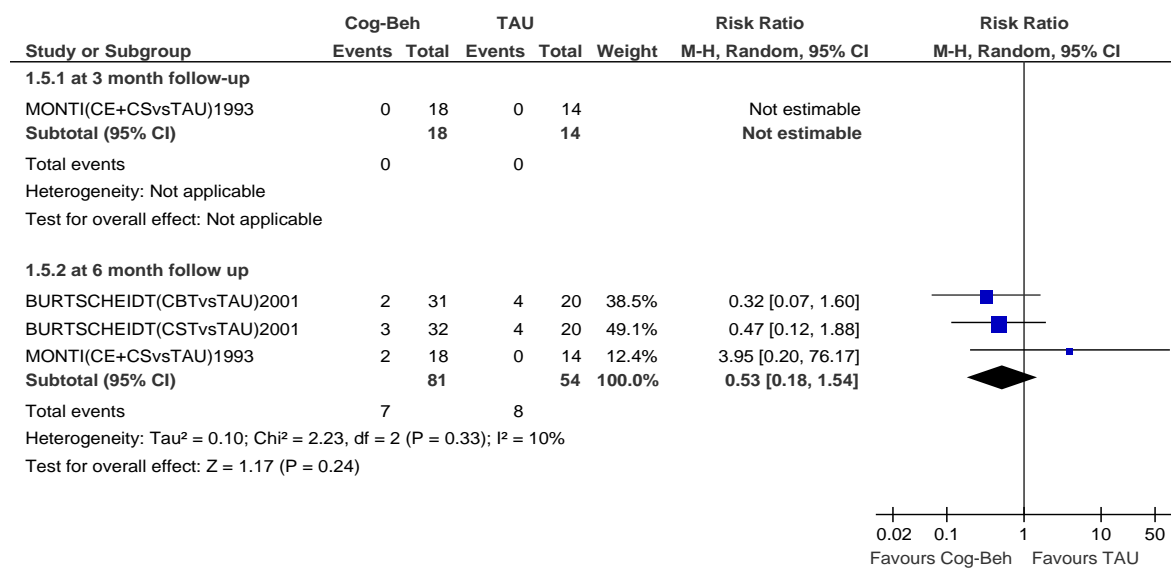
Relapse up to 6-month follow-up



Attrition (dropout) post-treatment

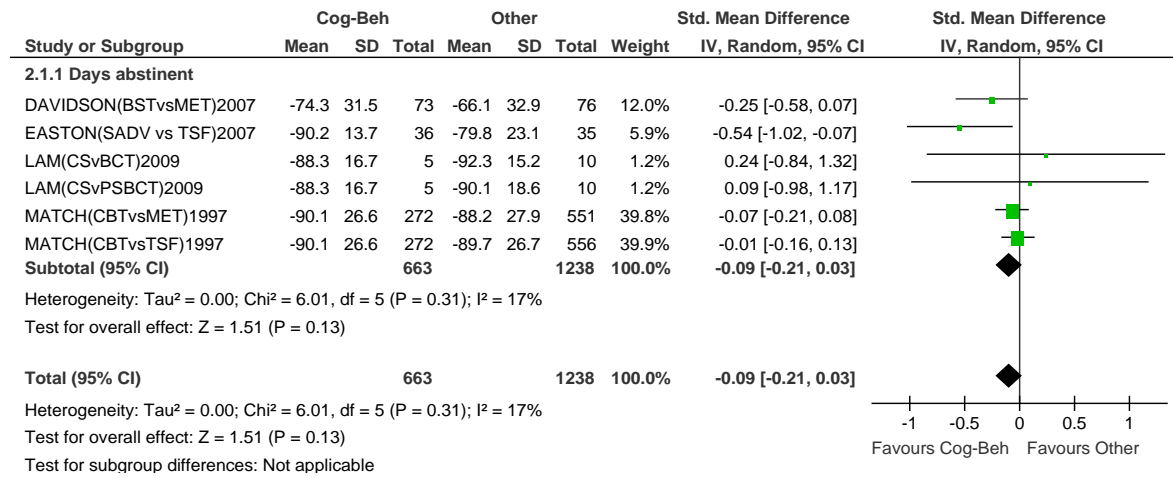


Attrition (dropout) up to 6-month follow-up

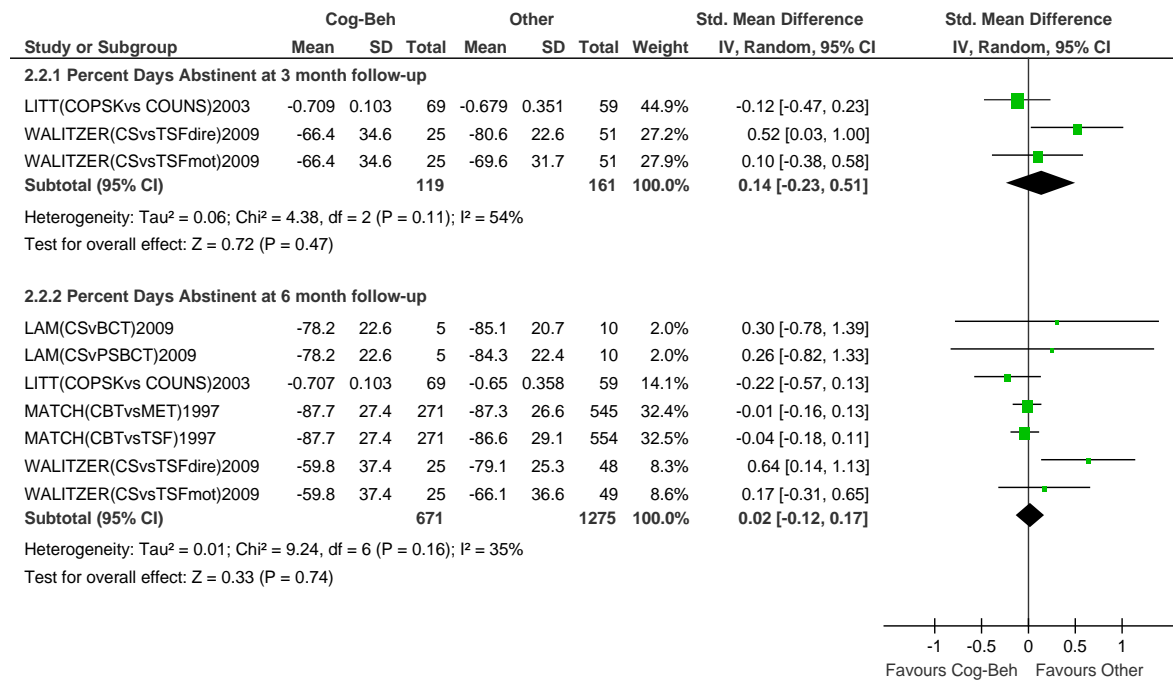


Cognitive behavioural versus other intervention

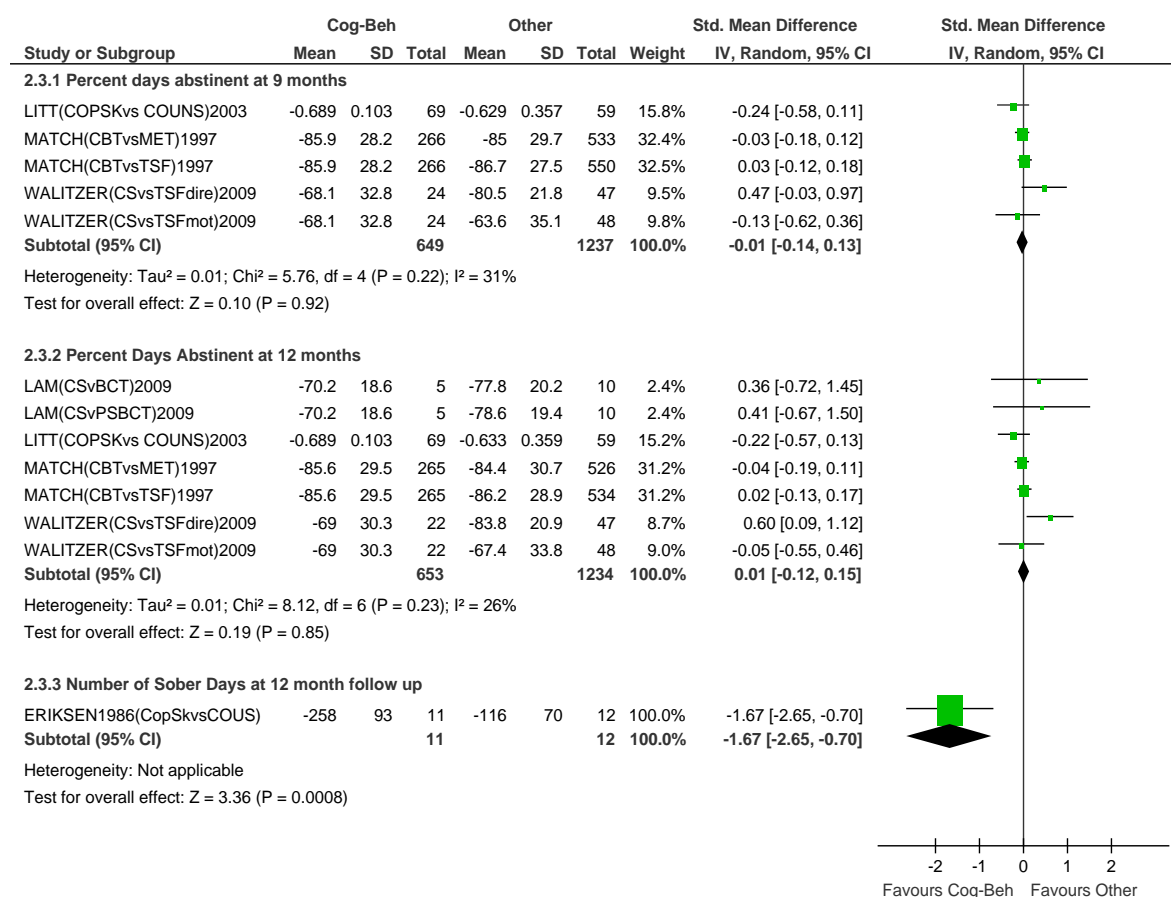
Abstinent post-treatment



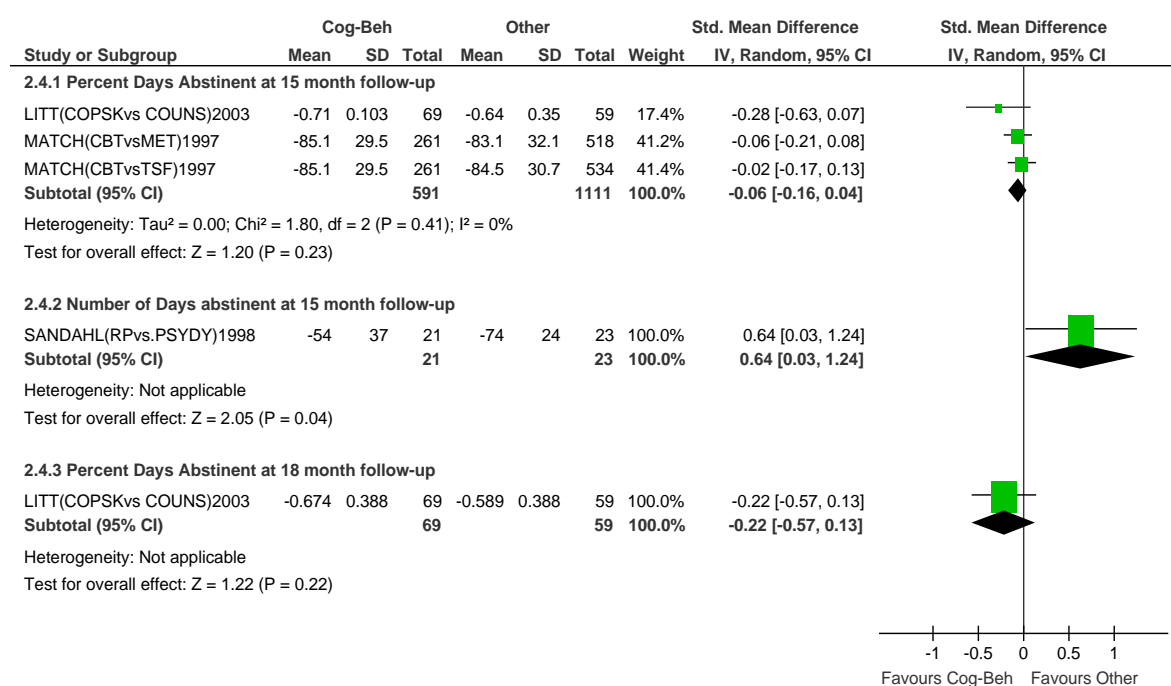
Abstinence up to 6-month follow-up



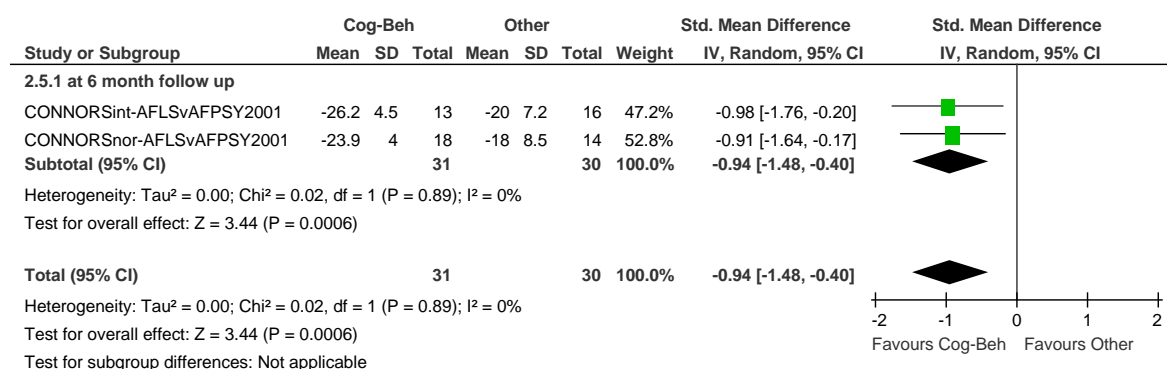
Abstinence from 7- to 12-month follow-up



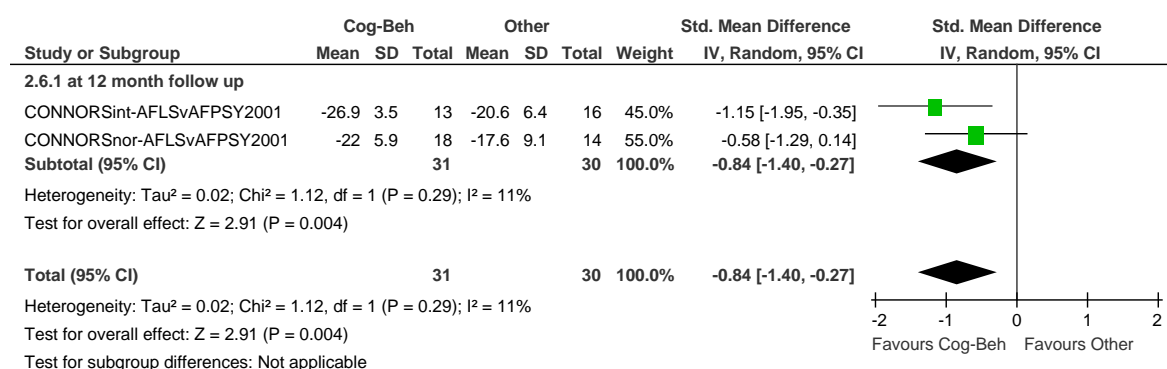
Abstinence >12-month follow-up



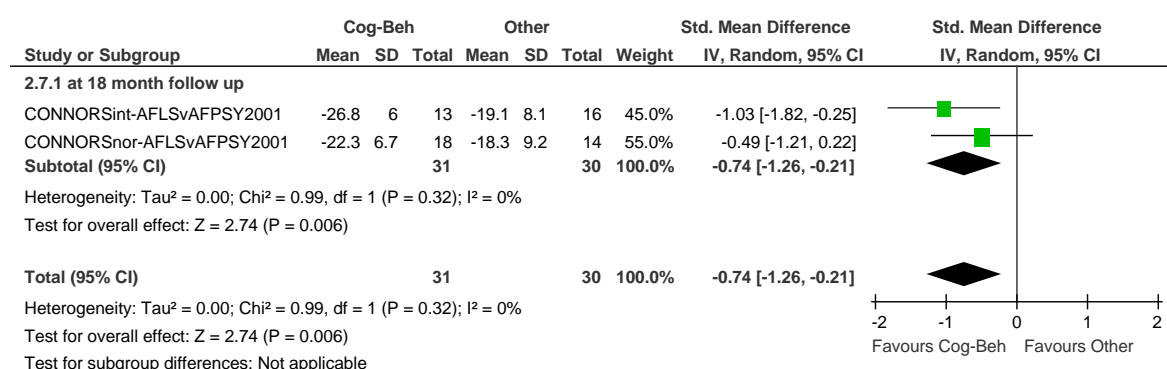
Abstinent/light (one to three standard drinks) up to 6-month follow-up



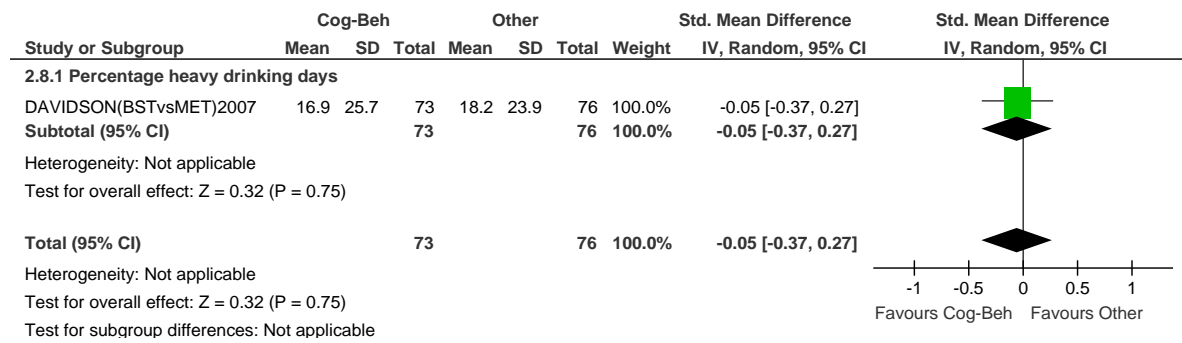
Abstinent/light (one to three standard drinks) 7- to 12-month follow-up



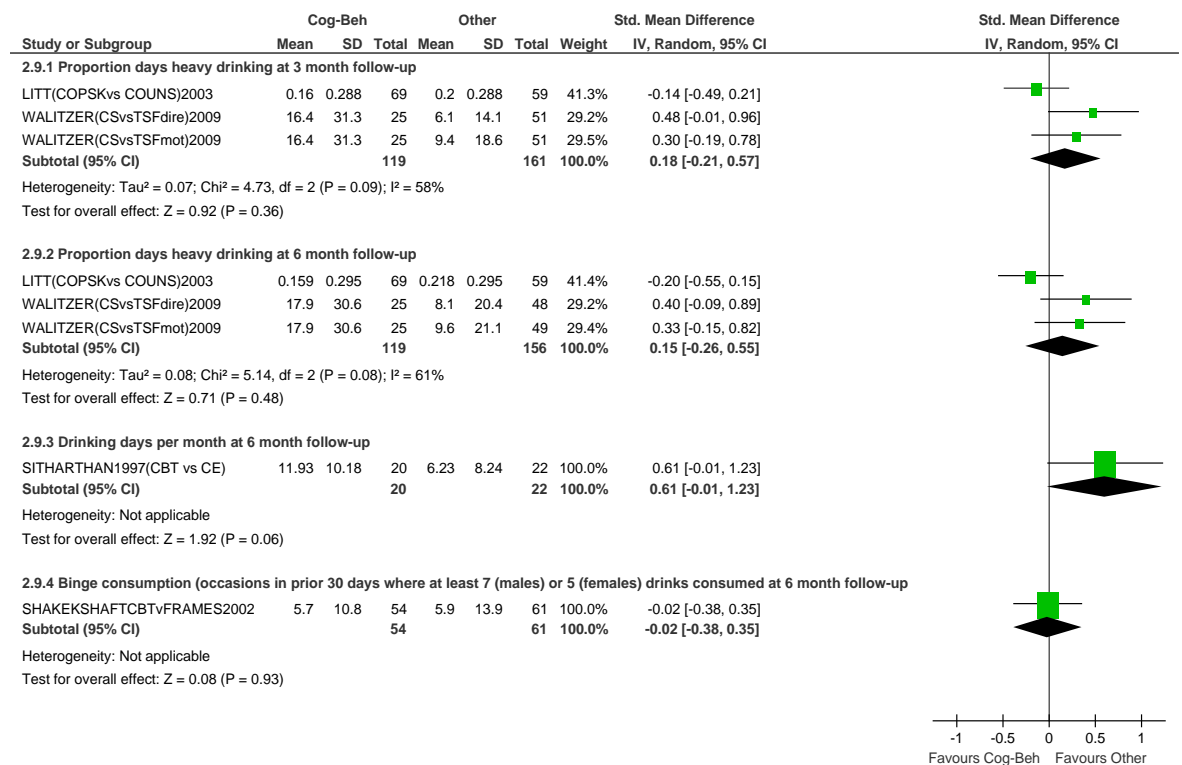
Abstinent/light (one to three standard drinks) >12-month follow-up



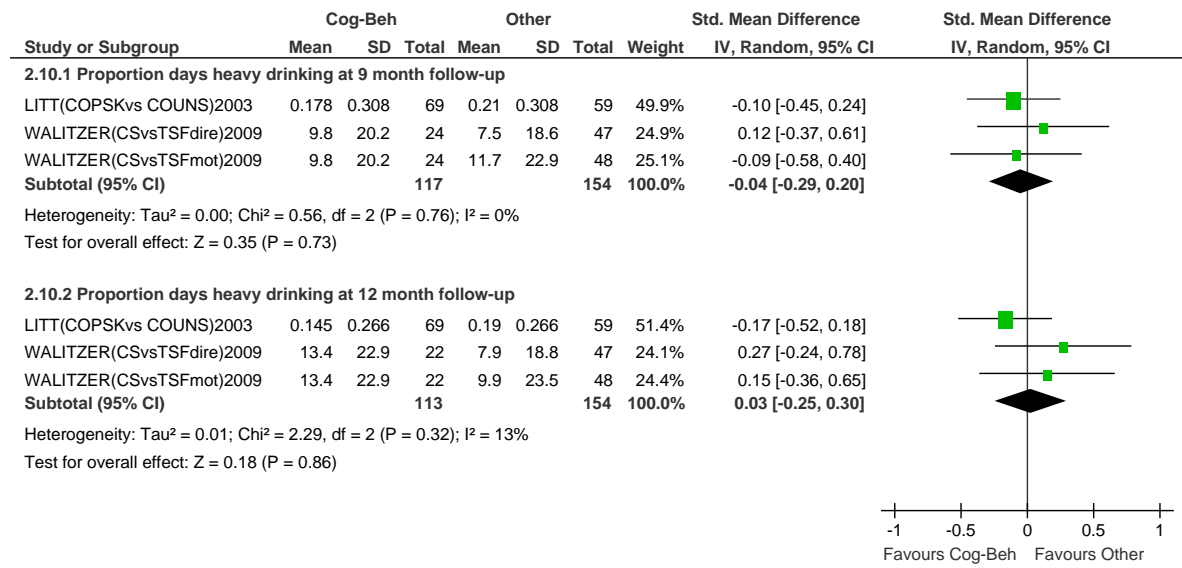
Rates of consumption post-treatment



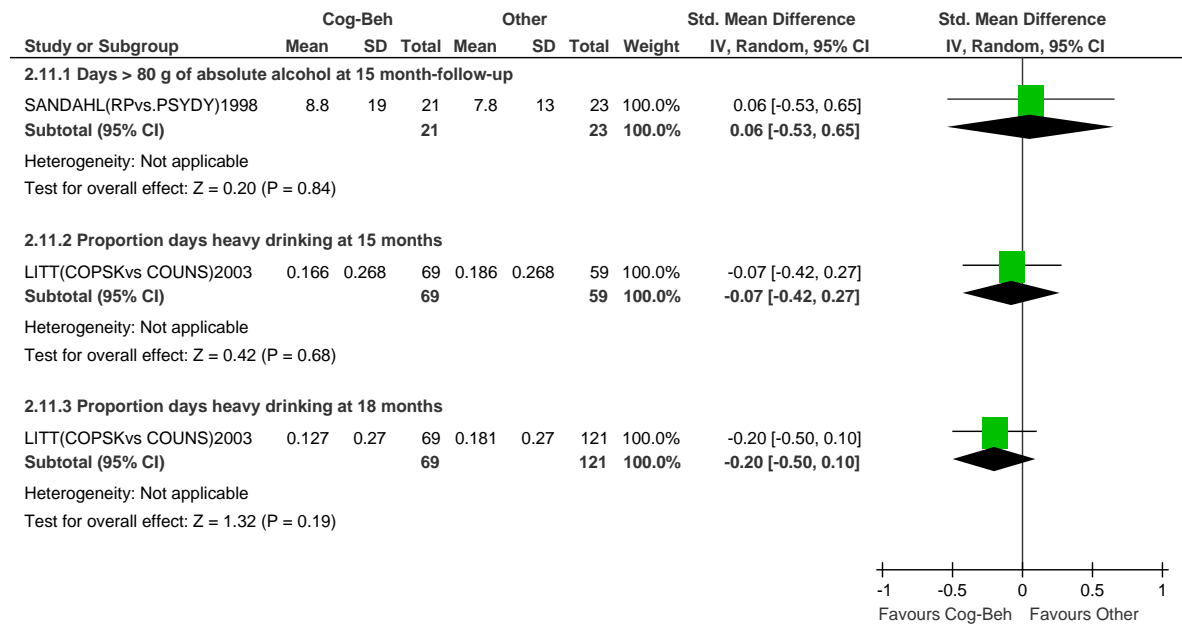
Rate of consumption up to 6-month follow-up



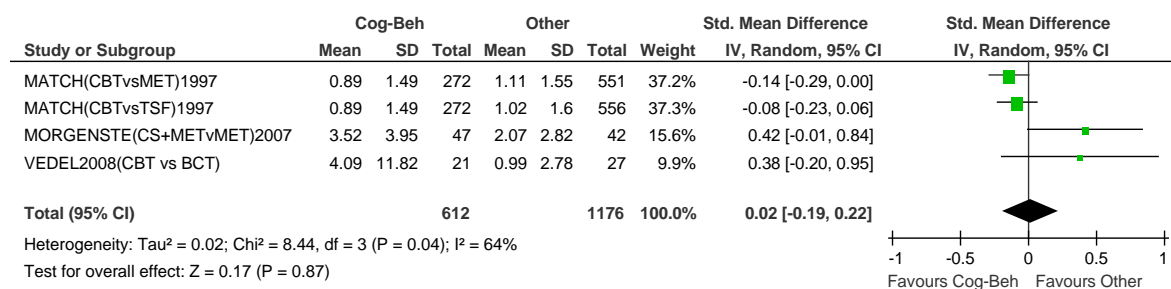
Rate of consumption – 7- to 12-month follow-up



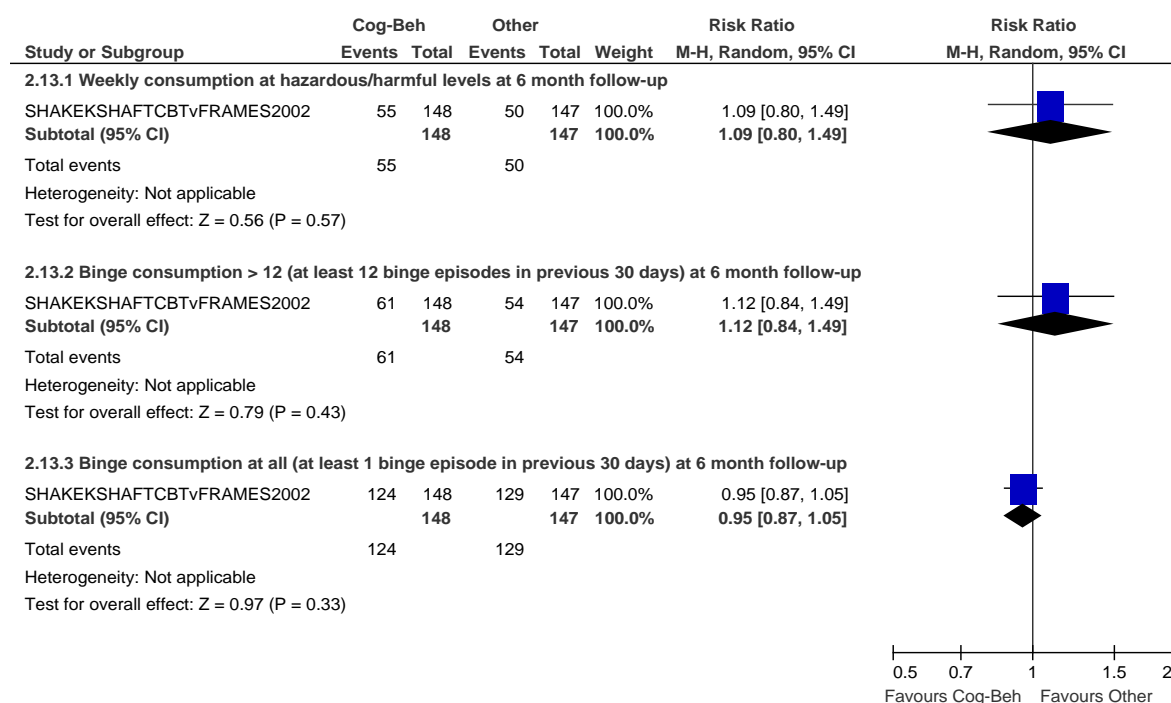
Rate of consumption >12-month follow-up



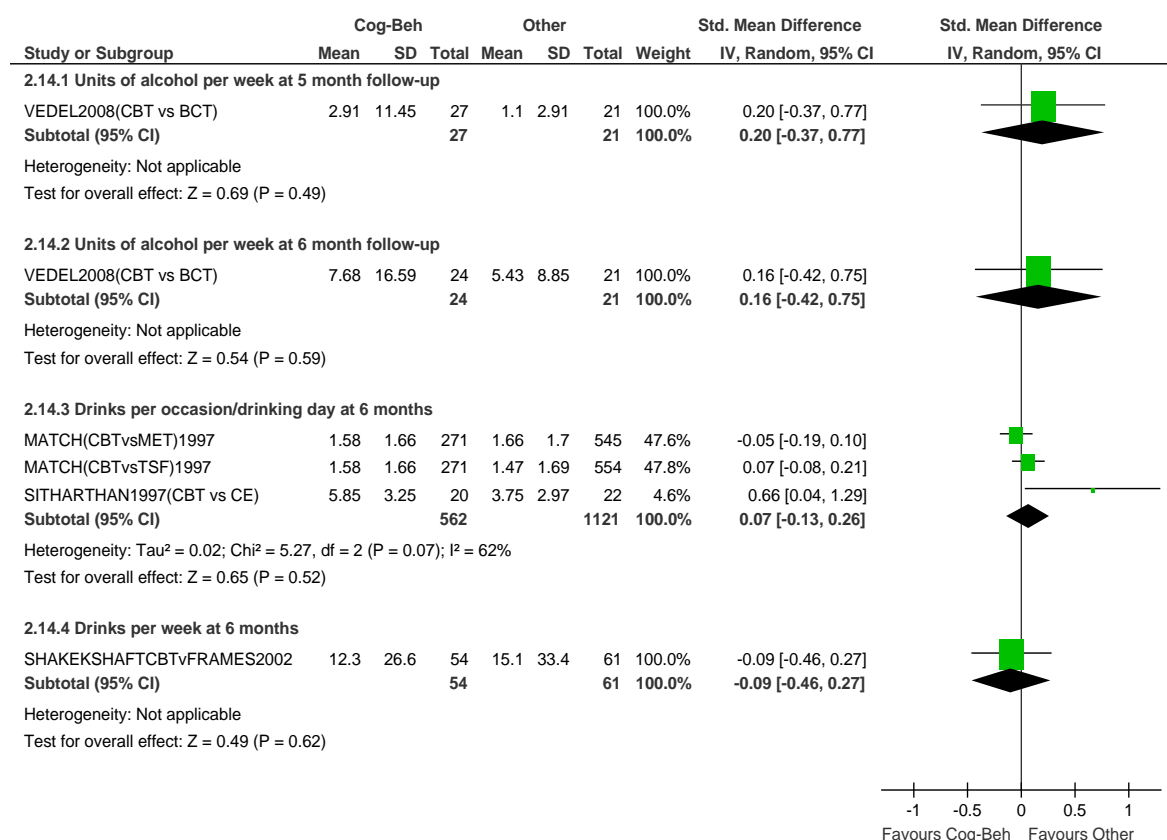
Amount of alcohol consumed post-treatment



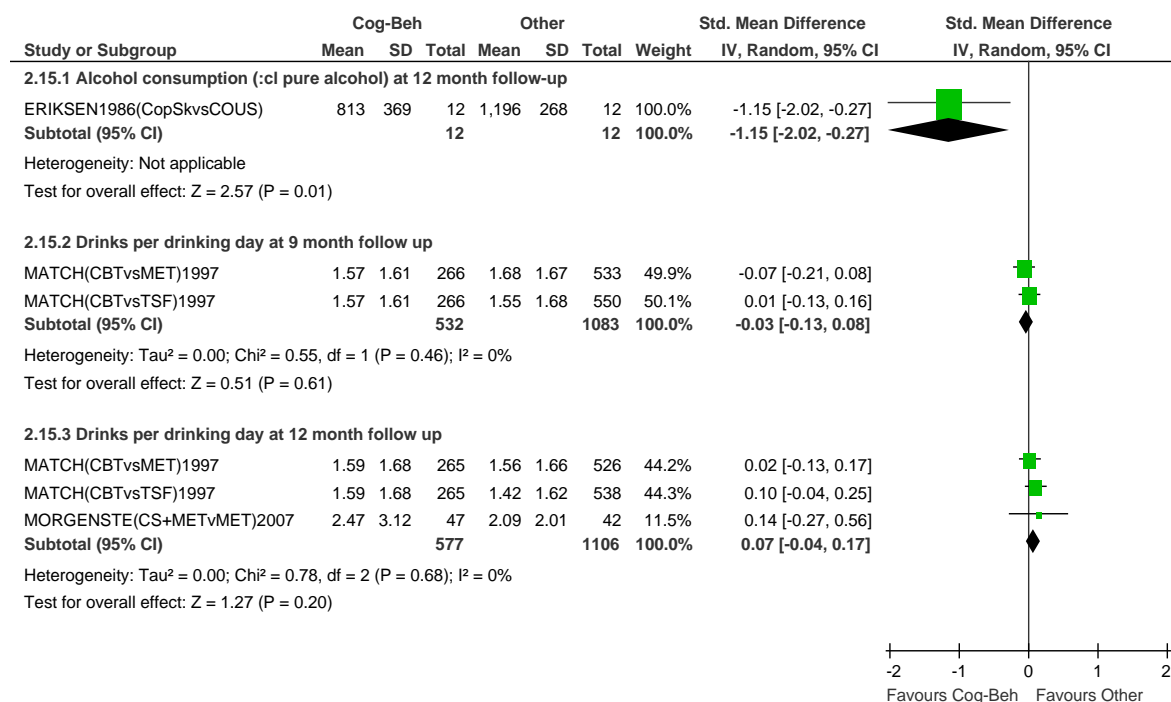
Amount of alcohol consumed up to 6-month follow-up (dichotomous)



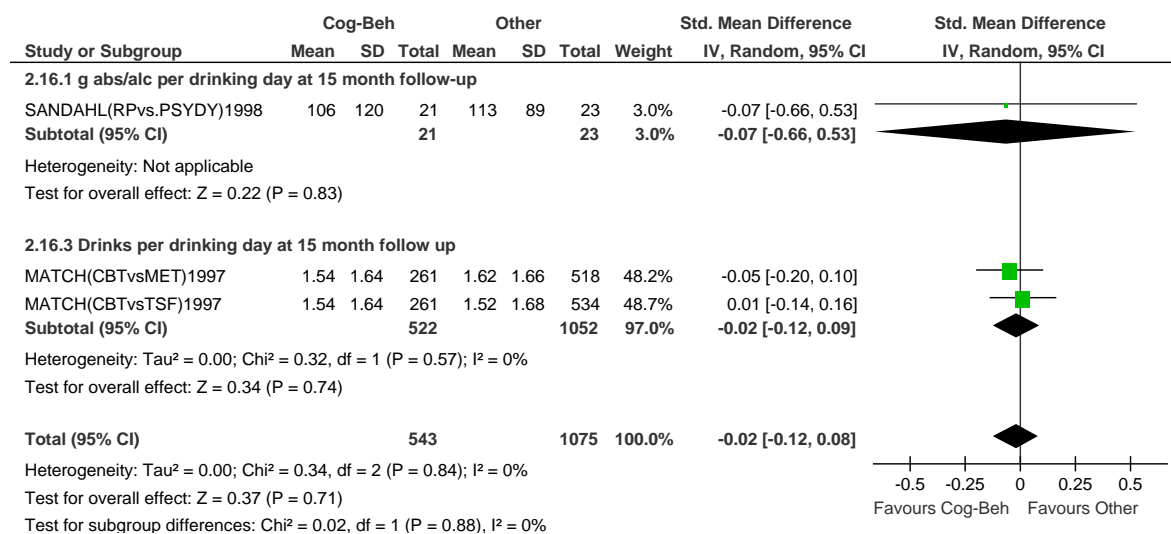
Amount of alcohol consumed up to 6-month follow-up (continuous)



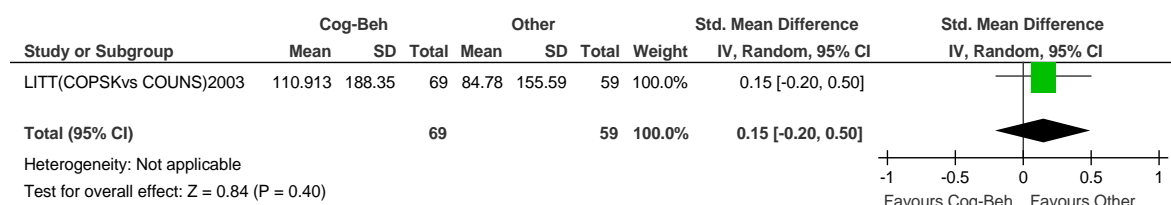
Amount of alcohol consumed – 7- to 12-month follow-up



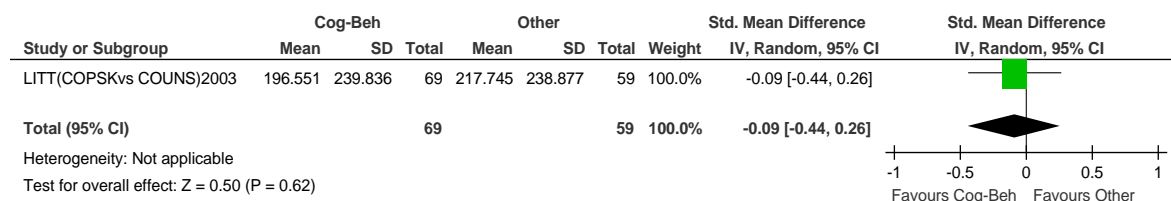
Amount of alcohol consumed >12-month follow-up.



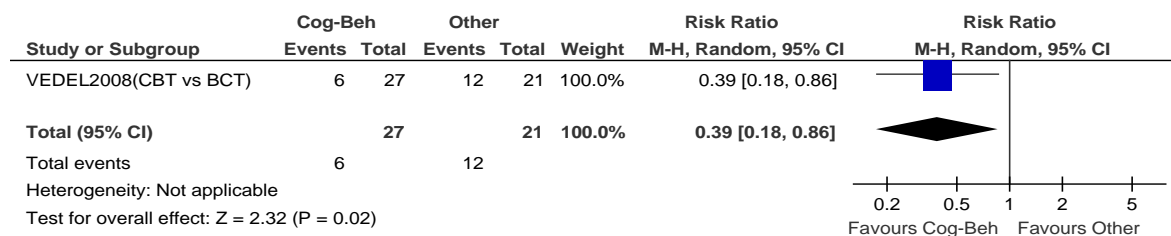
Days to first drink at 18-month follow-up



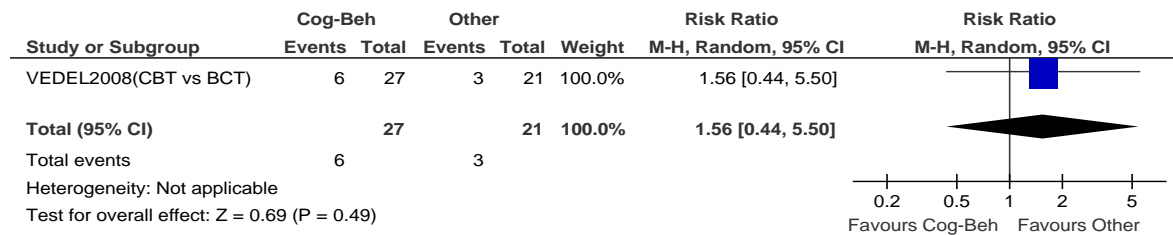
Days to first heavy drinking day at 18-month follow-up



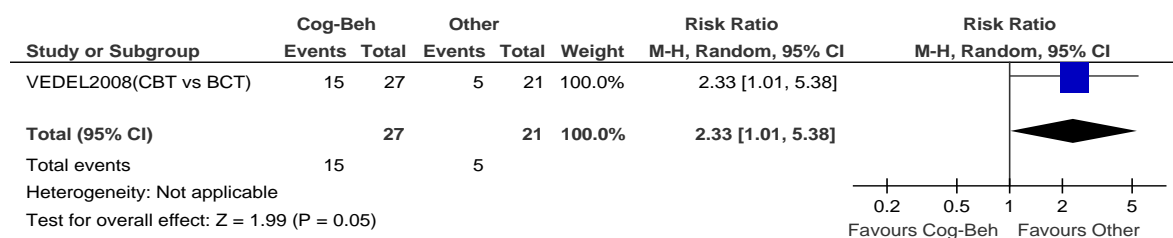
Relapse (at least six units most days of the week) post-treatment



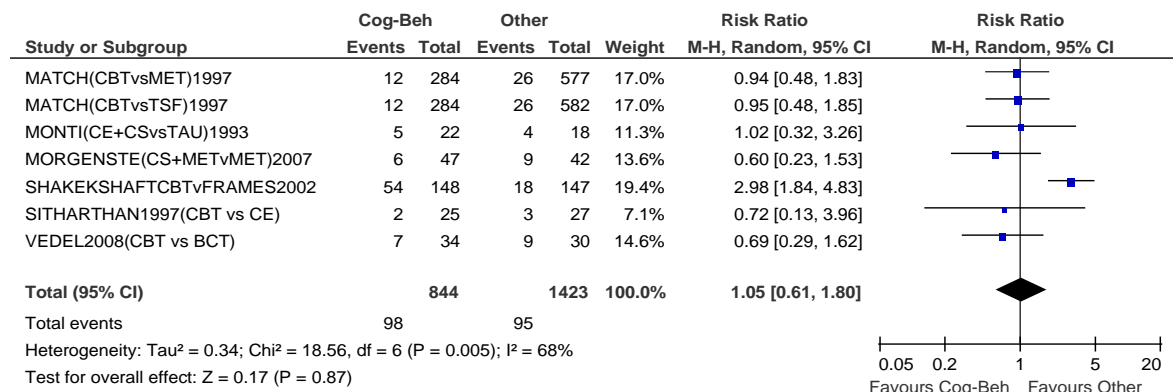
Regular relapse (at least six units a few times a month) post-treatment



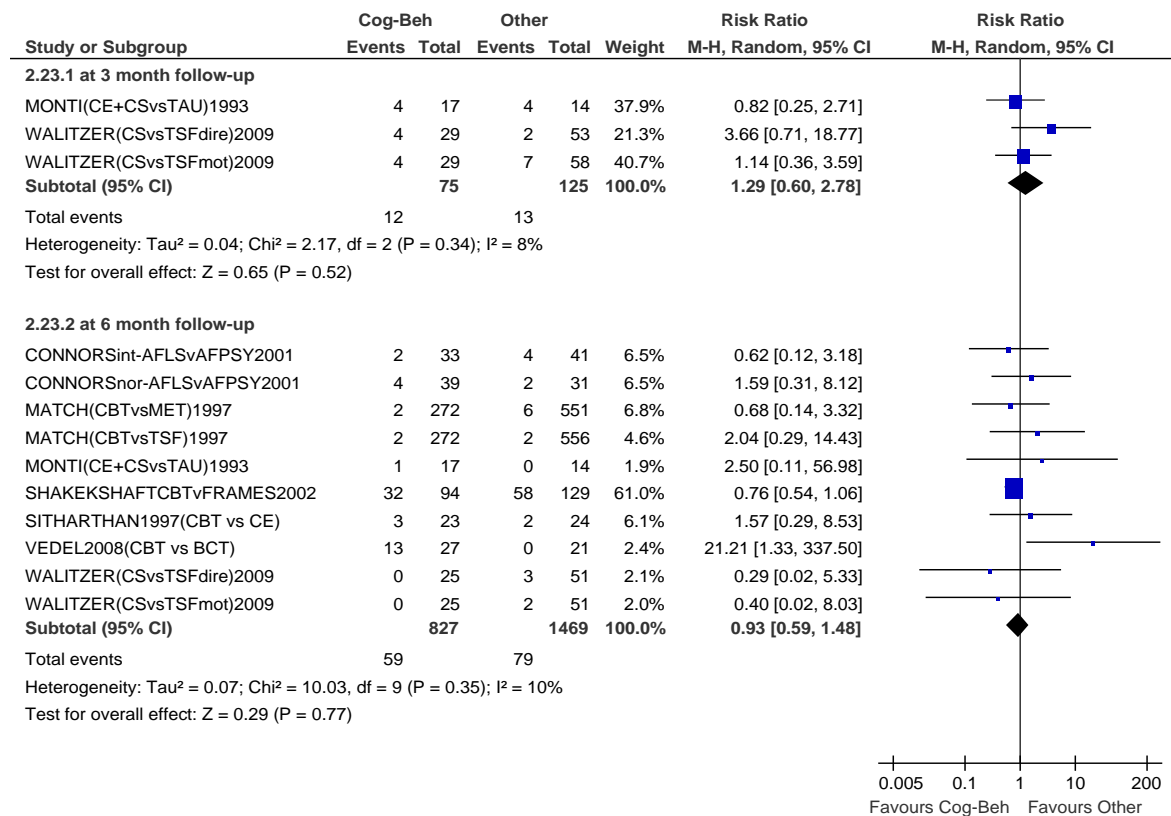
Severe lapse (at least six units on one occasion) post-treatment



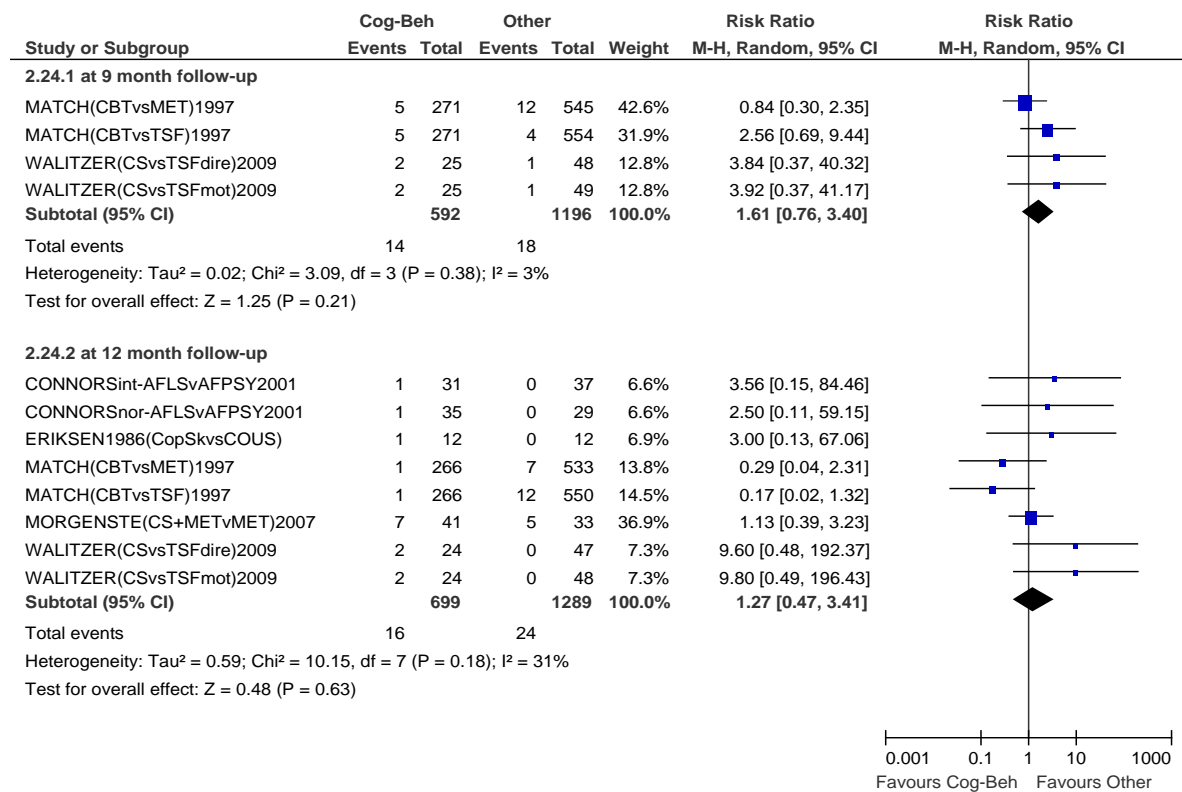
Attrition (dropout) post-treatment



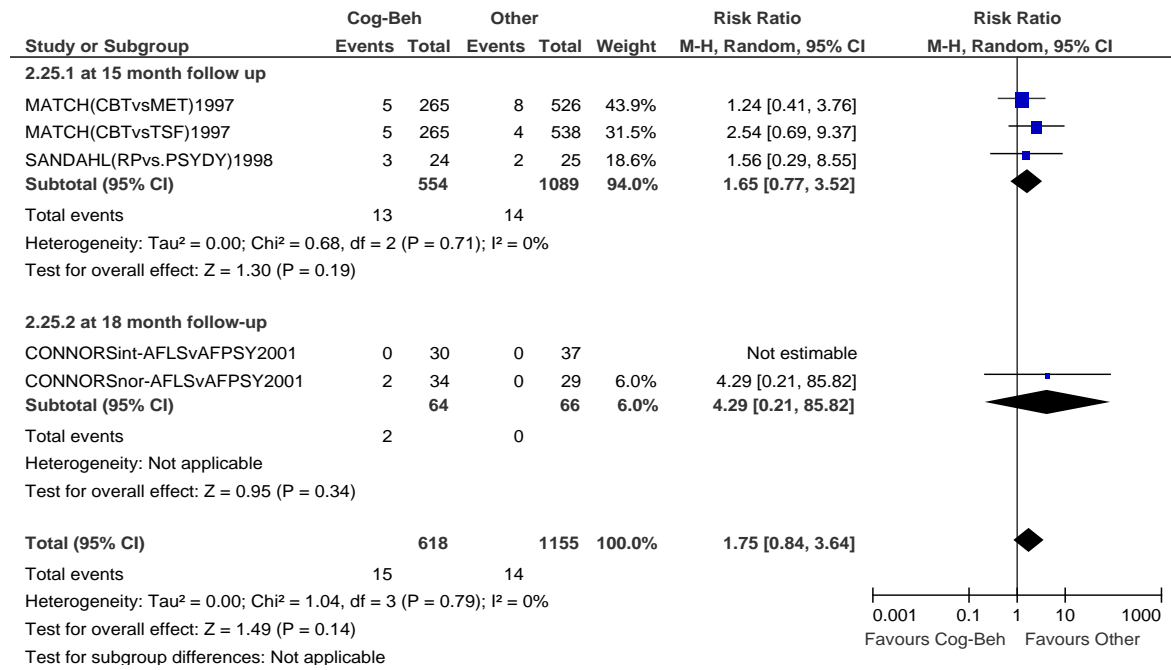
Attrition (dropout) – up to 6-month follow-up



Attrition (dropout) – 7- to 12-month follow-up

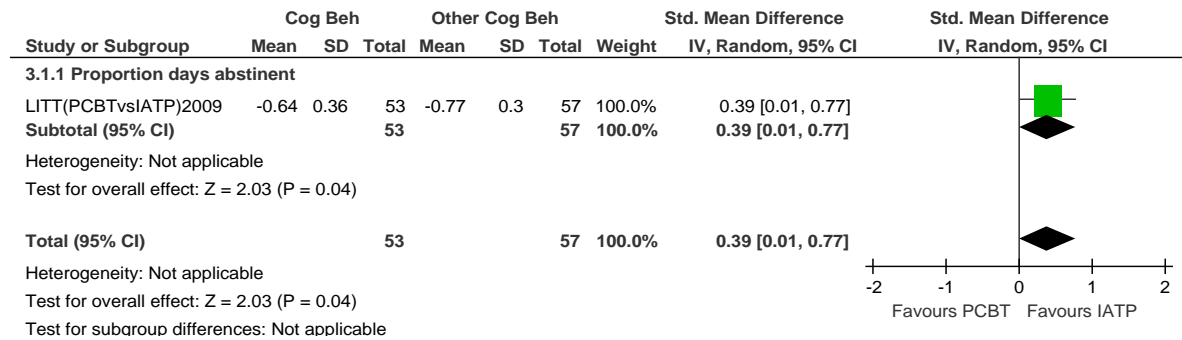


Attrition (dropout) - >12-month follow-up

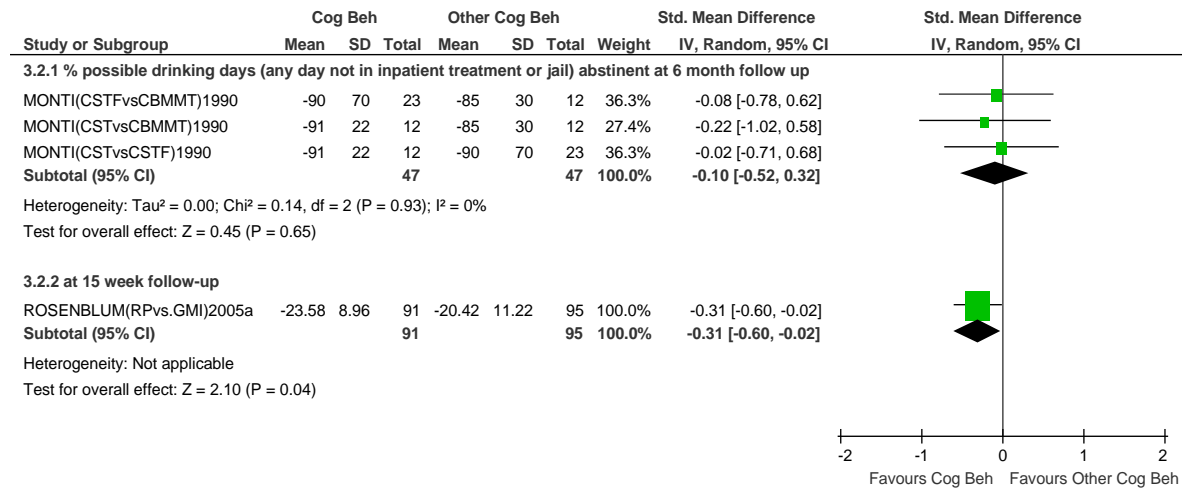


Cognitive behavioural versus cognitive behavioural

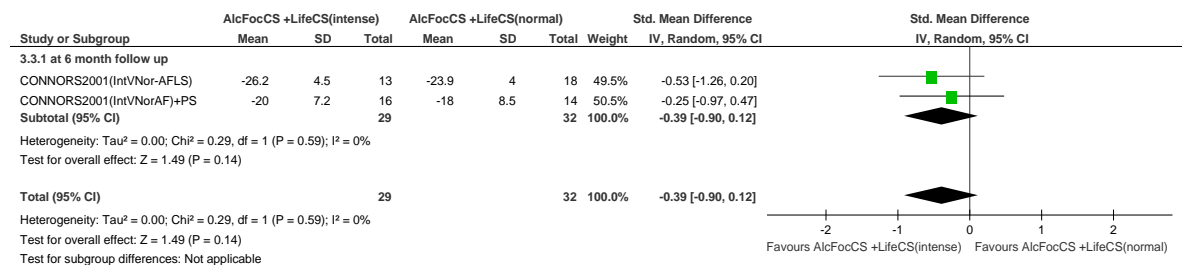
Abstinent post-treatment



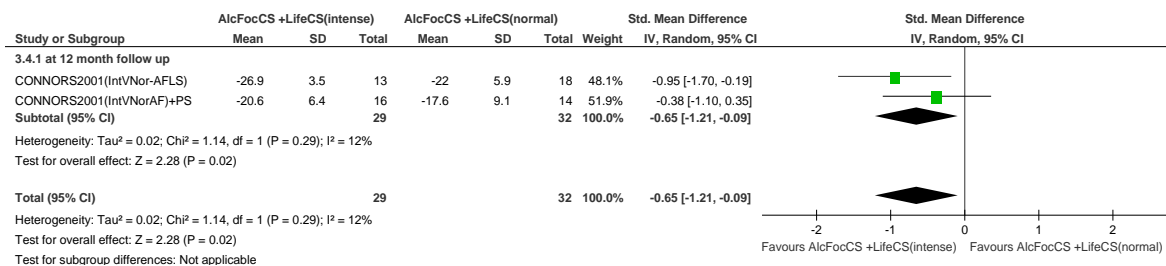
Abstinent up to 6-month follow-up



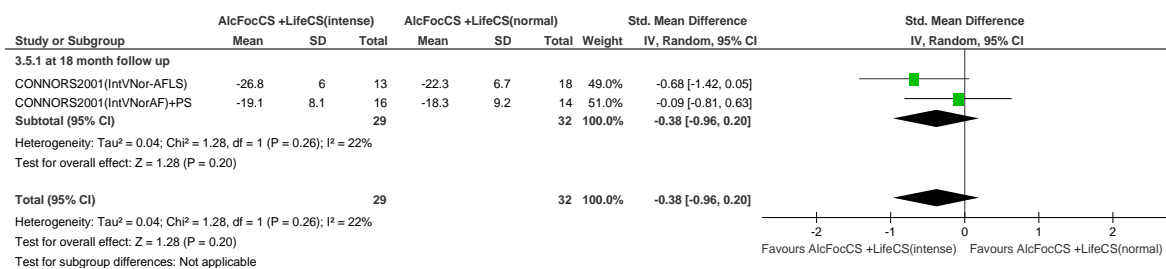
Abstinent/light (one to three standard drinks) drinking days up to 6-month follow-up



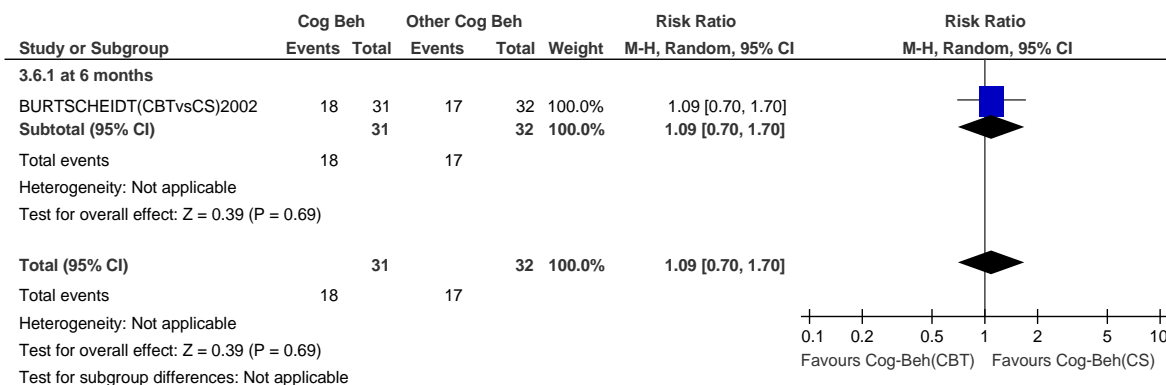
Abstinent/light (one to three standard drinks) drinking days 7- to 12-month follow-up



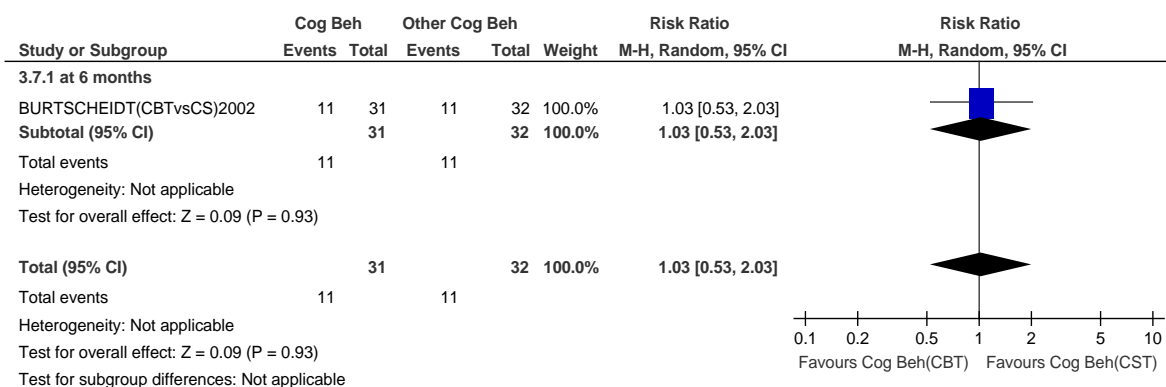
Abstinent/light (one to three standard drinks) drinking days >12-month follow-up



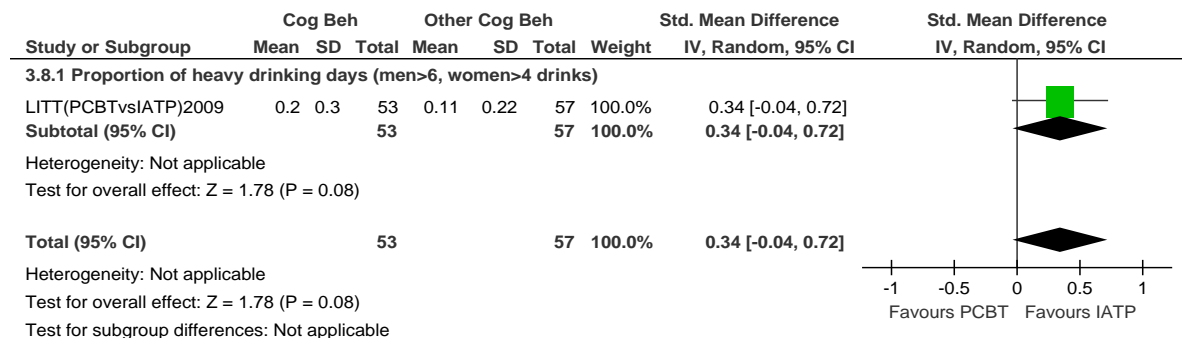
Lapsed - up to 6-month follow-up



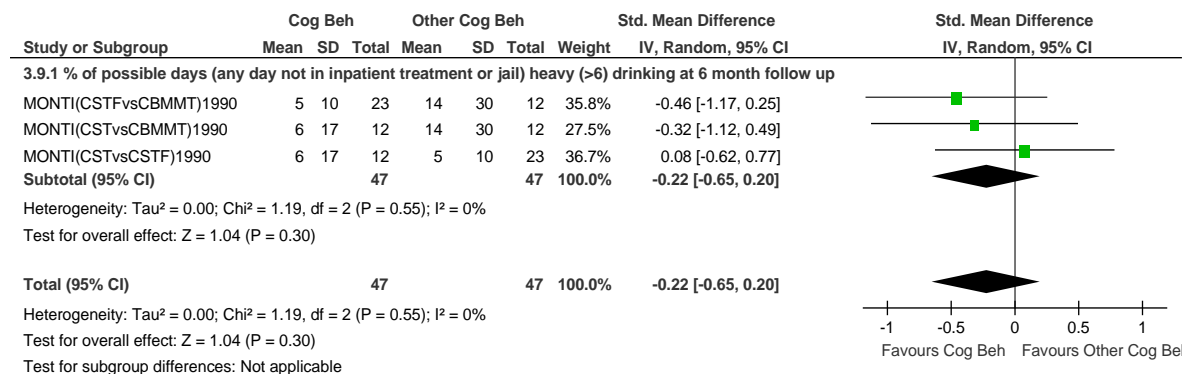
Relapse - up to 6-month follow-up



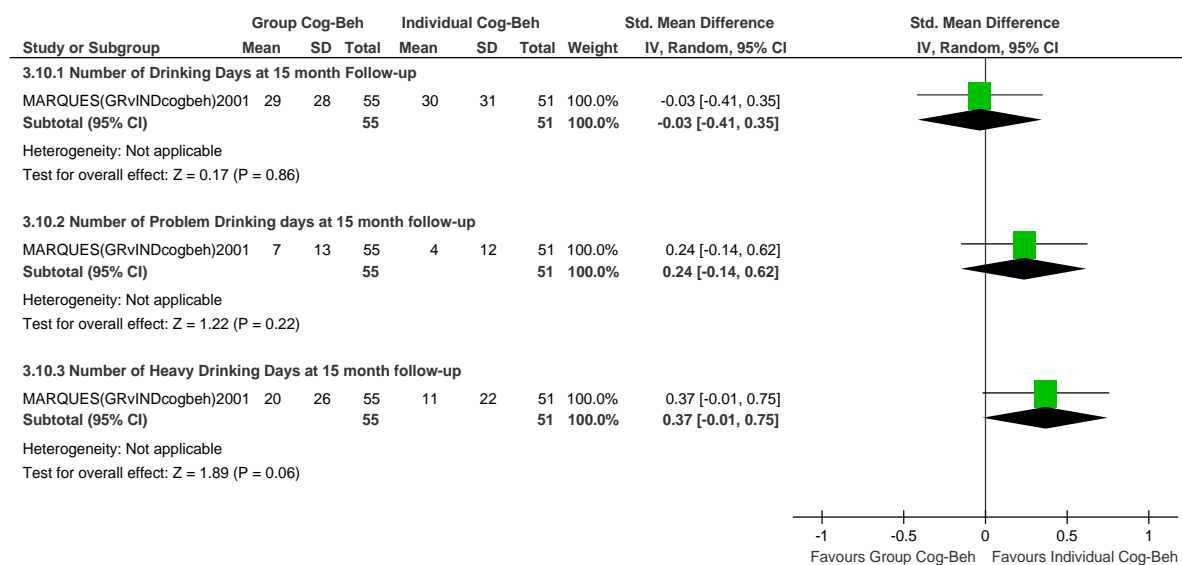
Rates of consumption post-treatment



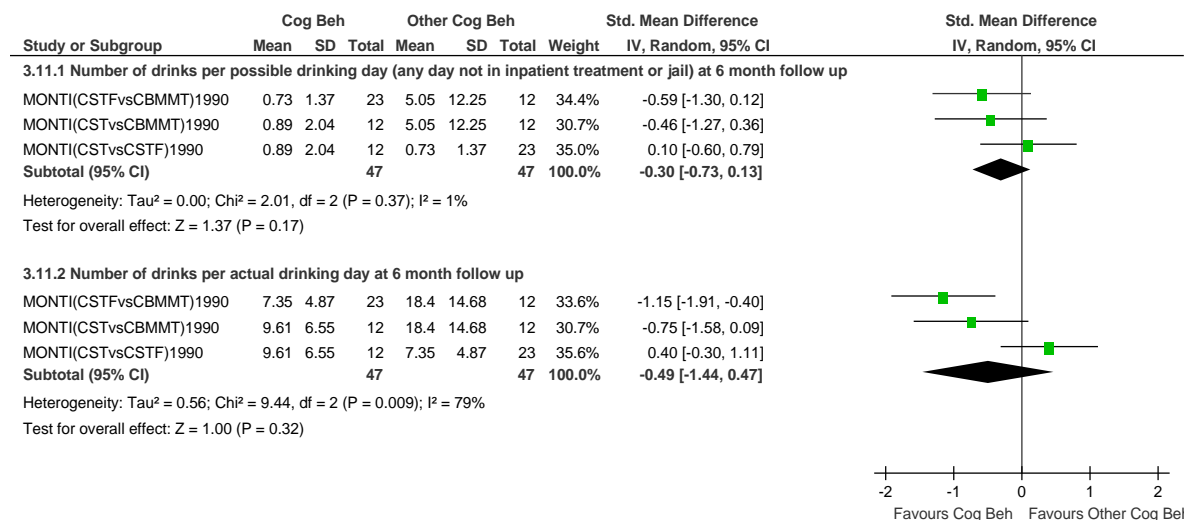
Rates of consumption up to 6-month follow-up



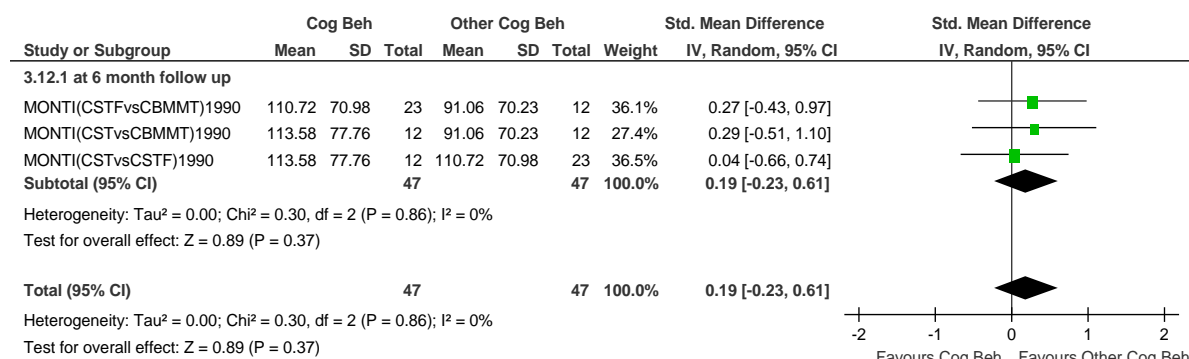
Rates of consumption >12-month follow-up



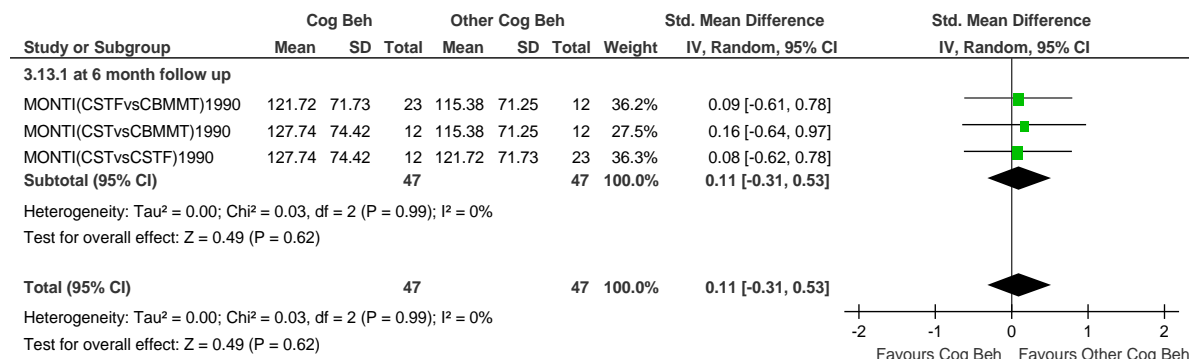
Amount of alcohol consumed up to 6-month follow-up



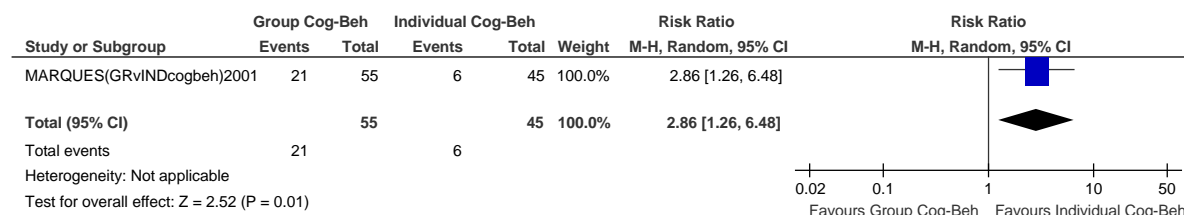
Number of days to first drink (lapse) up to 6-month follow-up



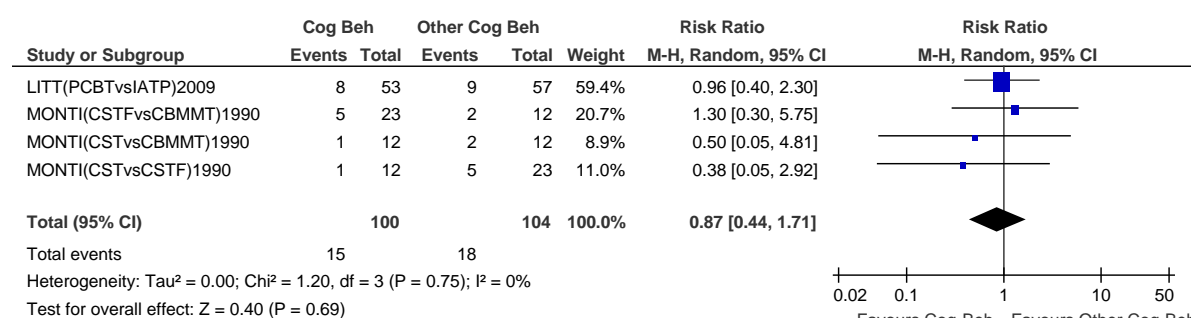
Number of days to first heavy drink (relapse) up to 6-month follow-up



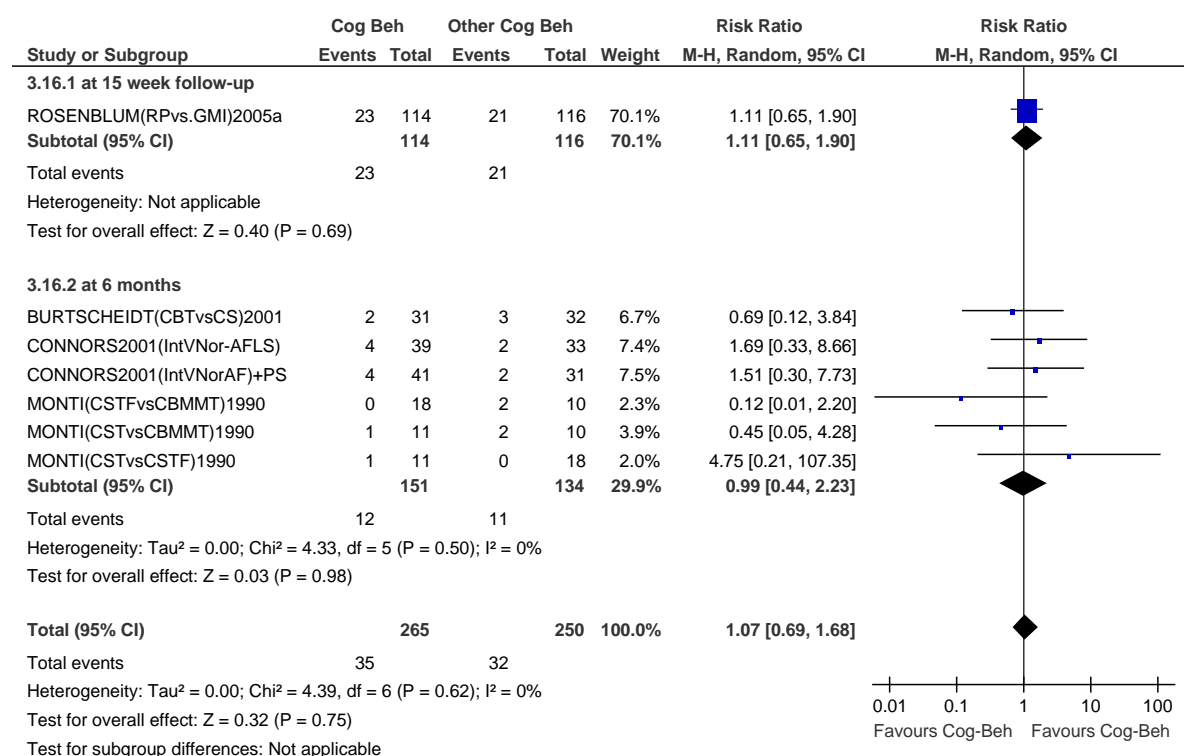
Number of heavy drinkers >20 drinks per week and >10% heavy days (≥5 drinks per occasion)



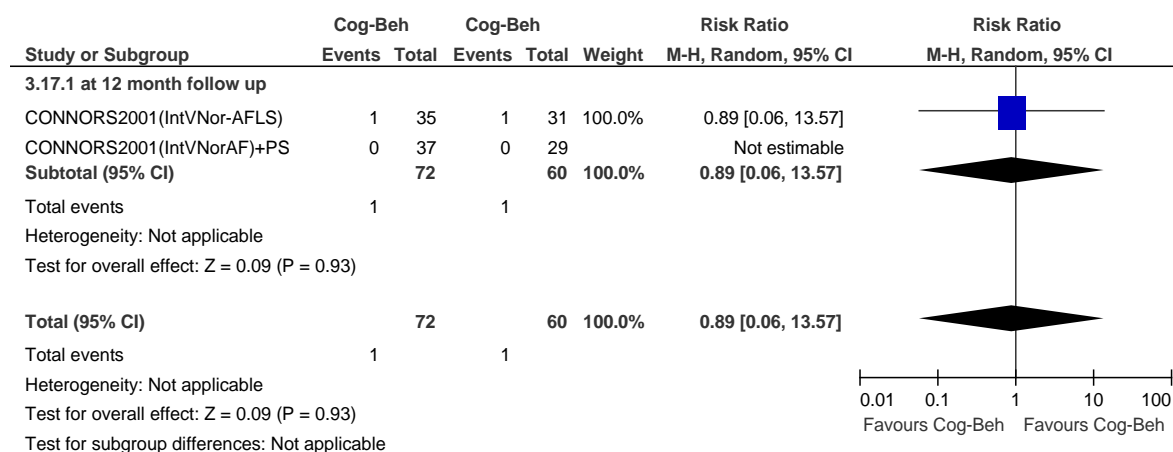
Attrition (dropout) post-treatment



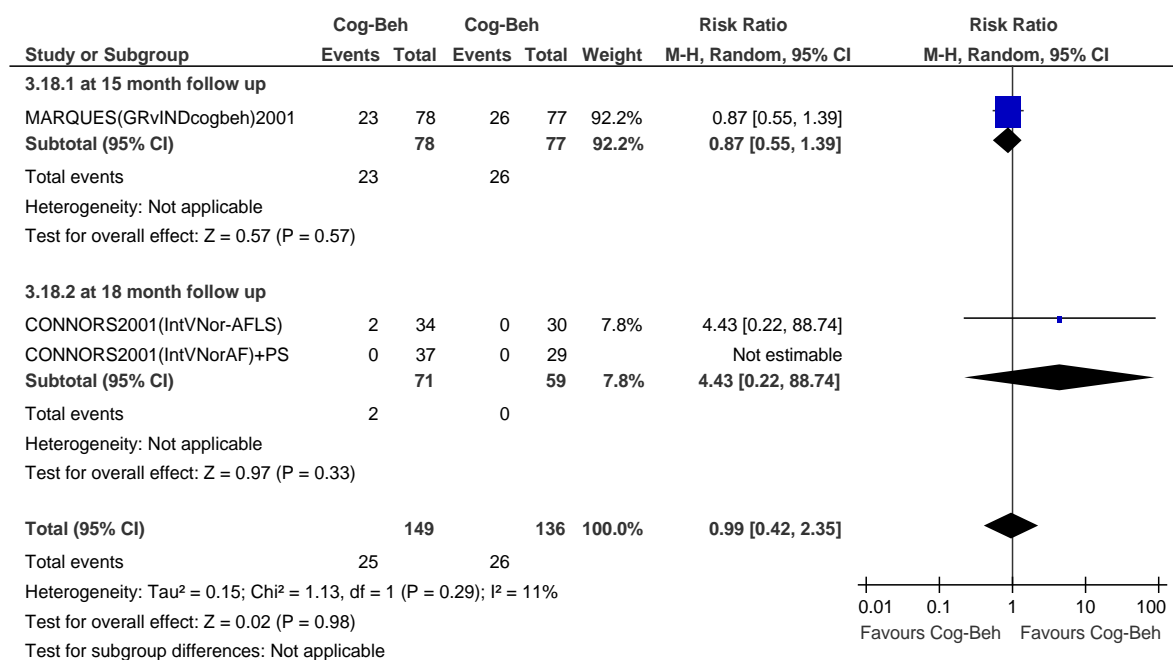
Attrition (dropout) up to 6-month follow-up



Attrition (dropout) 7- to 12-month follow-up



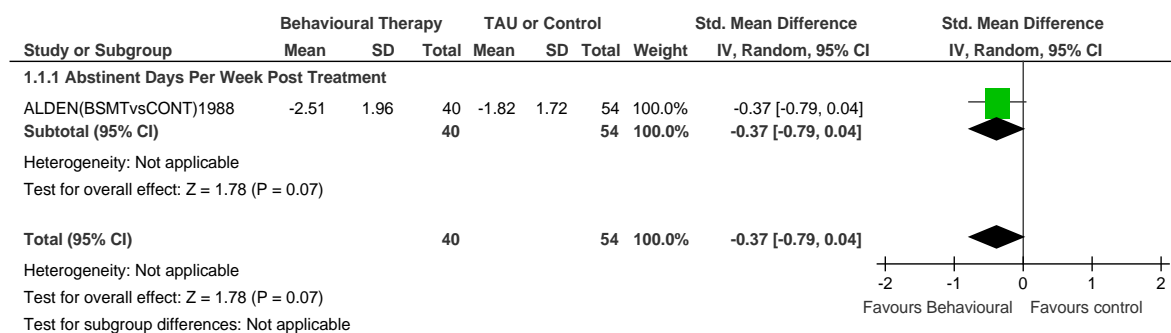
Attrition (dropout) >12-month follow-up



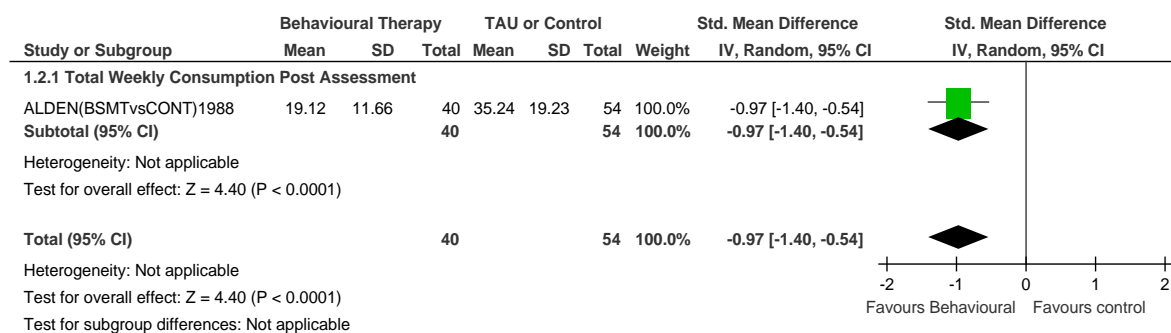
Behavioural therapies

Behavioural therapies versus treatment as usual or control

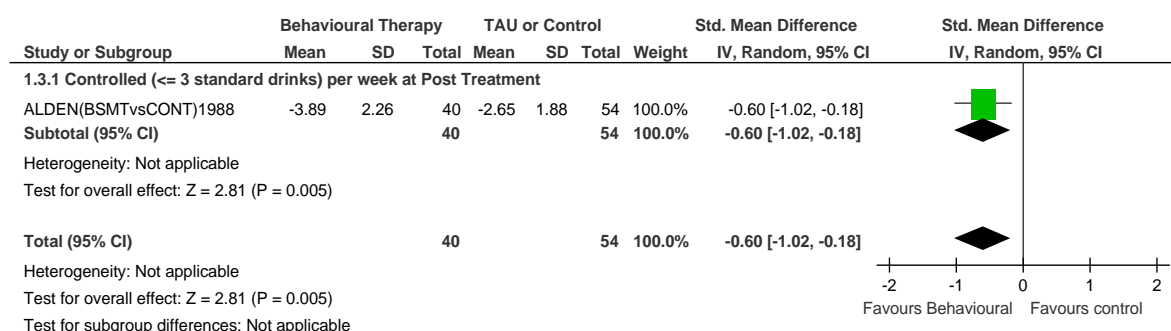
Abstinent post-treatment



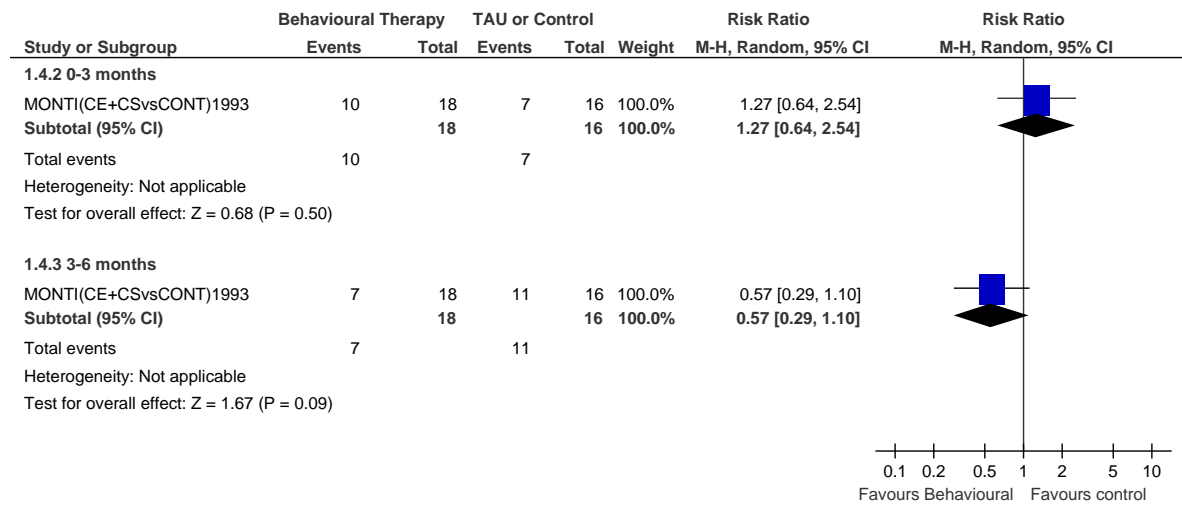
Amount of alcohol consumed post-treatment



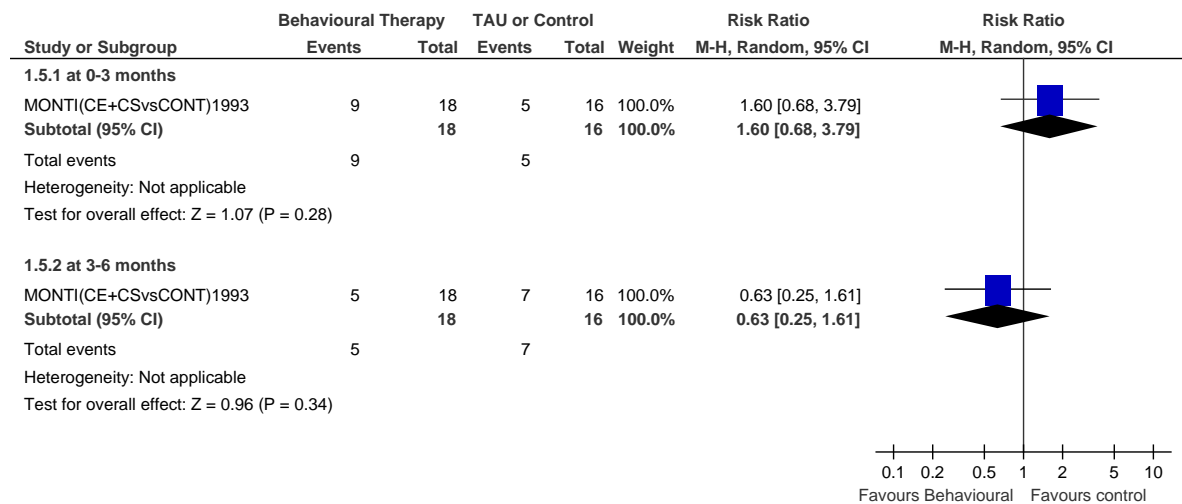
Rates of consumption post-treatment



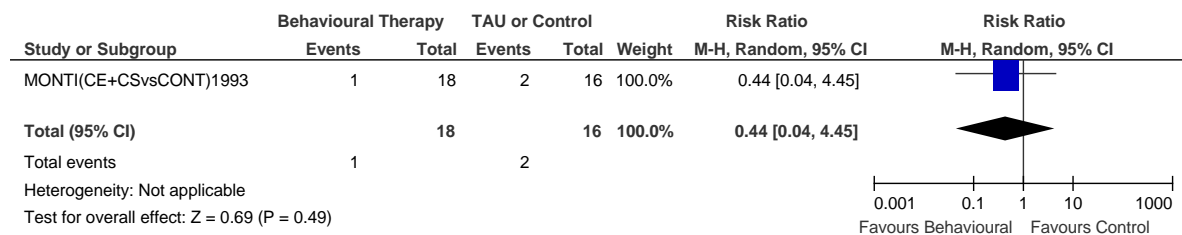
Lapse up to 6-month follow-up



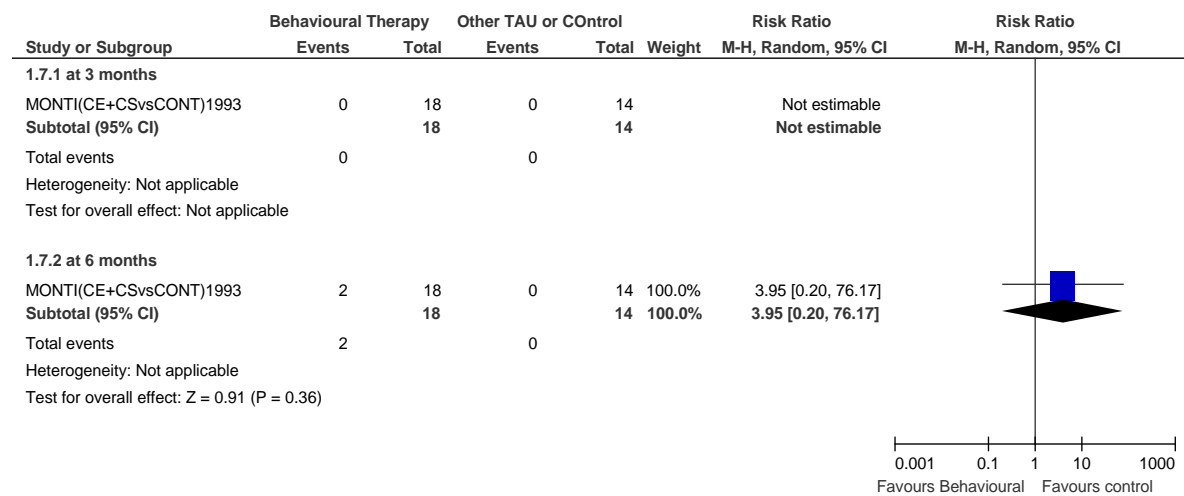
Relapse up to 6-month follow-up



Attrition (dropout) post-treatment

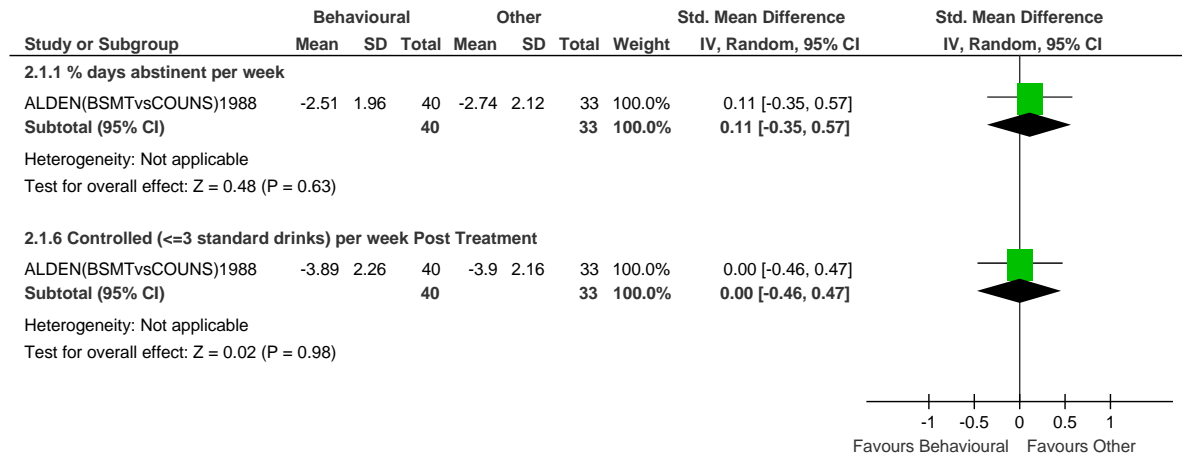


Attrition (dropout) up to 6-month follow-up

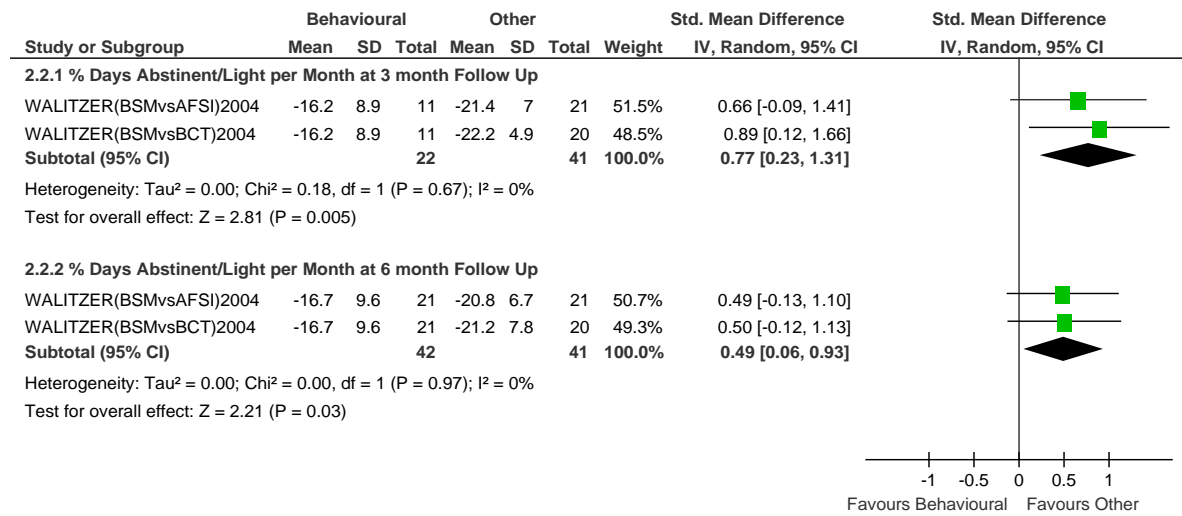


Behavioural therapies versus other intervention

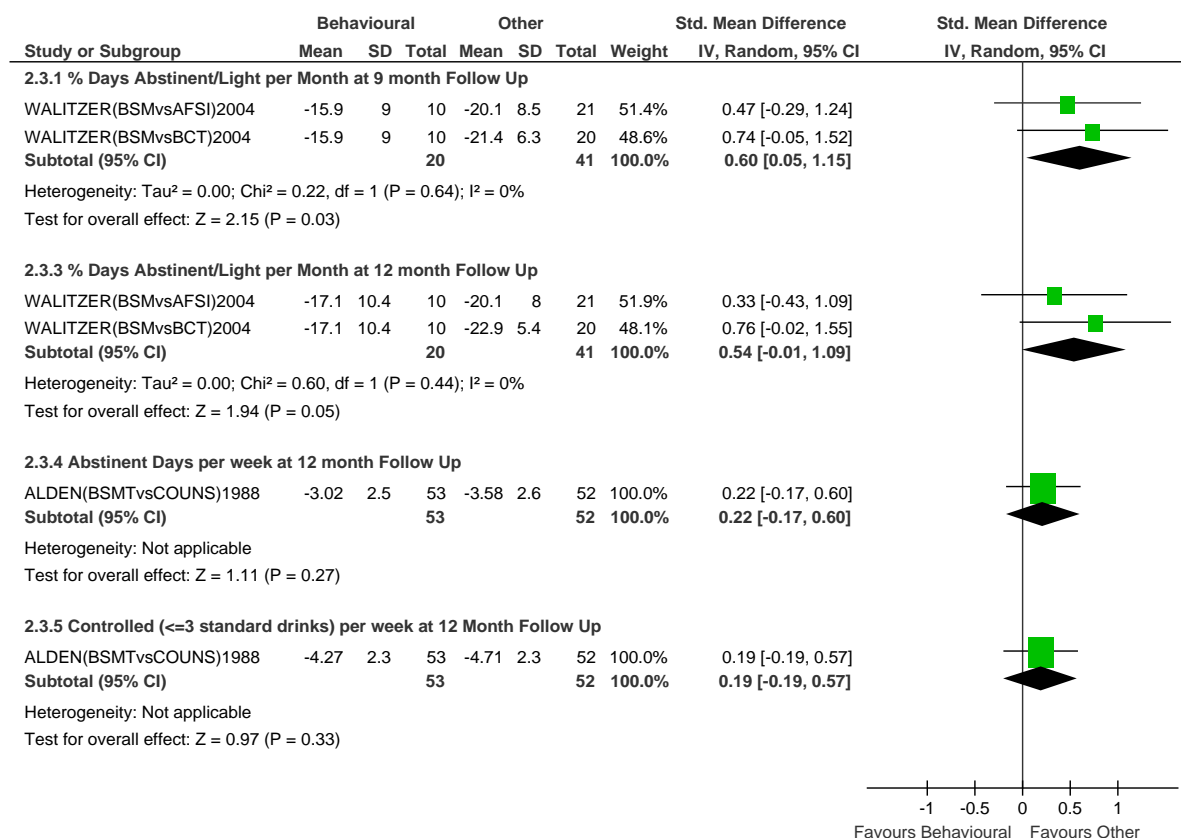
Abstinent post-treatment



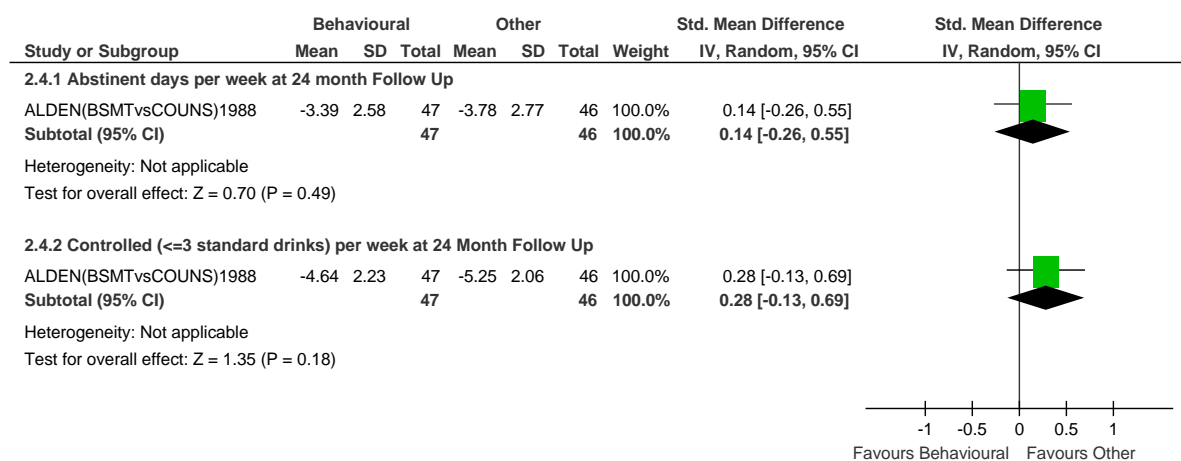
Abstinent up to 6-month follow-up



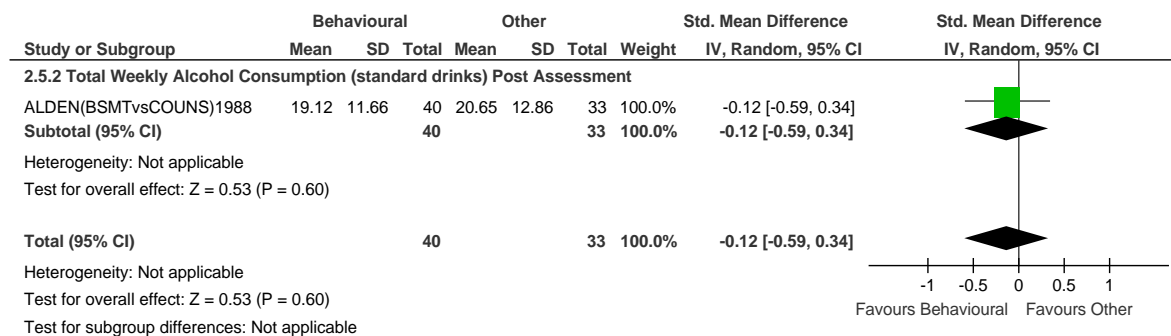
Abstinent 7- to 12-month follow-up



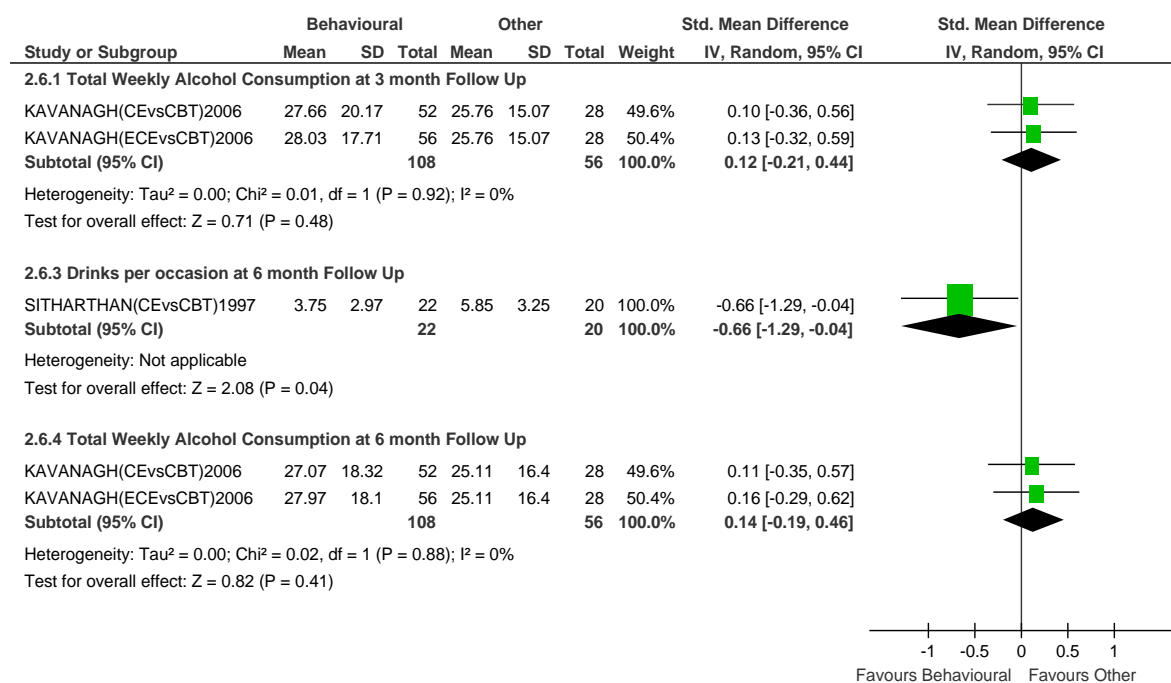
Abstinent >12-month follow-up



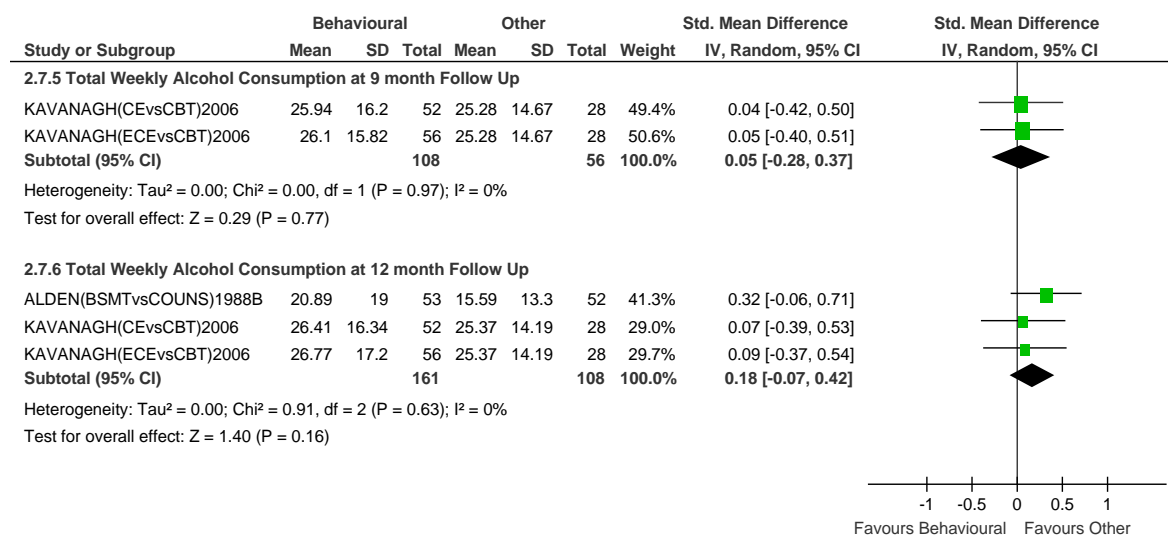
Amount of alcohol consumed post-treatment



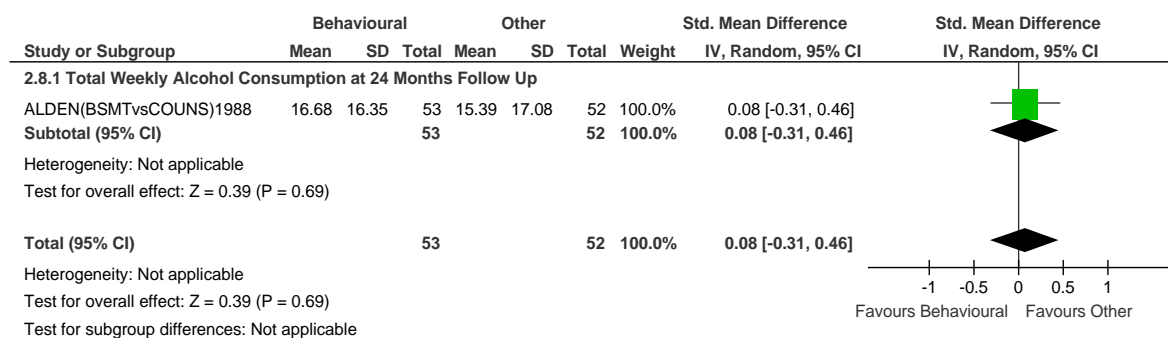
Amount of alcohol consumed Up to 6-month follow-up



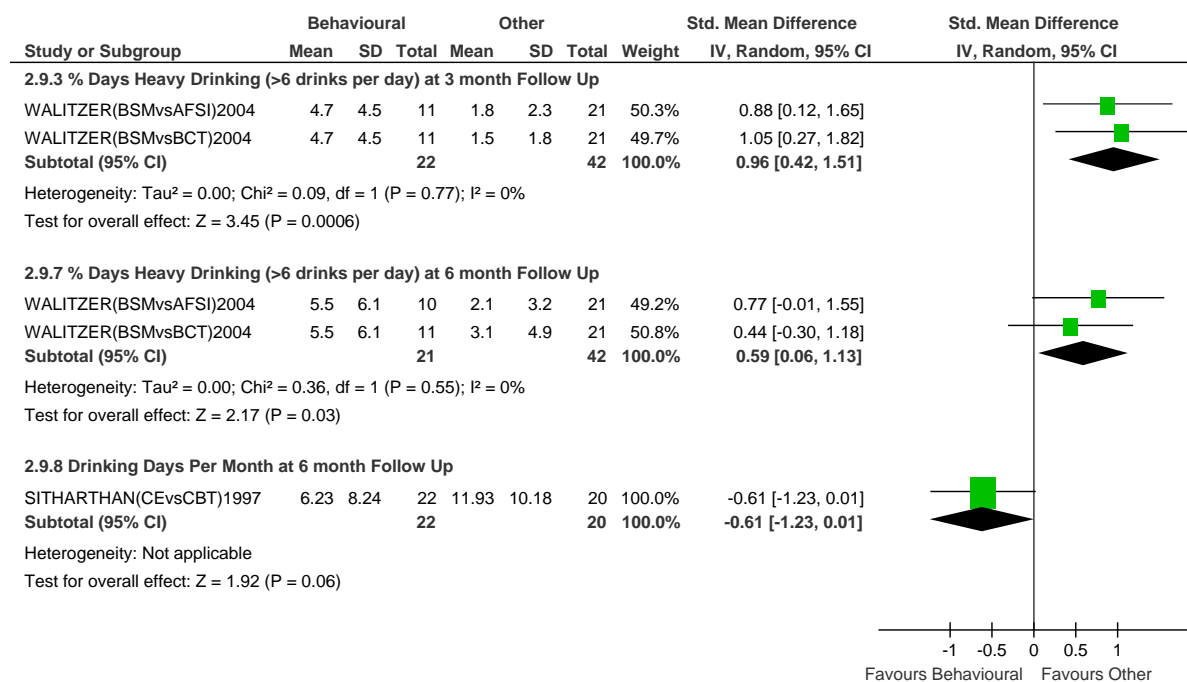
Amount of alcohol consumed per week 7- to 12-month follow-up



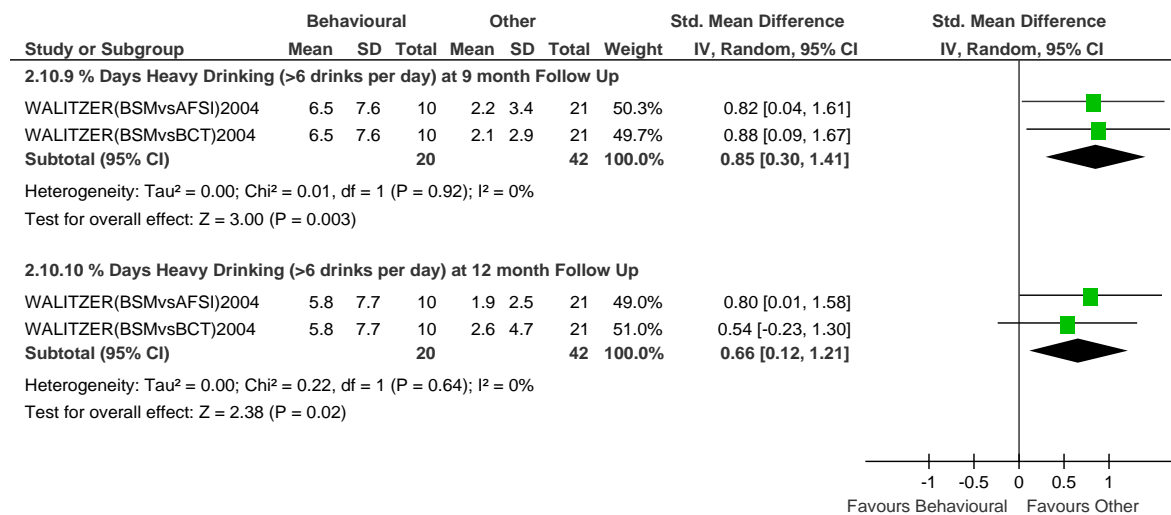
Amount of alcohol consumed per week >12-month follow-up



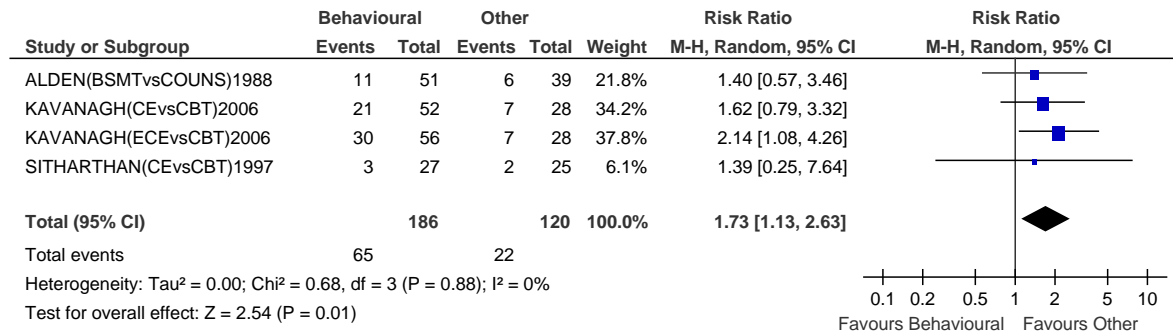
Rates of consumption up to 6-month follow-up



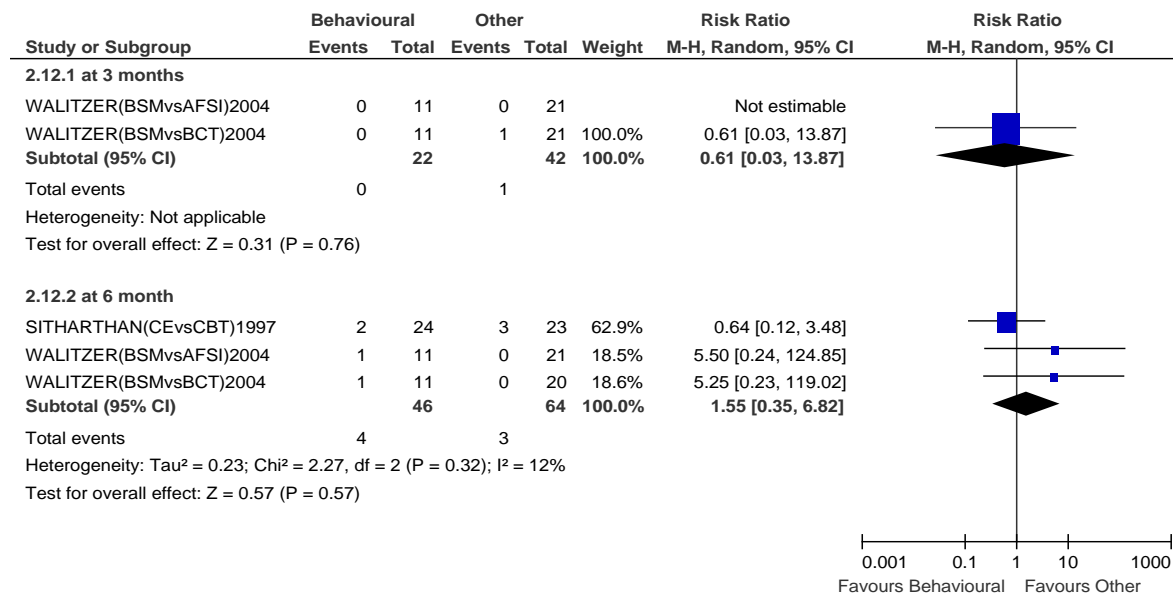
Rates of consumption up to 7- to 12-month follow-up



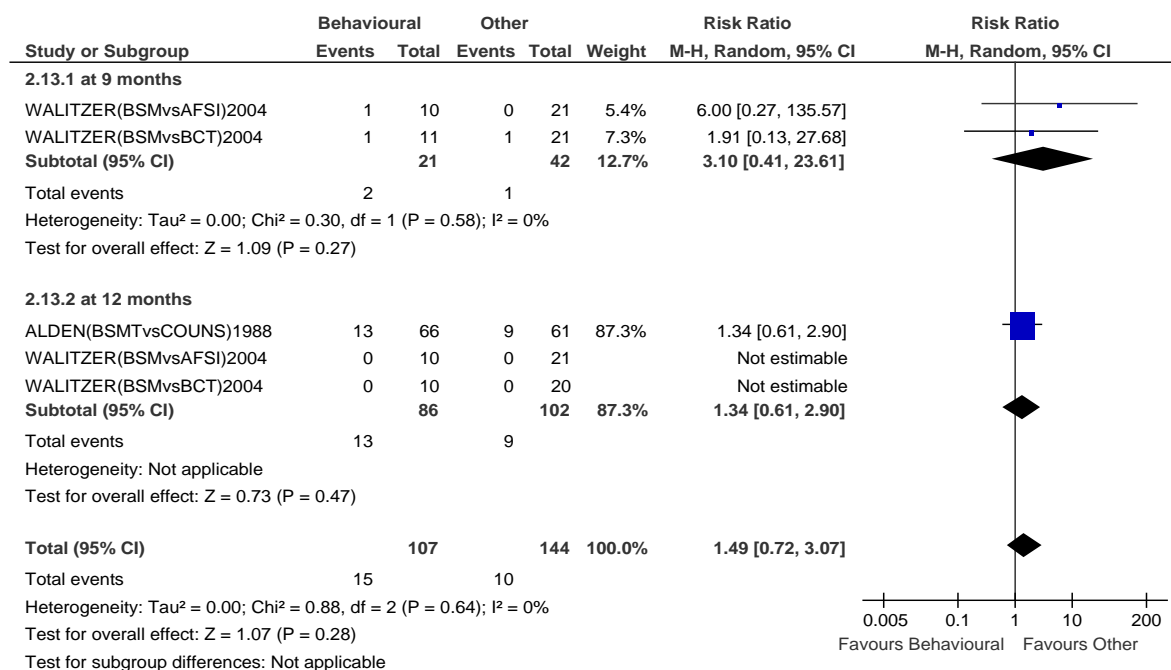
Attrition (dropout) post-treatment



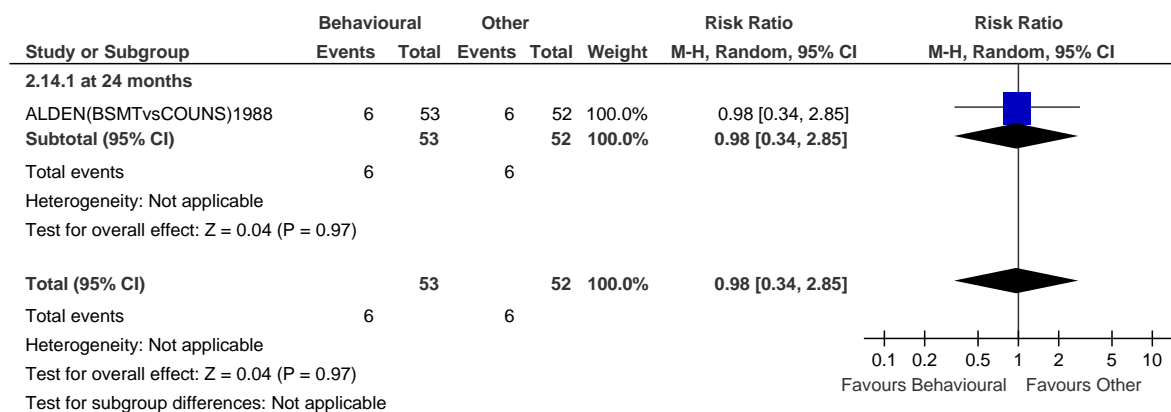
Attrition (dropout) up to 6-month follow-up



Attrition (dropout) 7- to 12-month follow-up



Attrition (dropout) >12-month follow-up

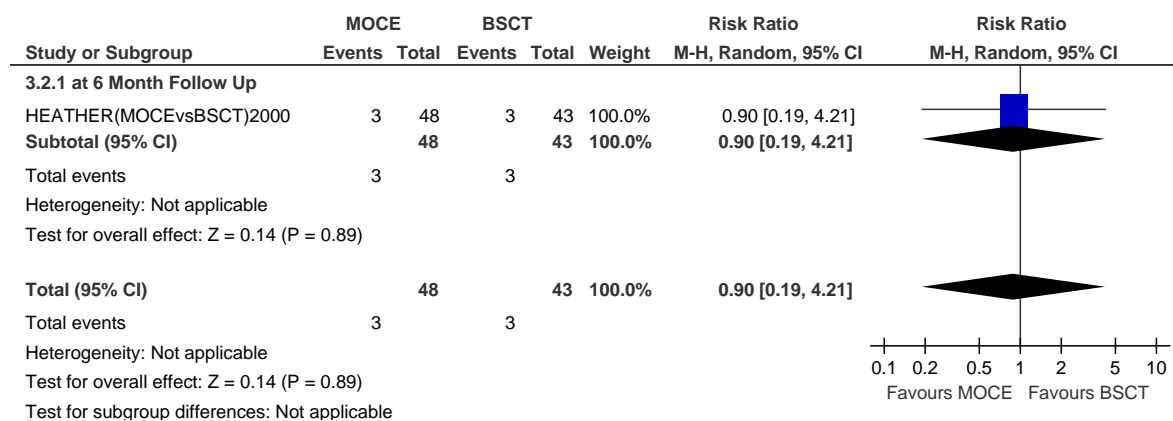


Behavioural therapy versus behavioural therapy

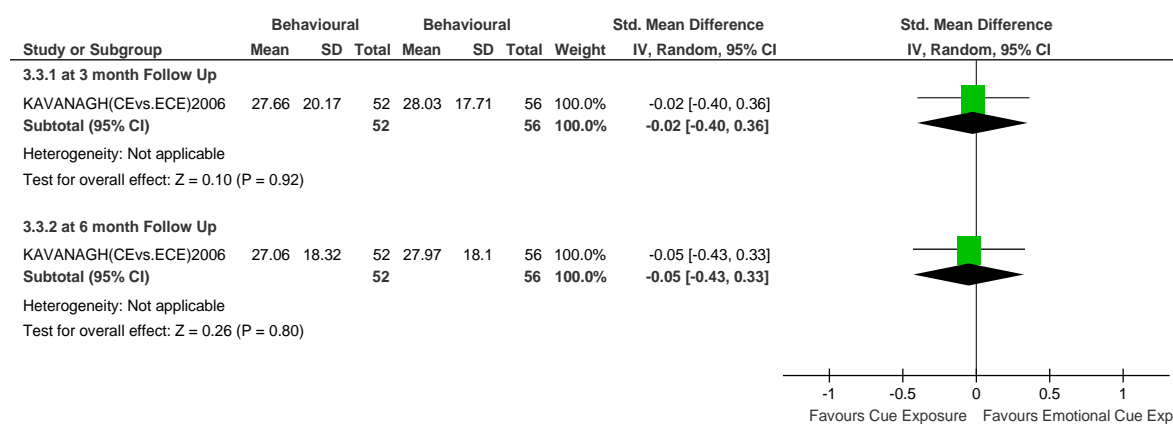
Abstinent post-treatment



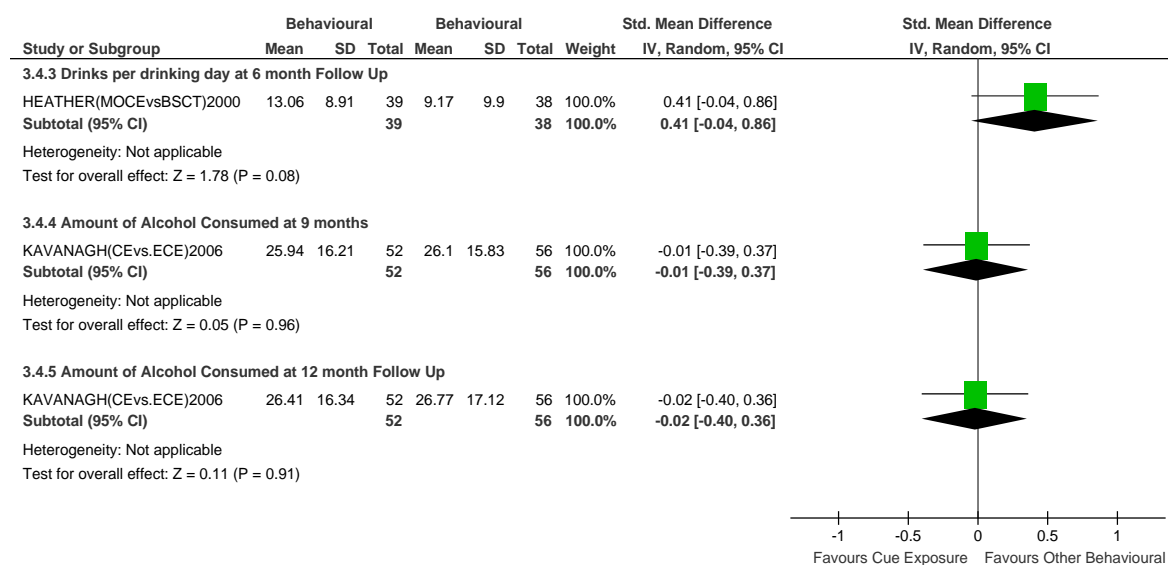
Abstinent up to 6-month follow-up



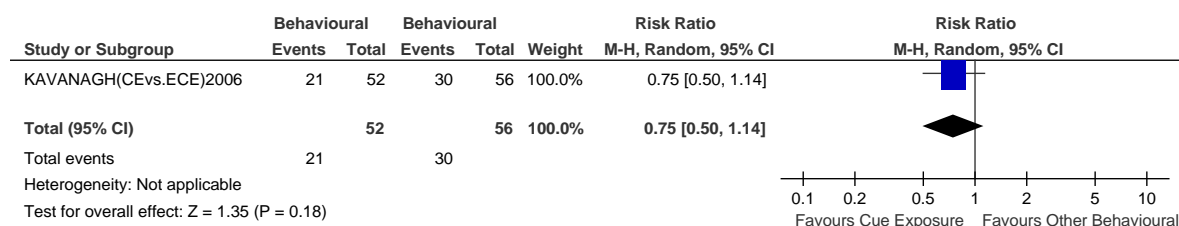
Amount of alcohol consumed up to 6-month follow-up



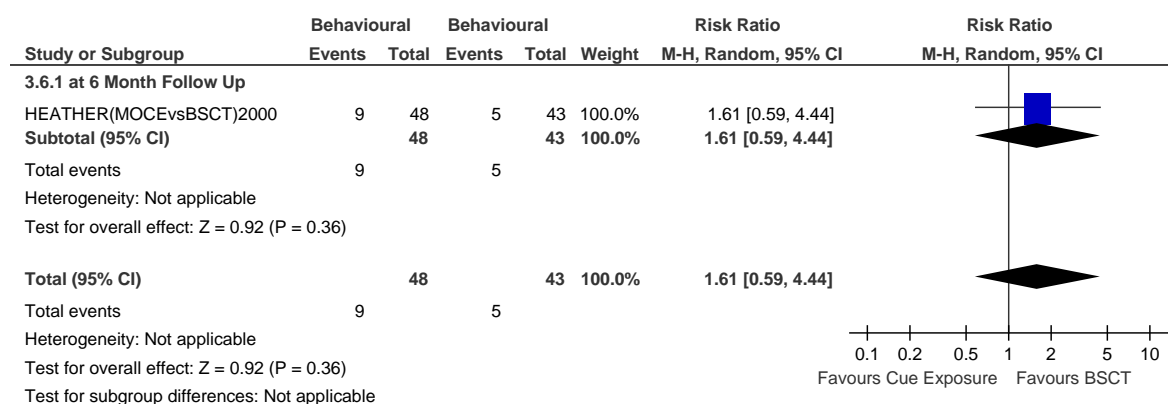
Amount of alcohol consumed 7- to 12-month follow-up



Attrition (dropout) post-treatment



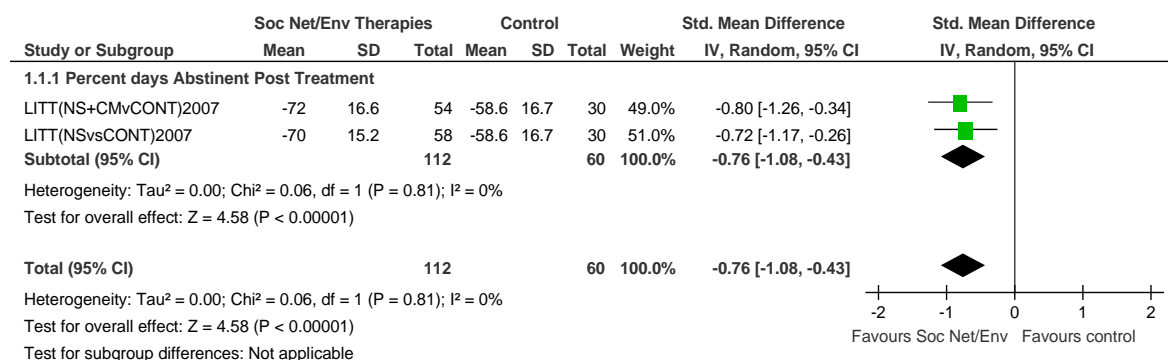
Attrition (dropout) up to 6-month follow-up



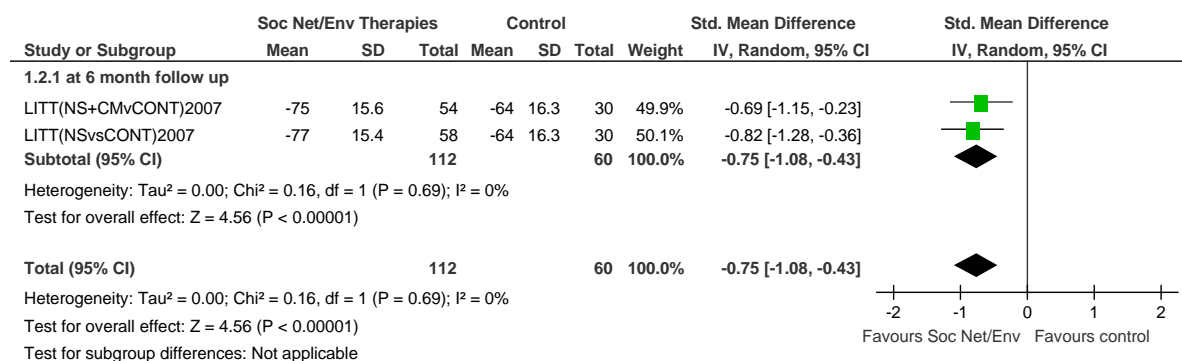
Social network/environment-based therapies

Social network/environment-based therapies versus control

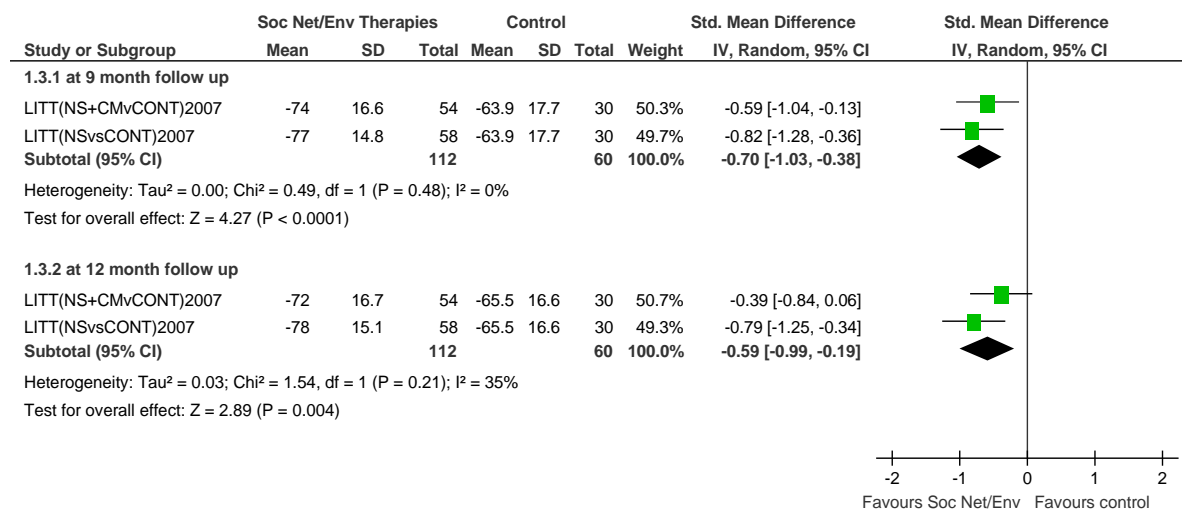
Abstinent post-treatment



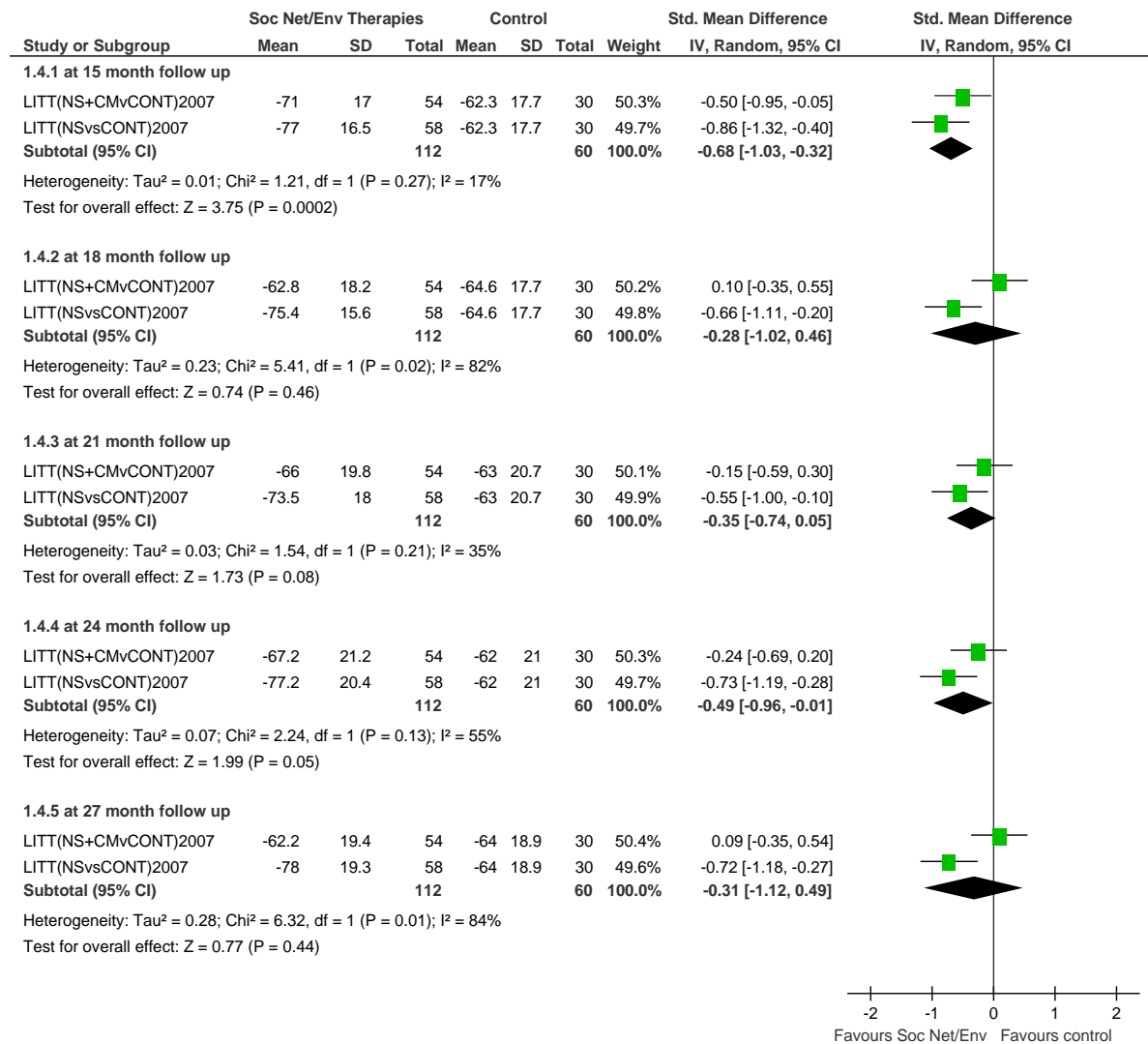
Abstinent up to 6-month follow-up



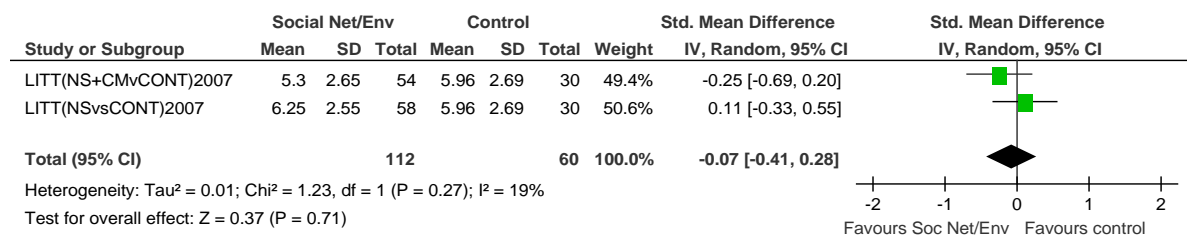
Abstinent 7- to 12-month follow-up



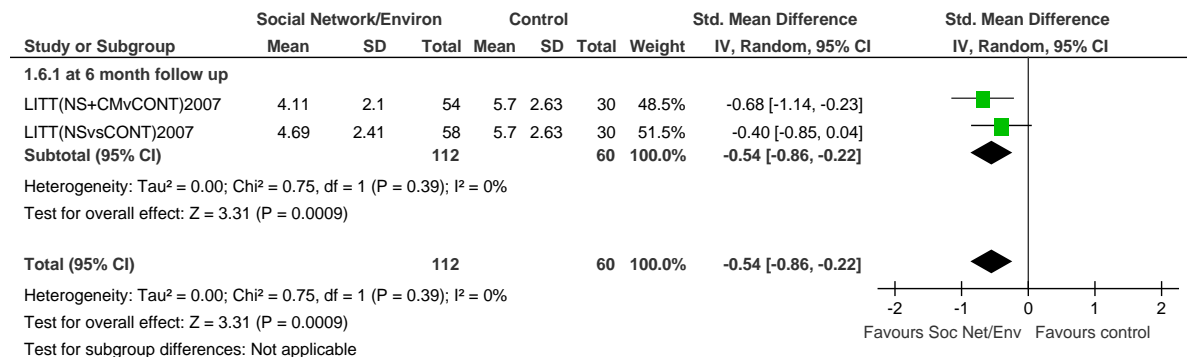
Abstinent >12-month follow-up



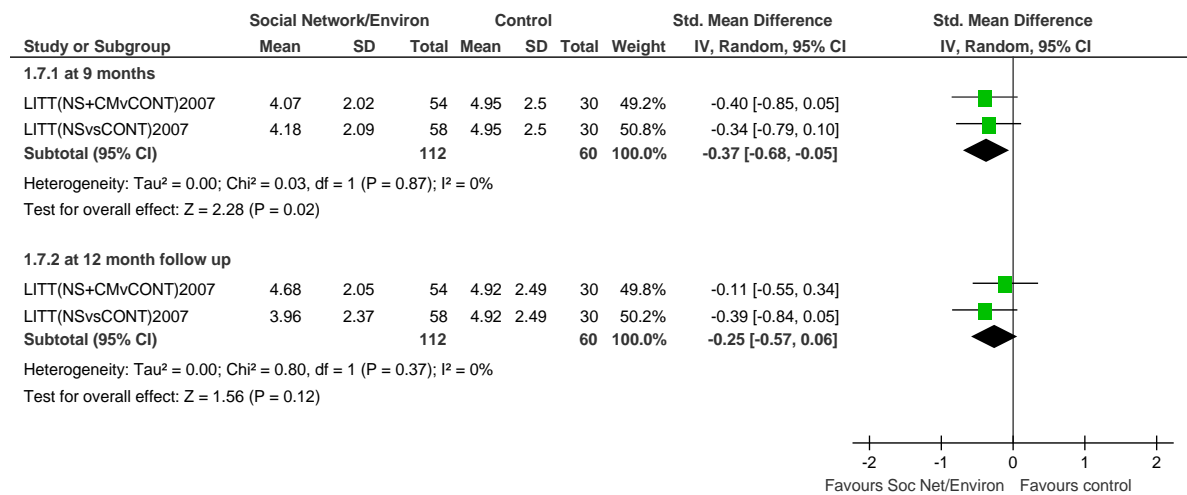
Amount of alcohol consumed (DDD) post-treatment



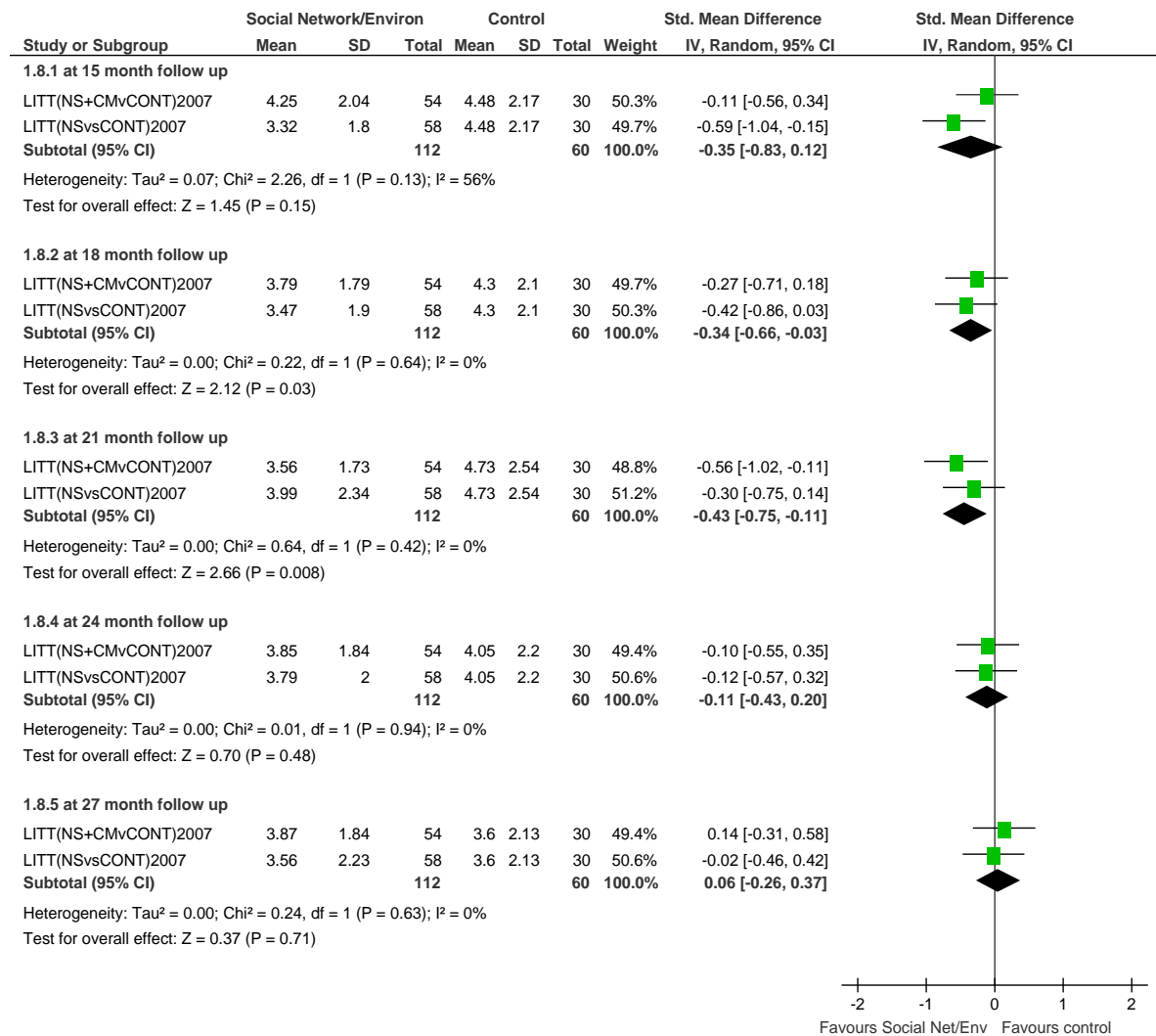
Amount of alcohol consumed (DDD) up to 6-month follow-up



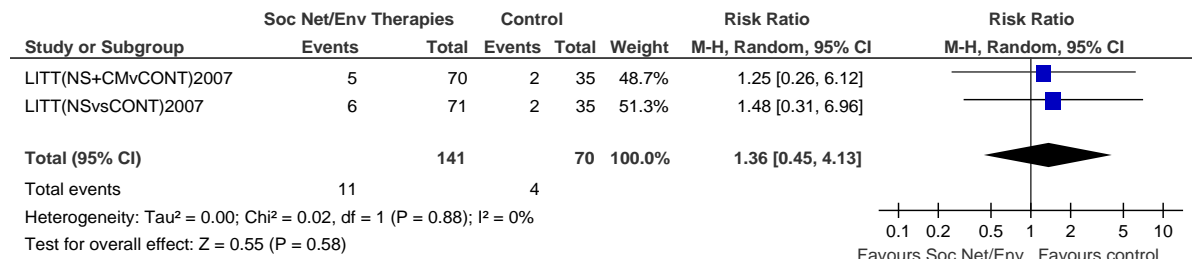
Amount of alcohol consumed (DDD) 7- to 12-month follow-up



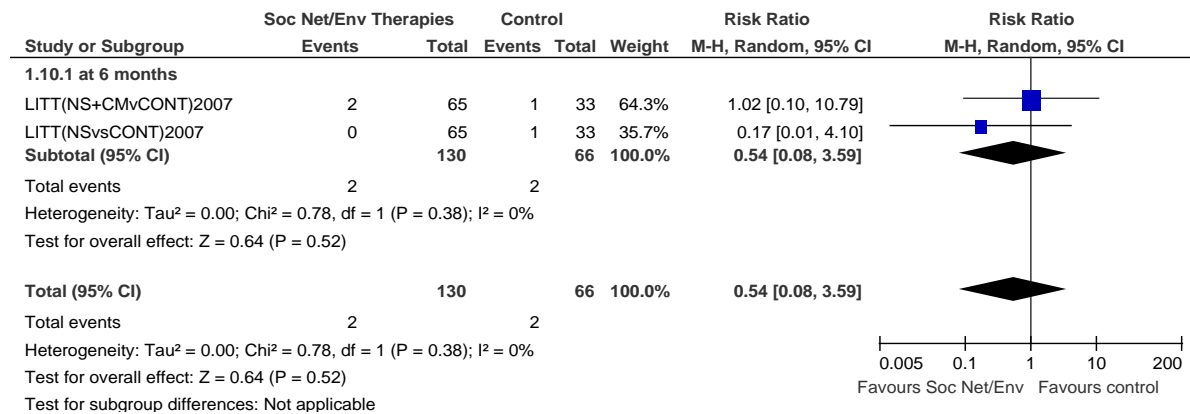
Amount of alcohol consumed (DDD) >12-month follow-up



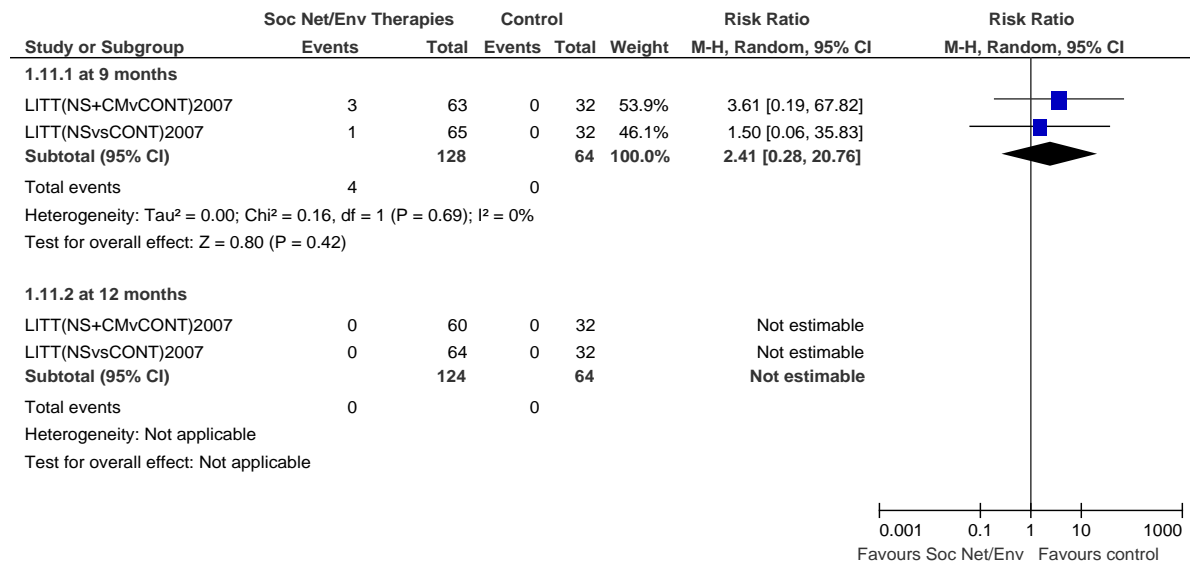
Attrition post-treatment



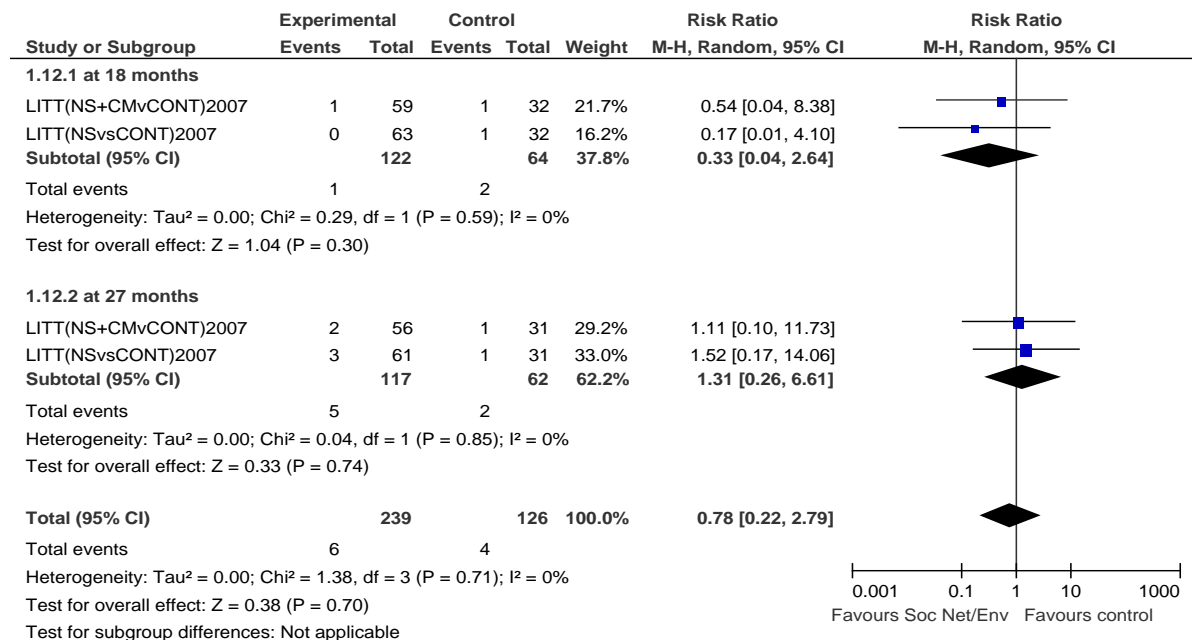
Attrition up to 6-month follow-up



Attrition 7- to 12-month follow-up

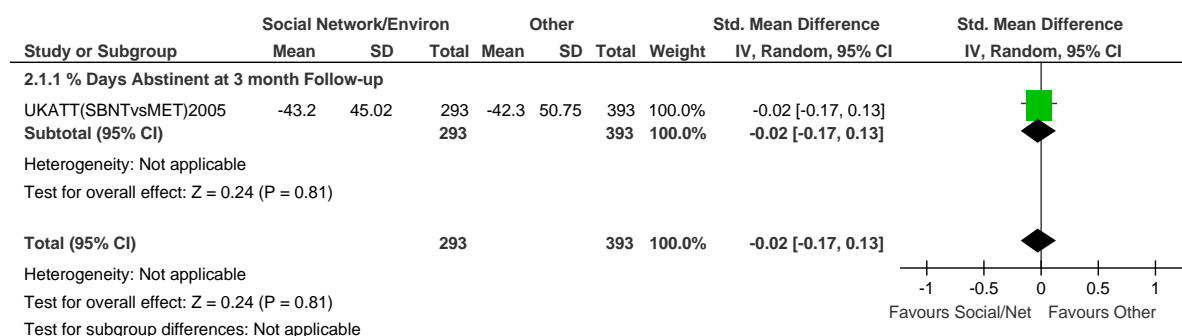


Attrition >12-month follow-up

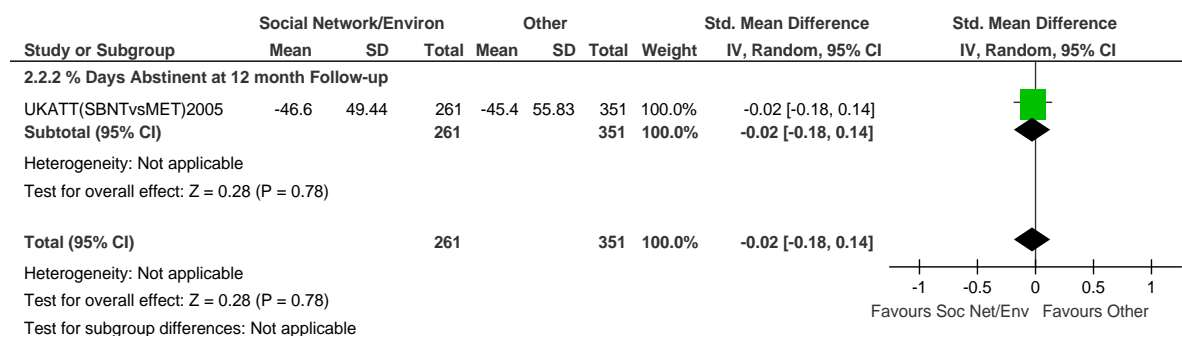


Social network/environment based therapies versus other intervention

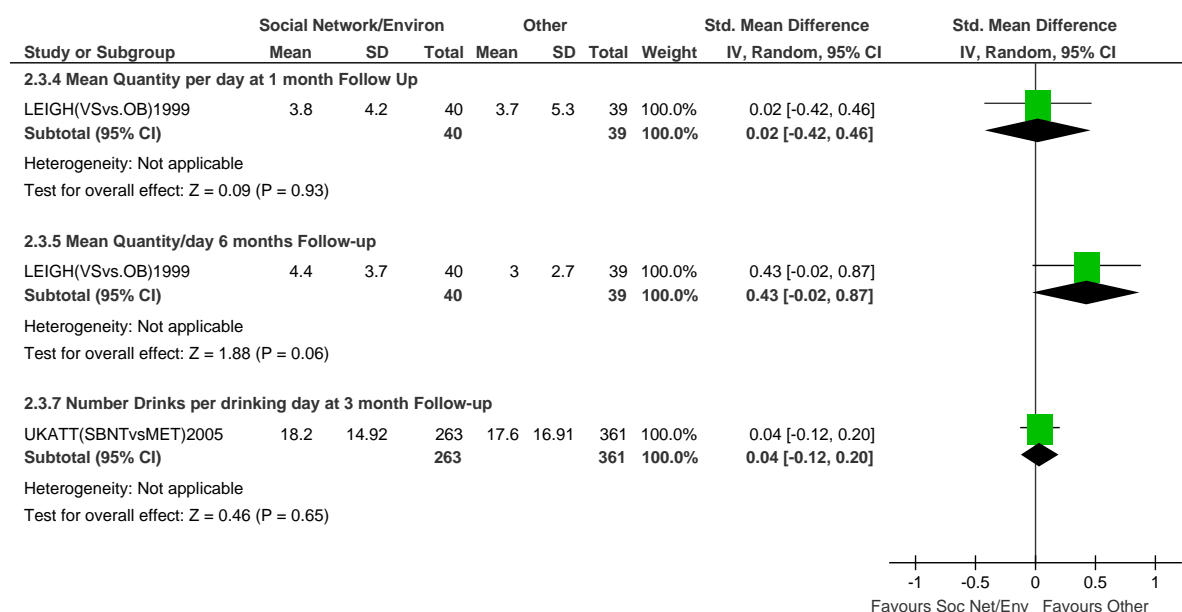
Abstinent up to 6-month follow-up



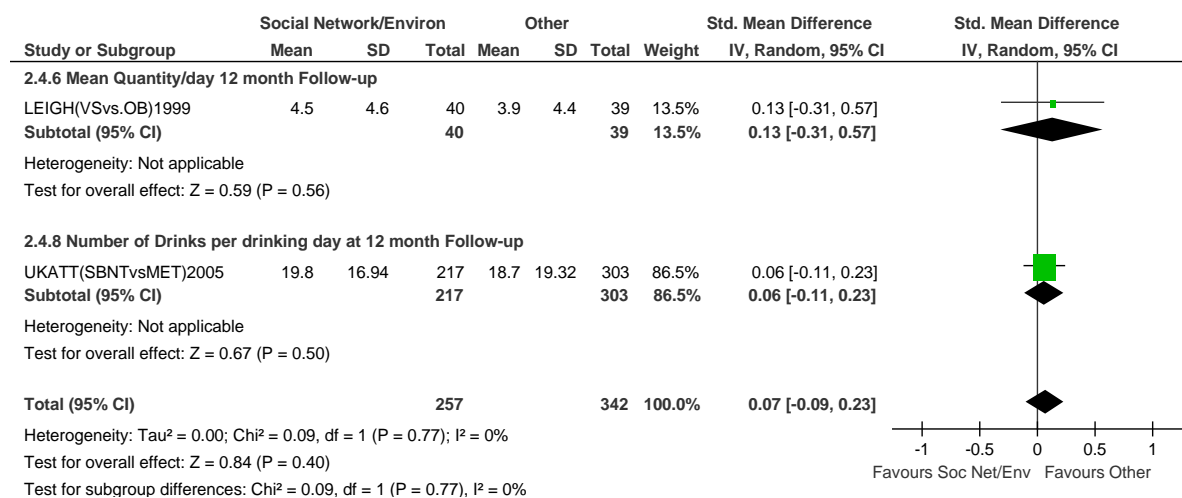
Abstinent 7- to 12-month follow-up



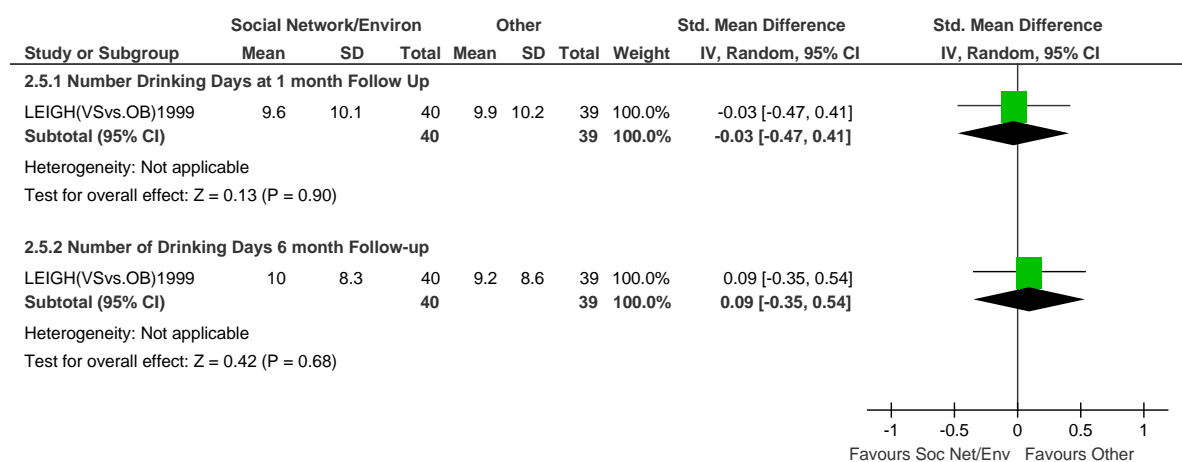
Amount of alcohol consumed up to 6-month follow-up



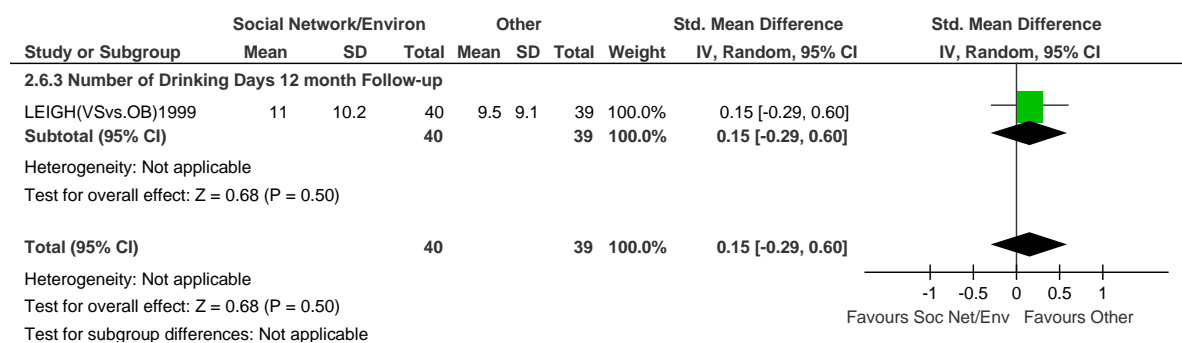
Amount of alcohol consumed 7- to 12-month at follow-up



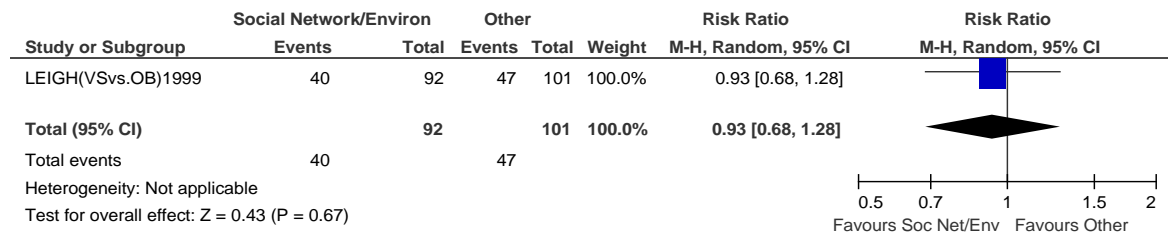
Rate of consumption up to 6-month follow-up



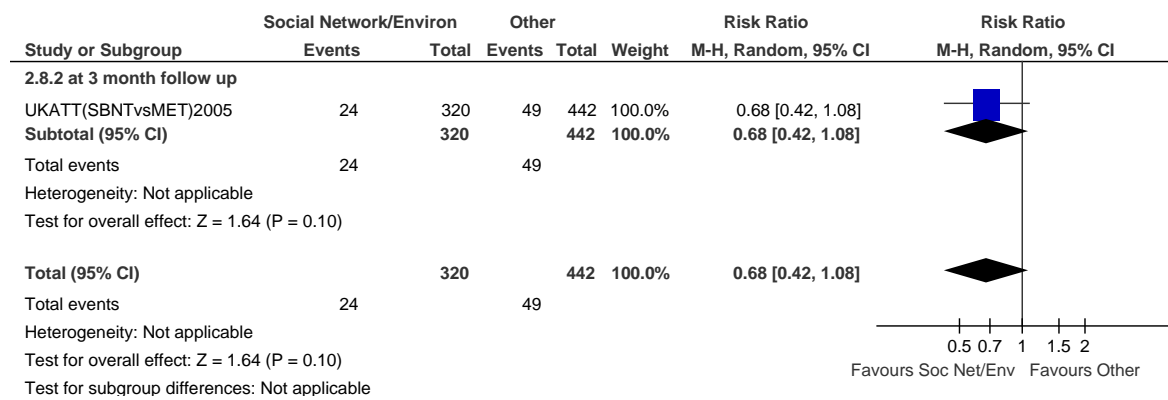
Rate of consumption at 7- to 12-month follow-up



Attrition (dropout) post-treatment

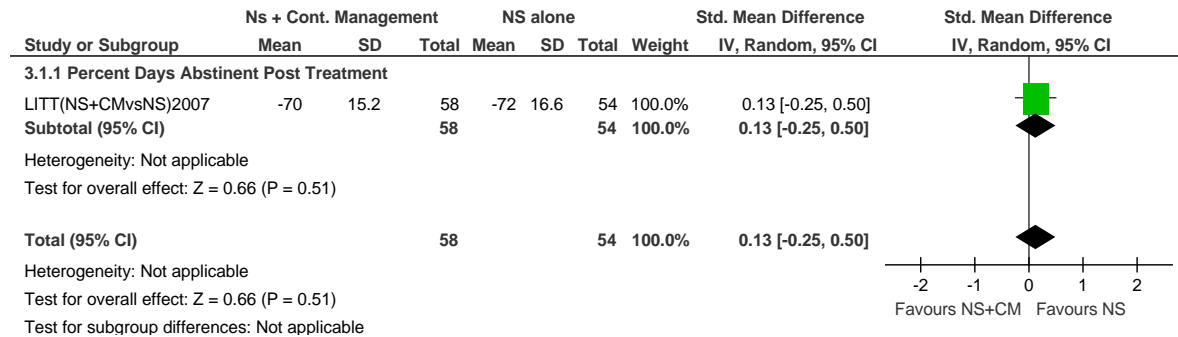


Attrition up to 6-month follow-up

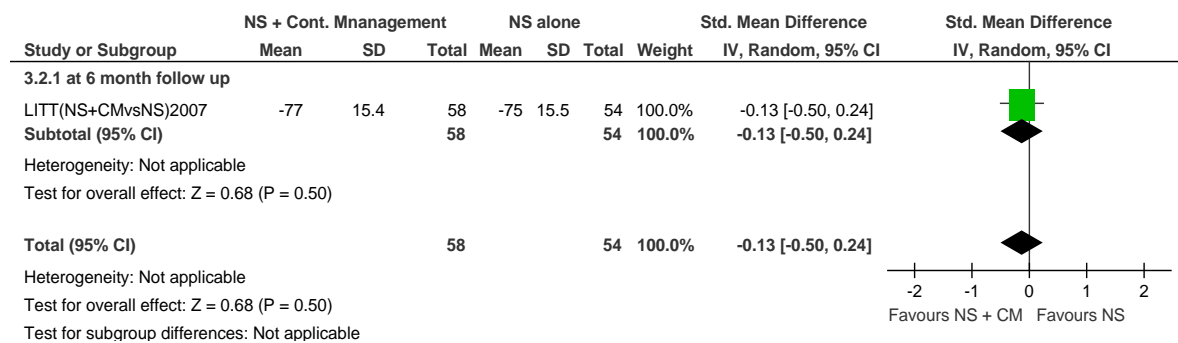


Social network/environment-based therapies versus social network/environment-based therapies

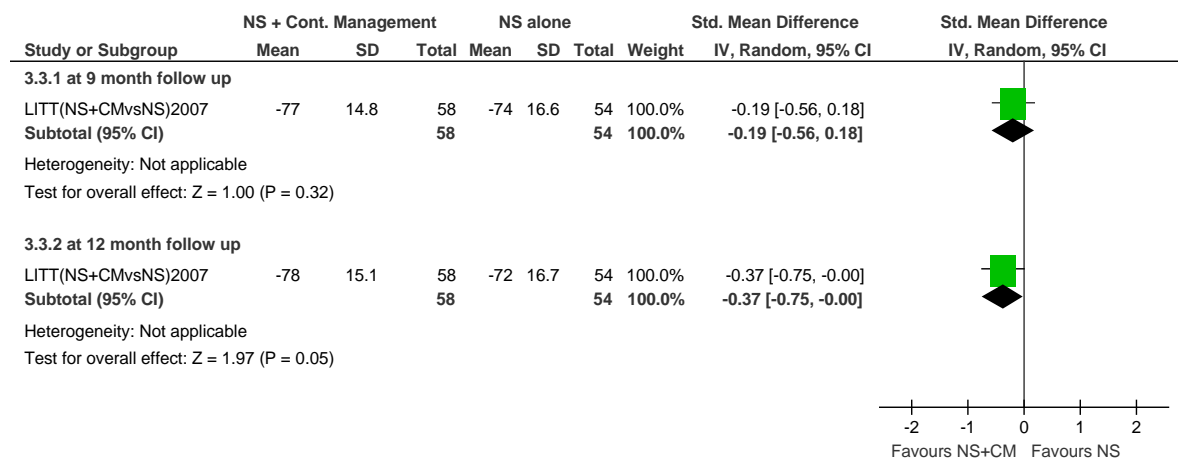
Abstinent post-treatment



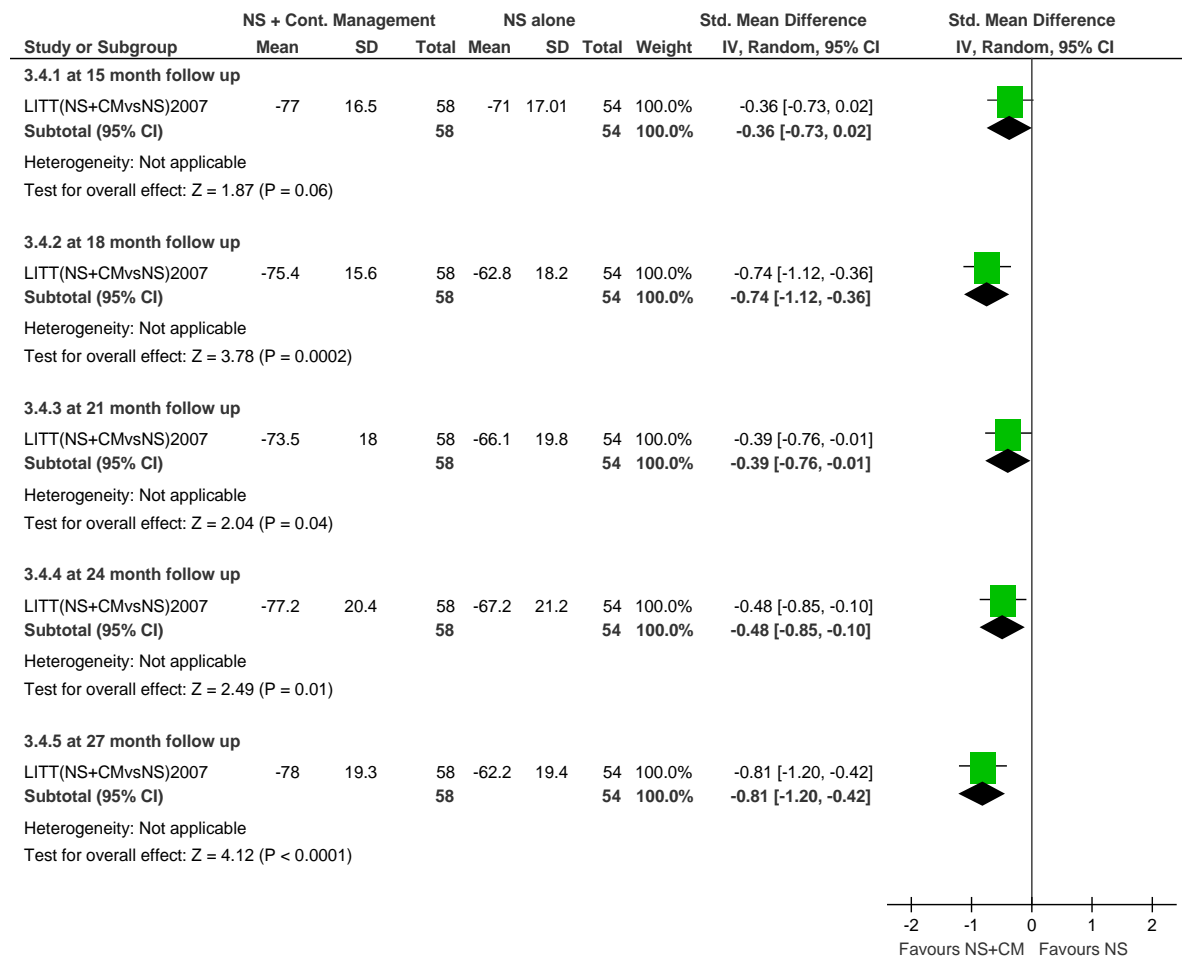
Abstinent up to 6-month follow-up



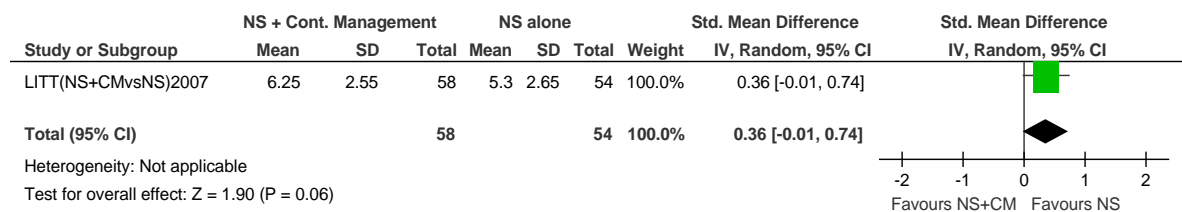
Abstinent 7- to 12-month follow-up



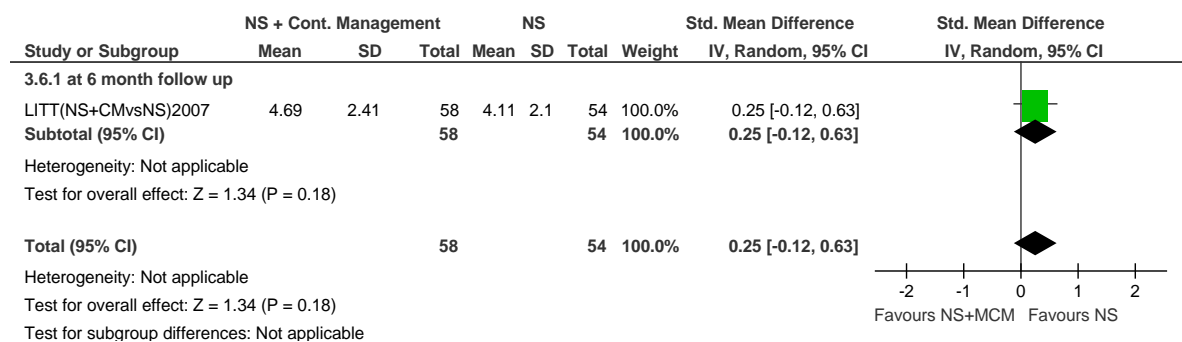
Abstinent >12-month follow-up



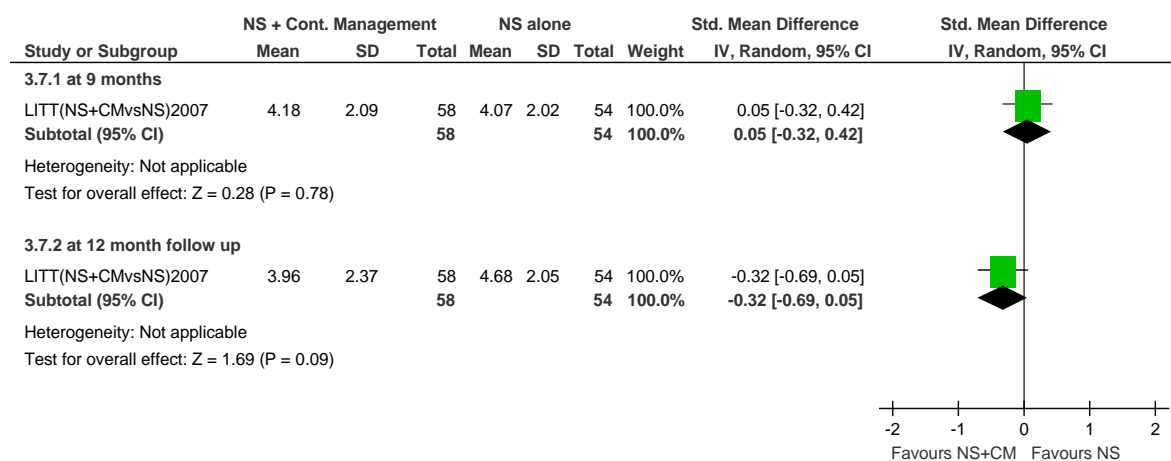
Amount of alcohol consumed (DDD) post-treatment



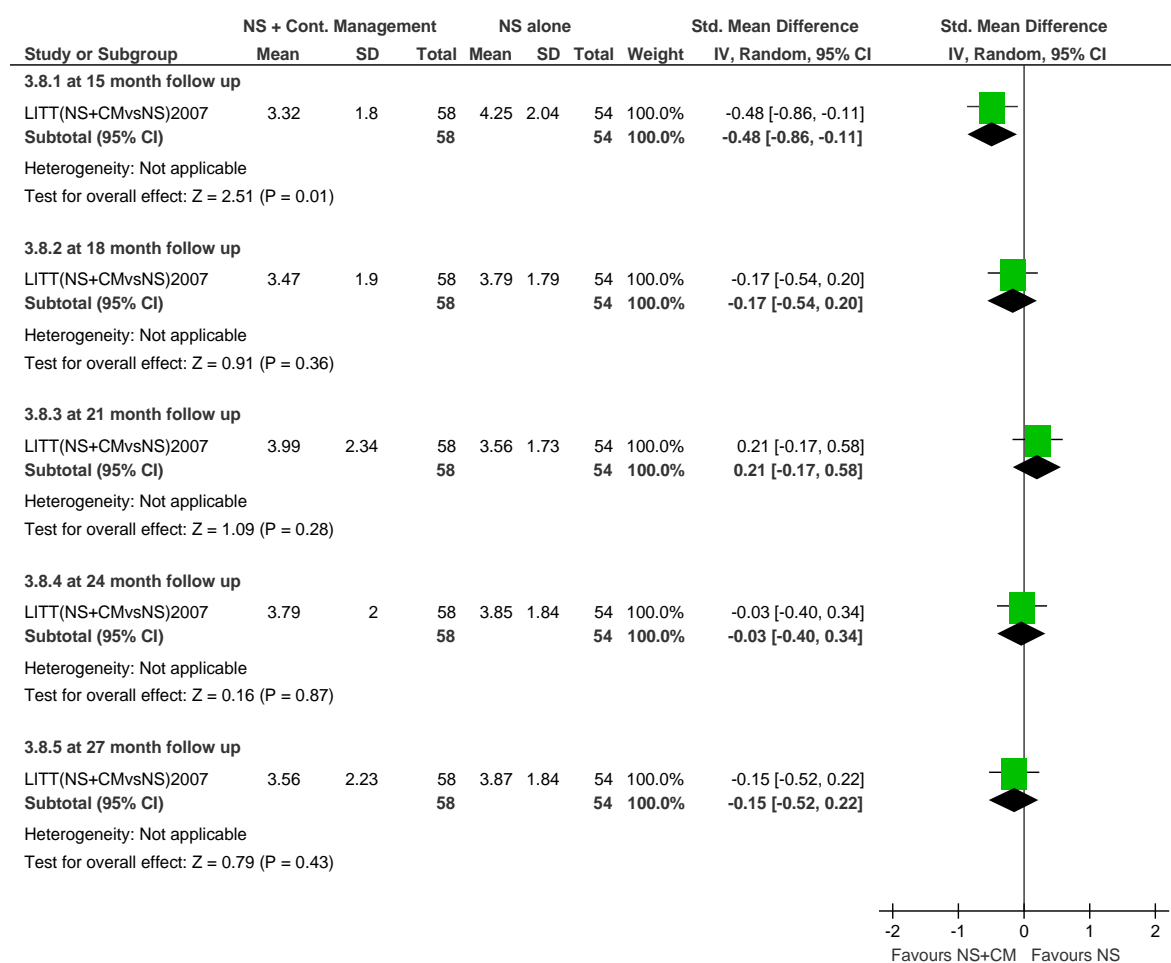
Amount of alcohol consumed (DDD) up to 6-month follow-up



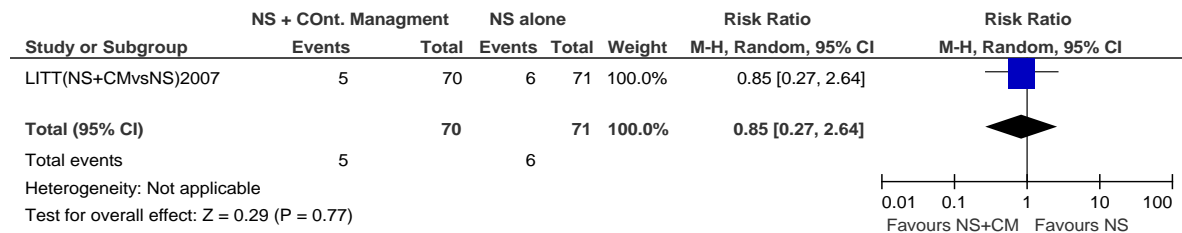
Amount of alcohol consumed (DDD) 7- to 12-month follow-up



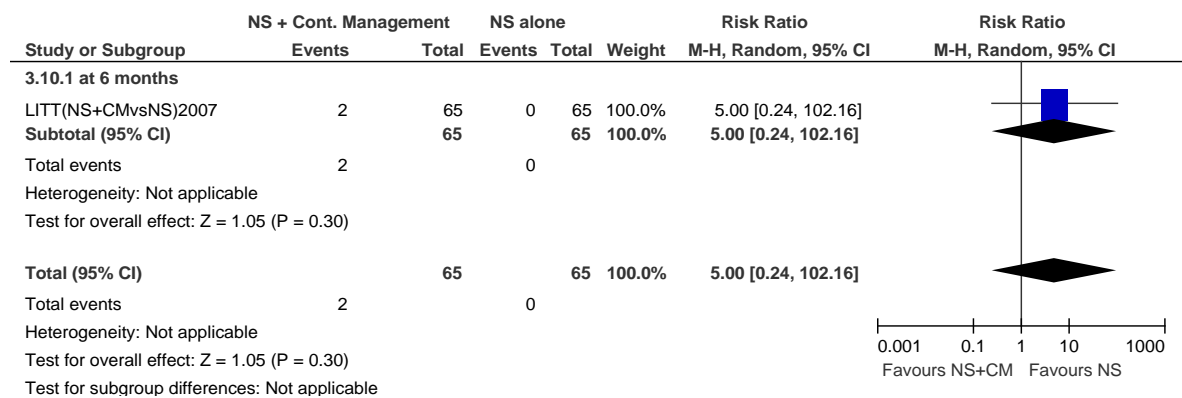
Amount of alcohol consumed (DDD) >12-month follow-up



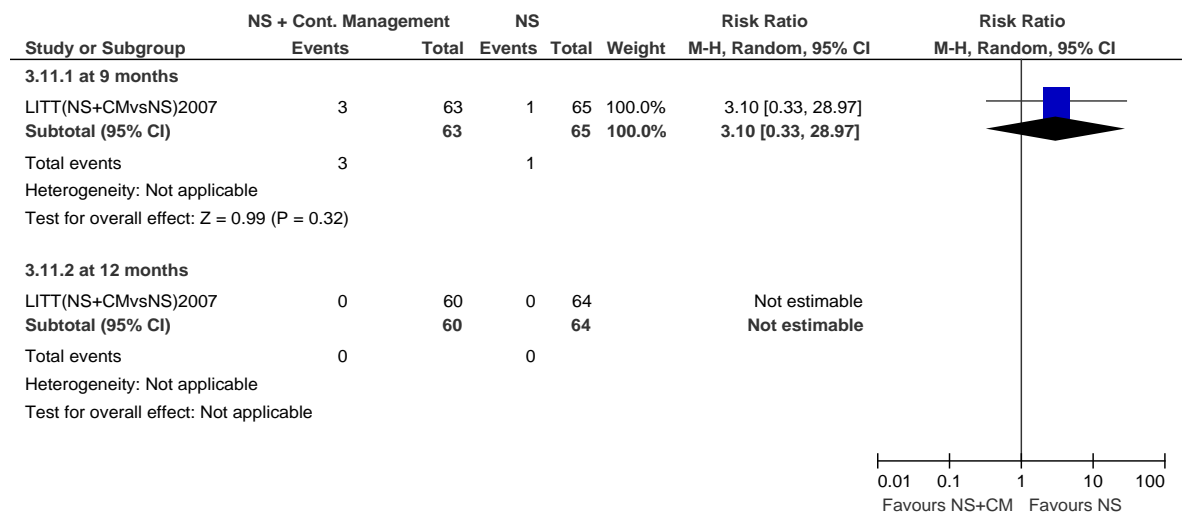
Attrition post-treatment



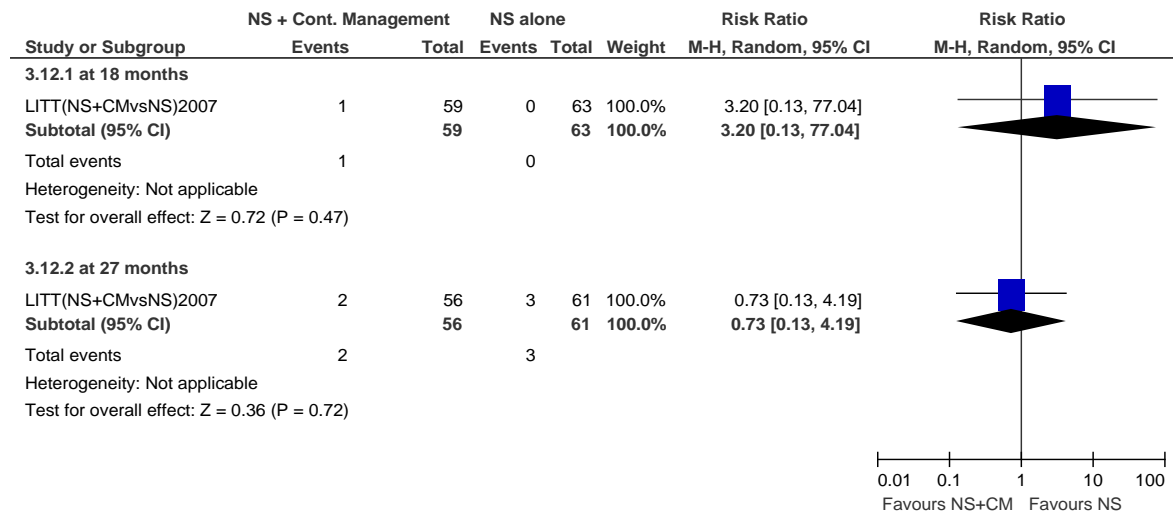
Attrition up to 6-month follow-up



Attrition 7- to 12-month follow-up



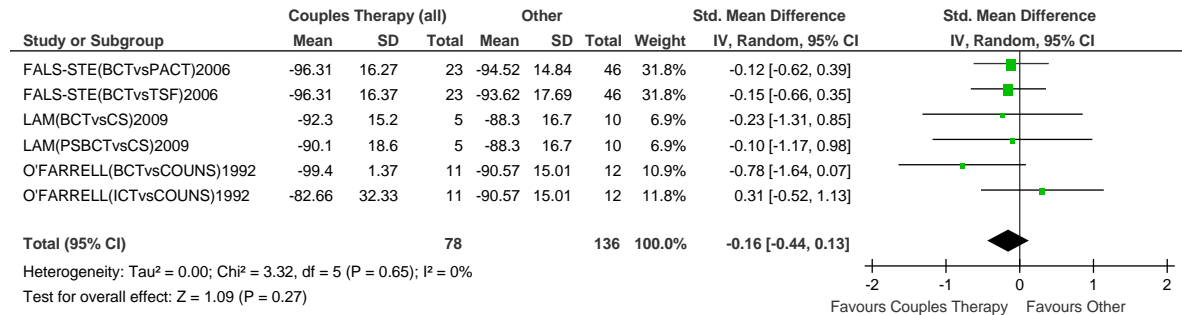
Attrition >12-month follow-up



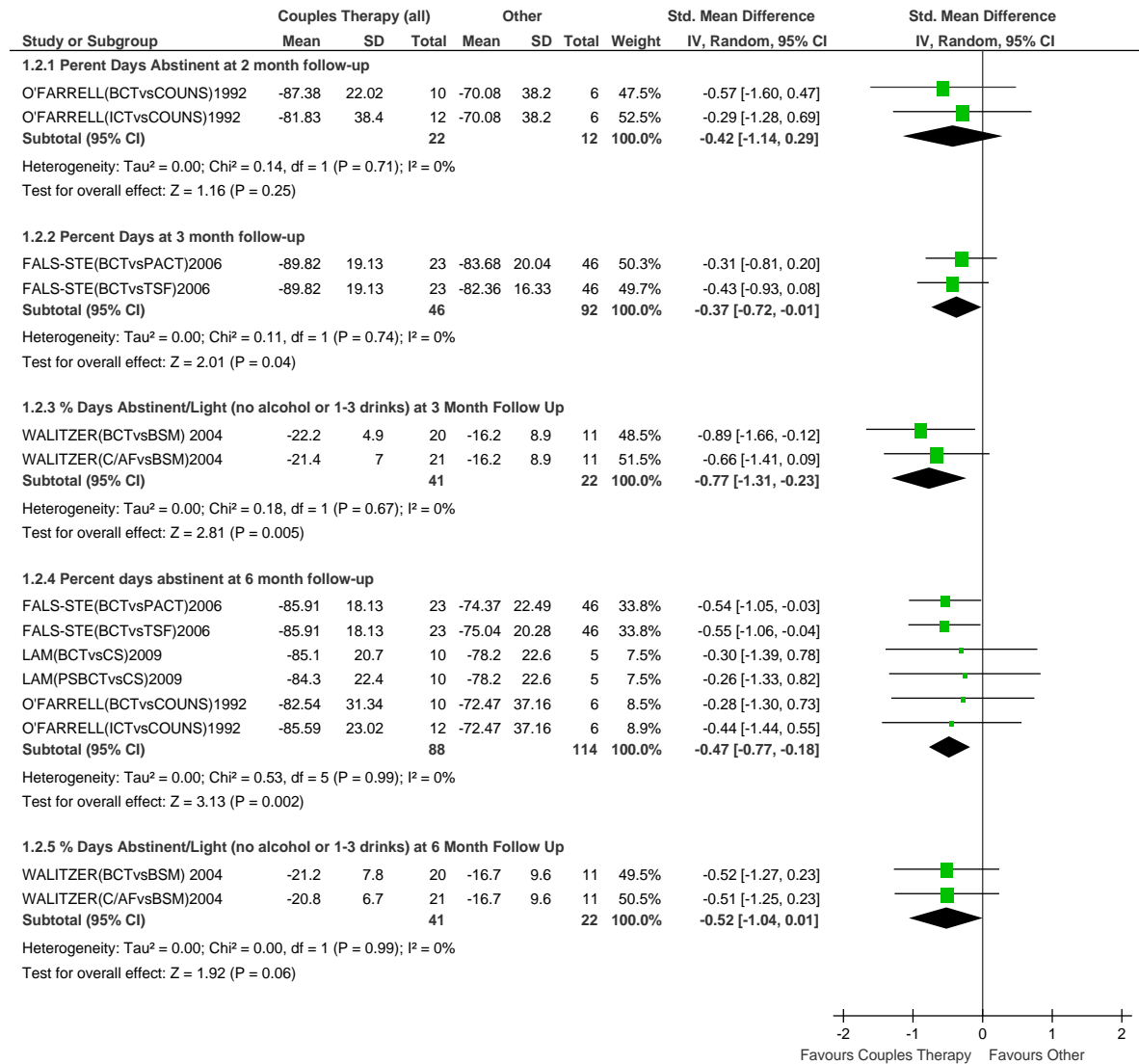
Couples therapy

Couples therapy versus other intervention

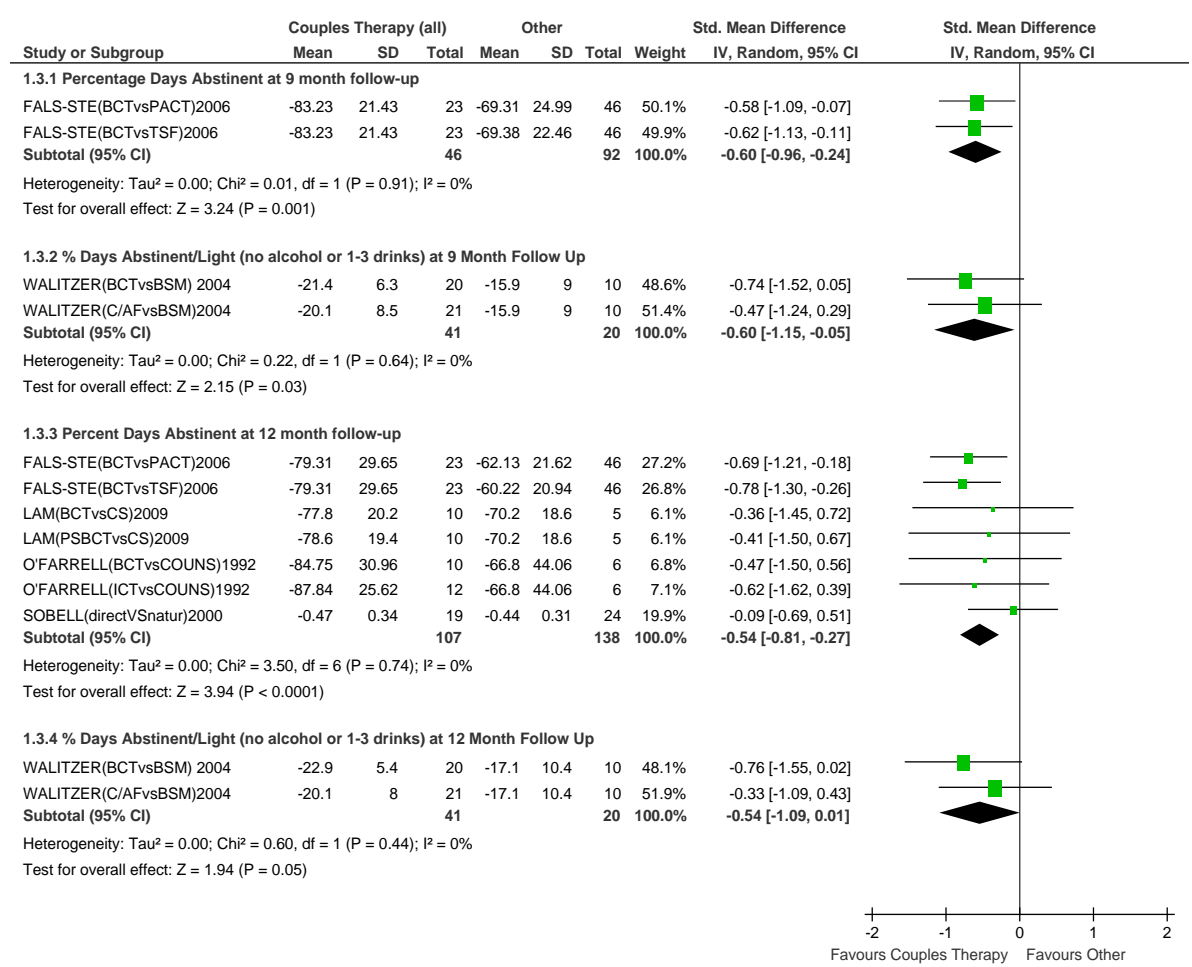
Abstinent (percentage or proportion) post-treatment



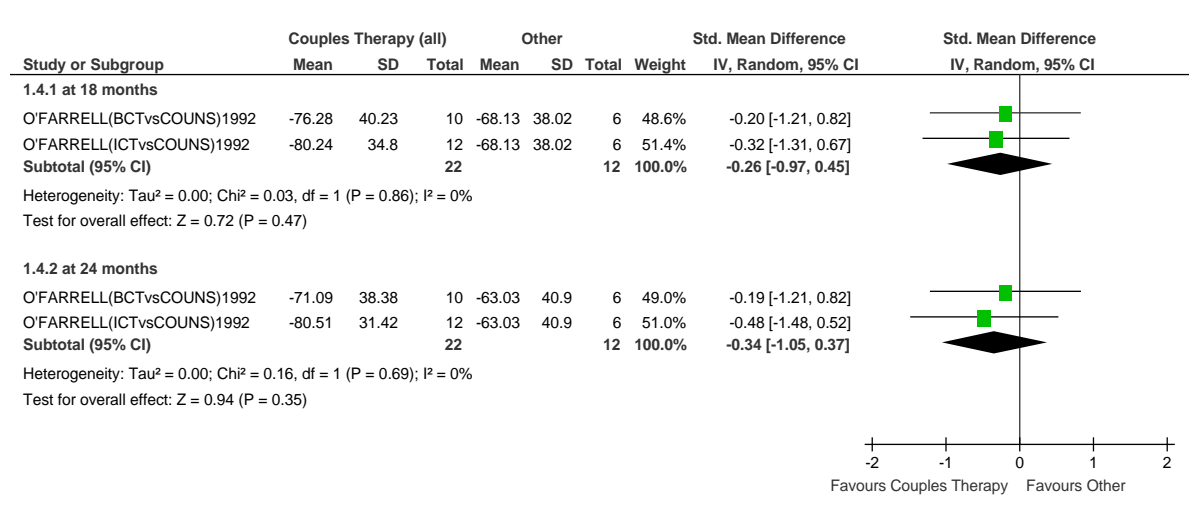
Abstinent (percentage or proportion) up to 6-month follow-up



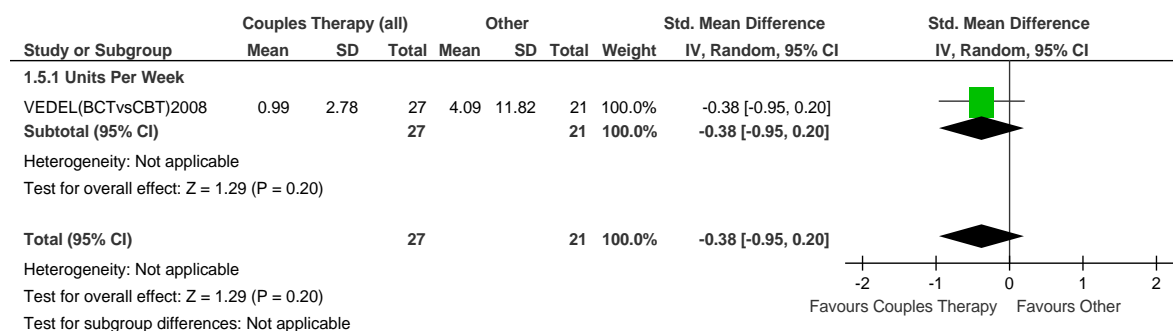
Abstinent (percentage or proportion) 7- to 12-month follow-up



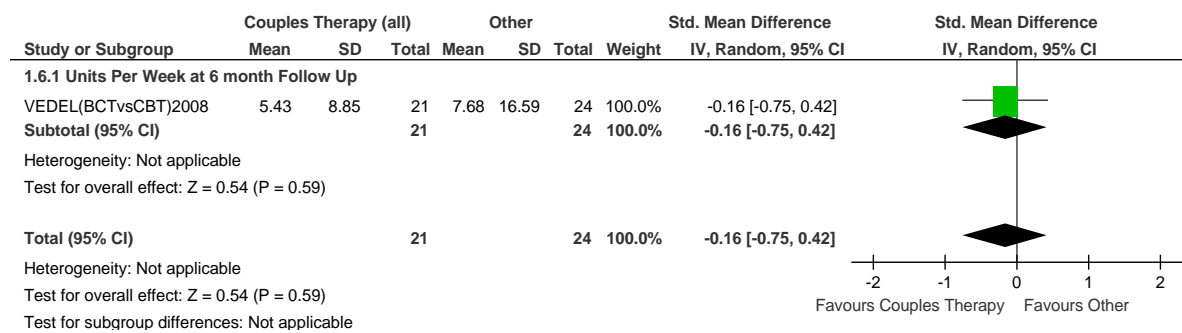
Abstinent (percentage or proportion) >12-month follow-up



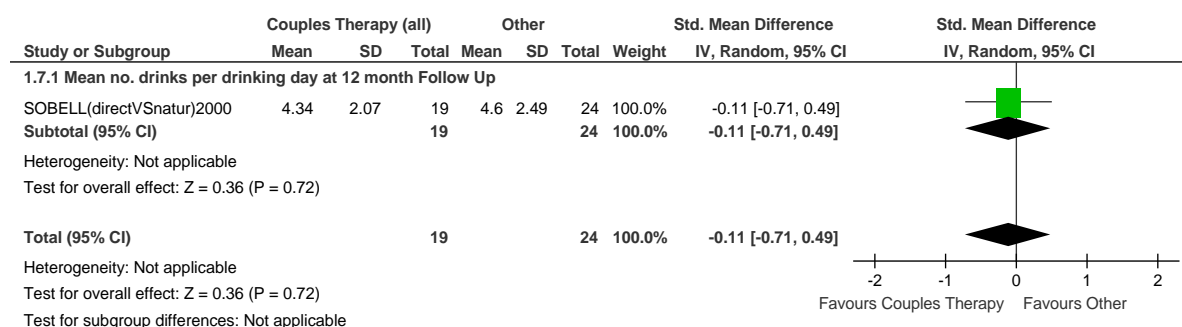
Amount of alcohol consumed post-treatment



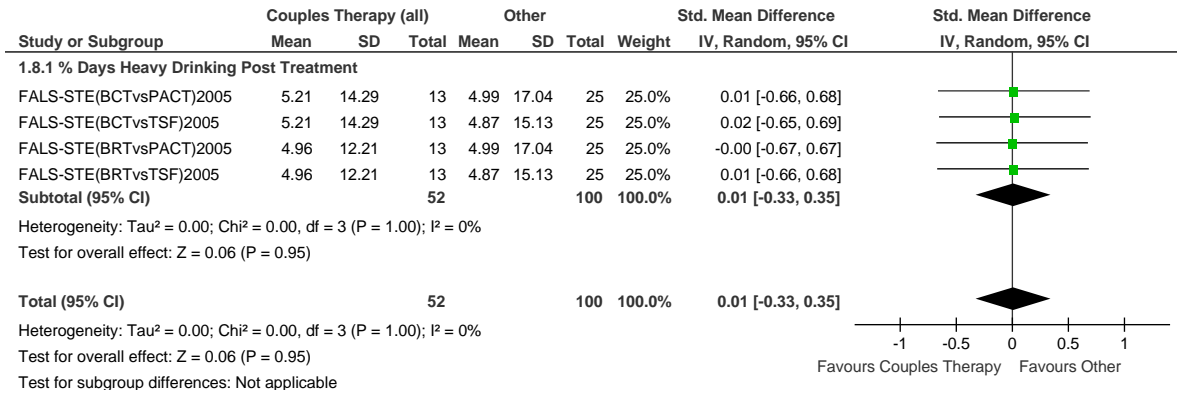
Amount of alcohol consumed up to 6-month follow-up



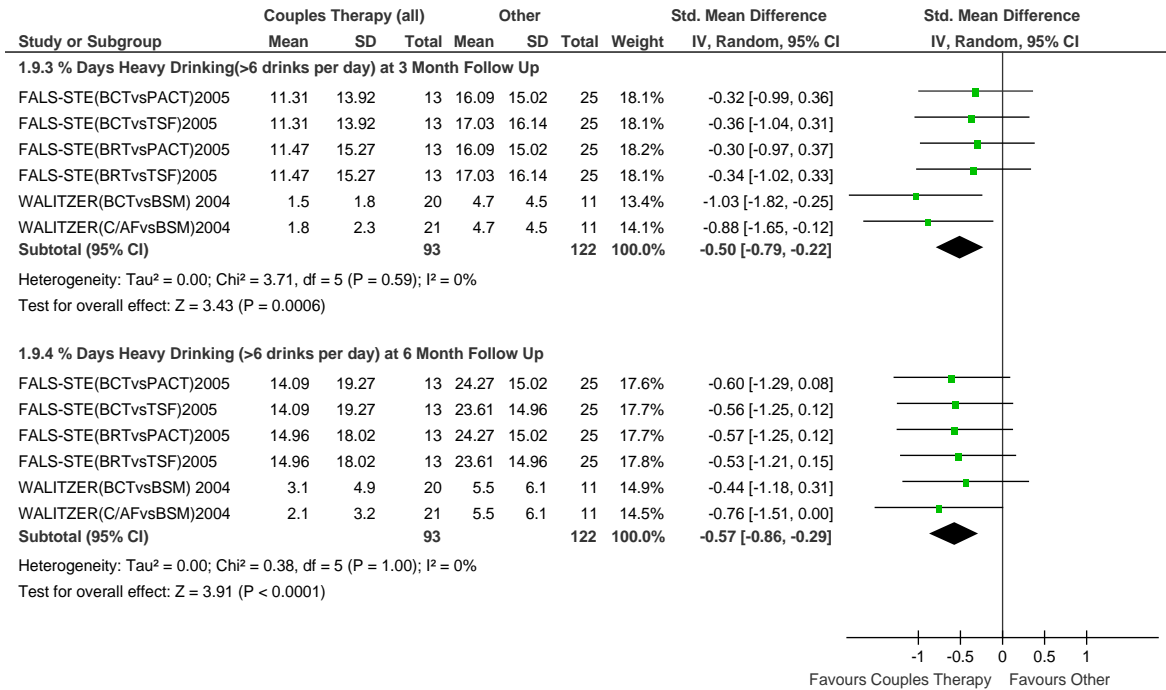
Amount of alcohol consumed at 7- 12-month follow-up



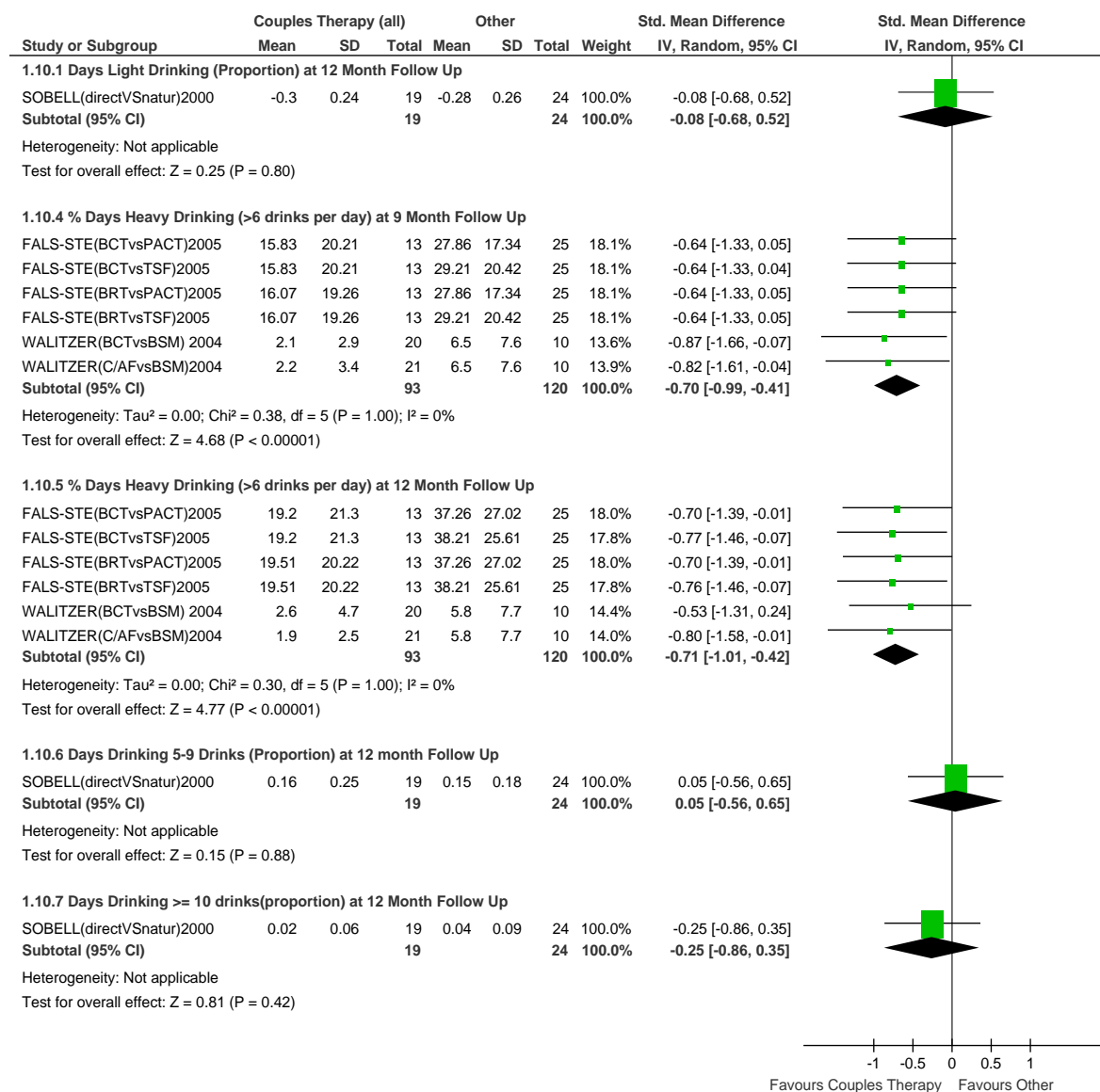
Rates of consumption post-treatment



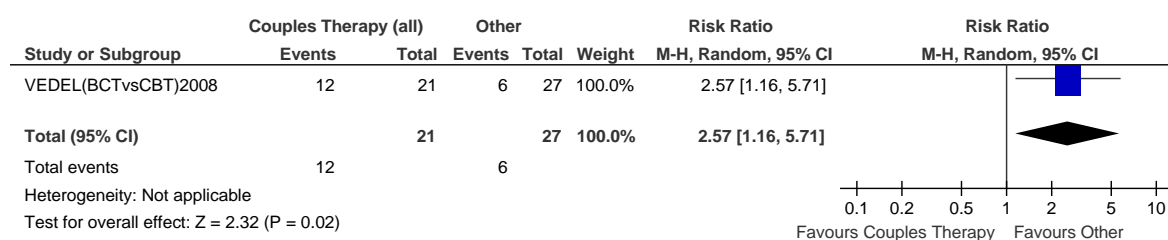
Rates of consumption up to 6-month follow-up



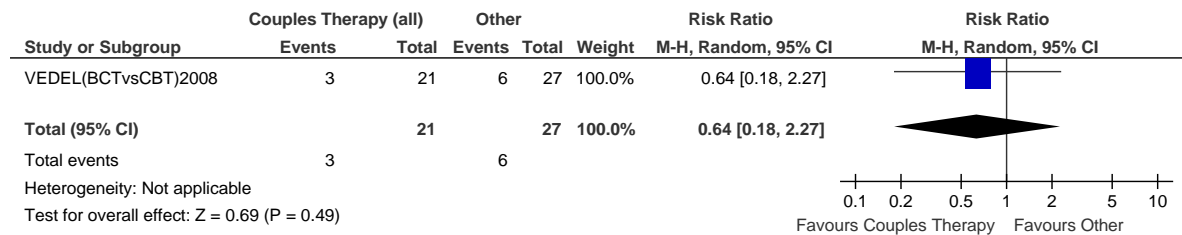
Rates of consumption 7- to 12-month follow-up



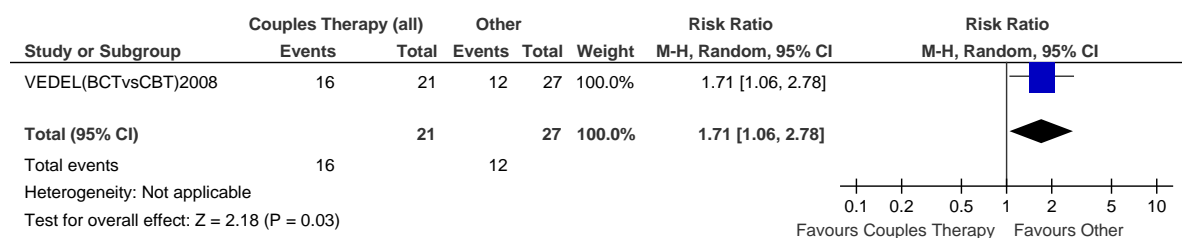
Relapse (at least six units most days of the week) post-treatment



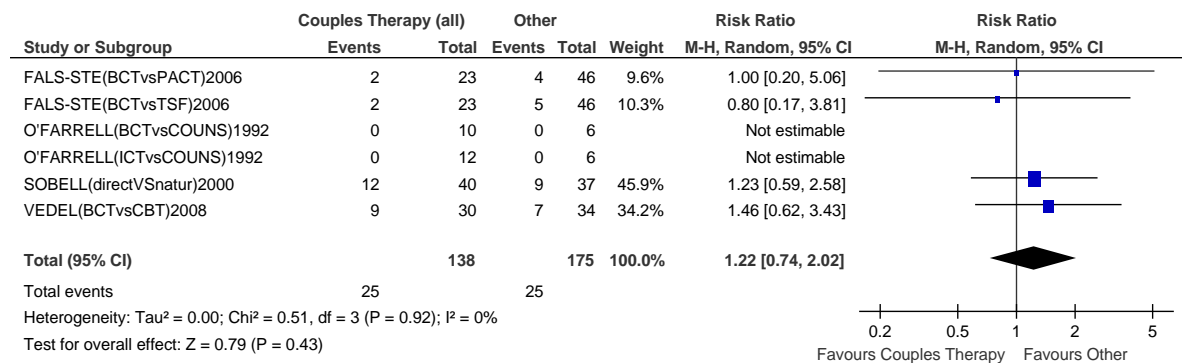
Regular relapse (at least six units a few times a month) post-treatment



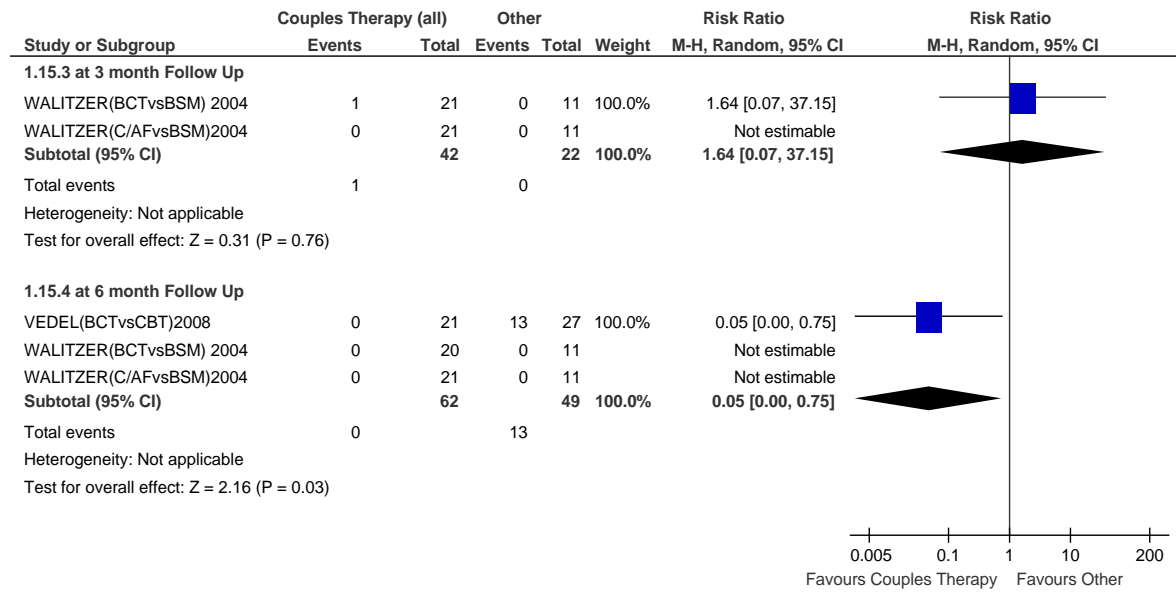
Severe lapse (at least six units on one occasion) post-treatment



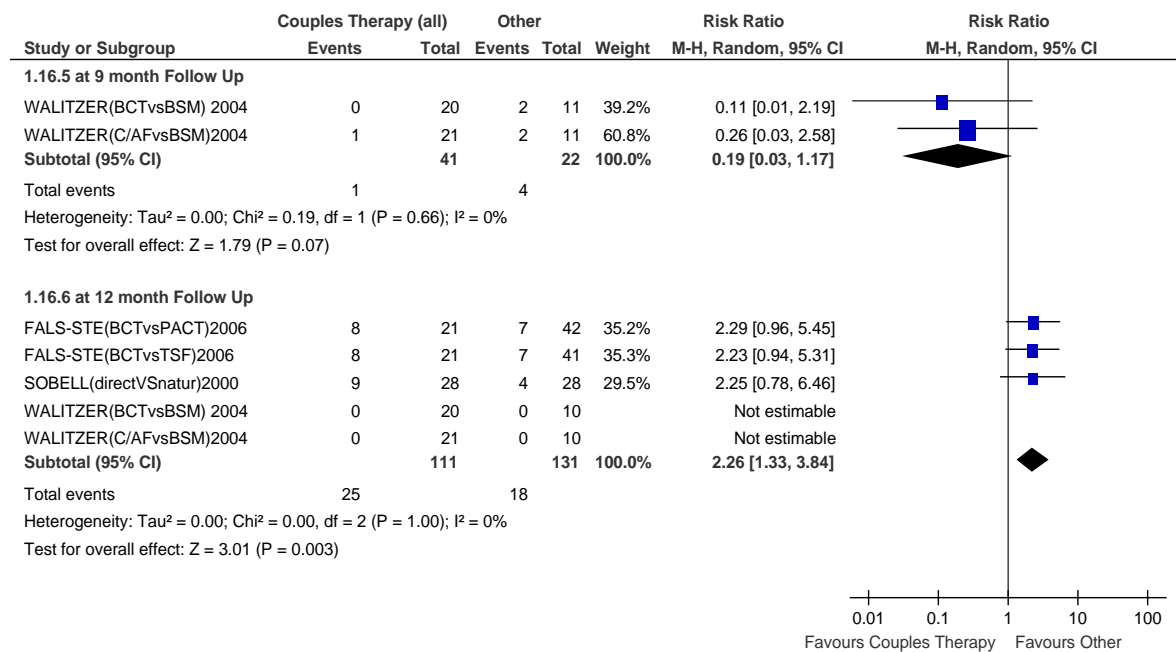
Attrition (dropout) post-treatment



Attrition (dropout) up to 6-month follow-up

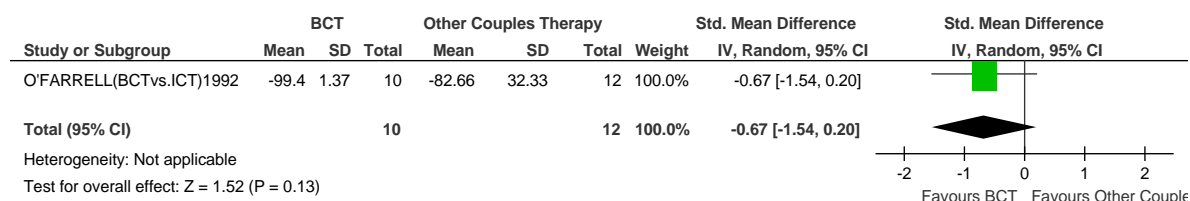


Attrition (dropout) 7- to 12-month follow-up

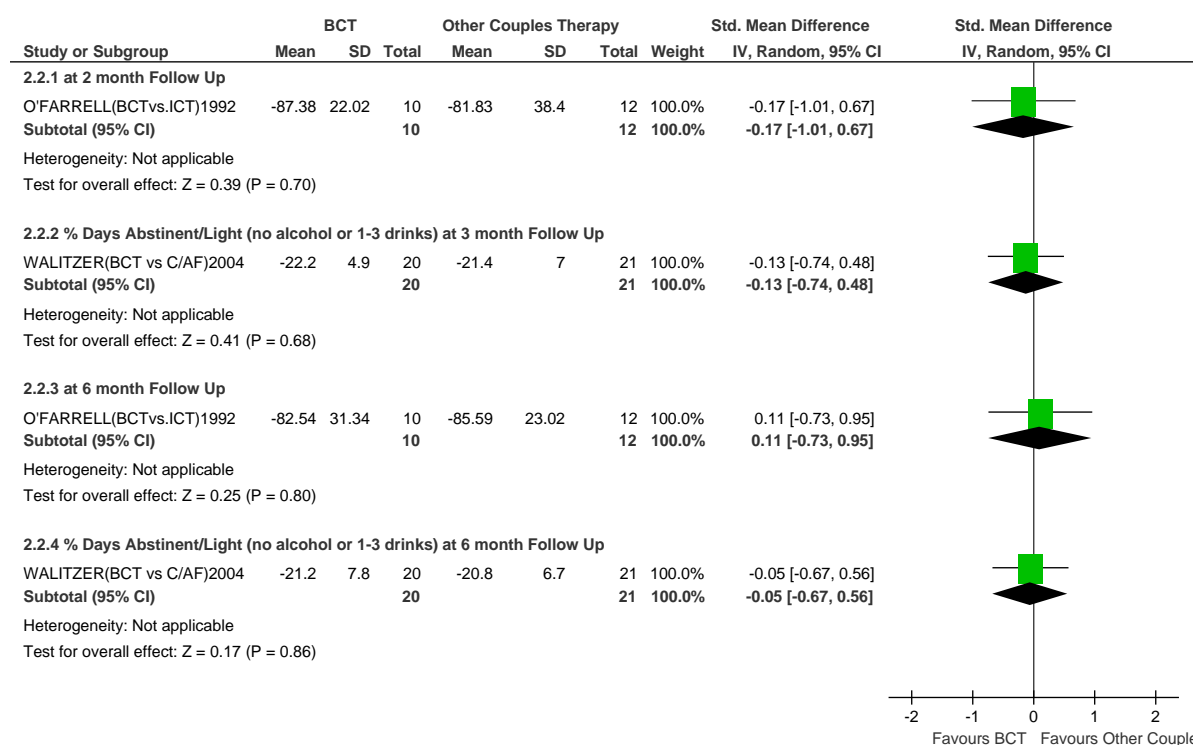


Behavioural couples therapy versus other couples therapy

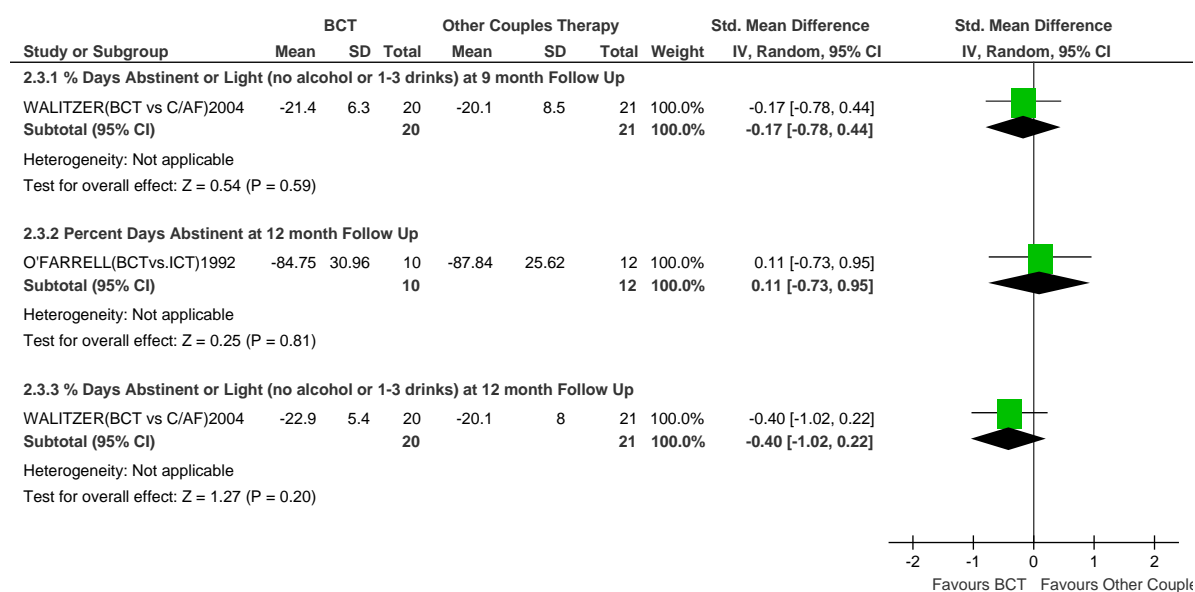
Abstinent (percentage or proportion) post-treatment



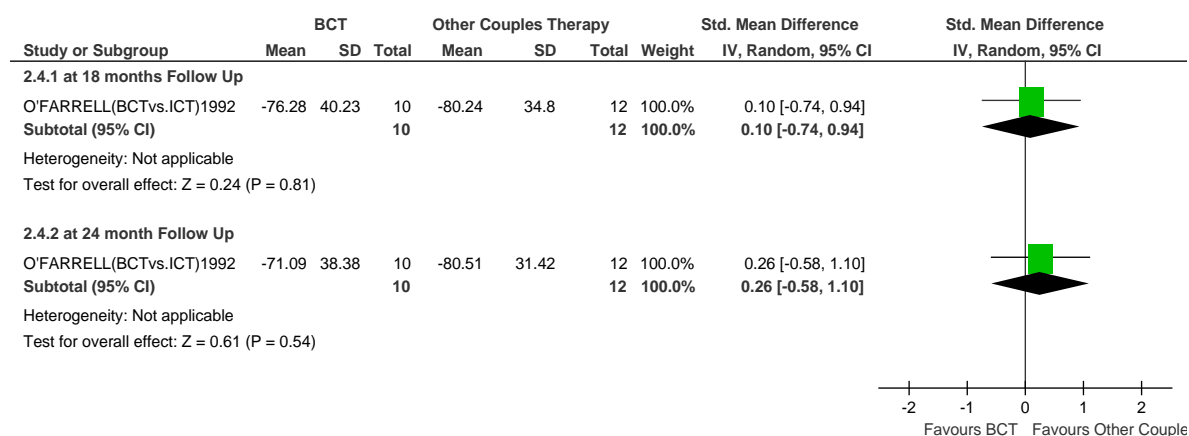
Abstinent (percentage or proportion) up to 6-month follow-up



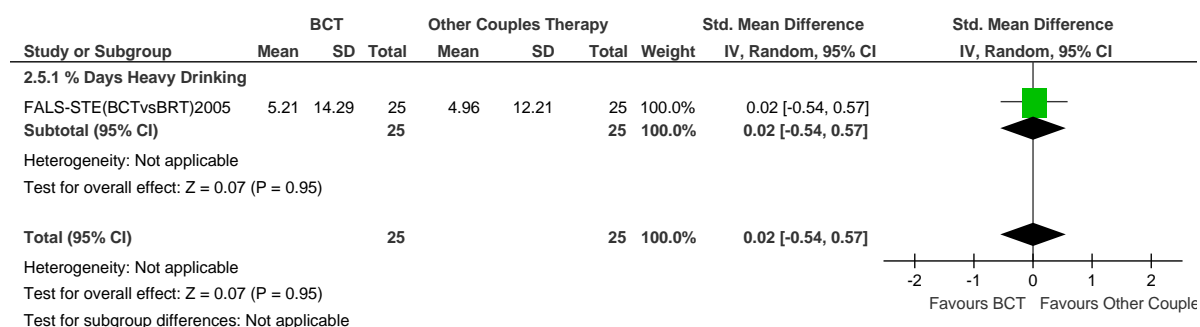
Abstinent (percentage or proportion) 7- to 12-month follow-up



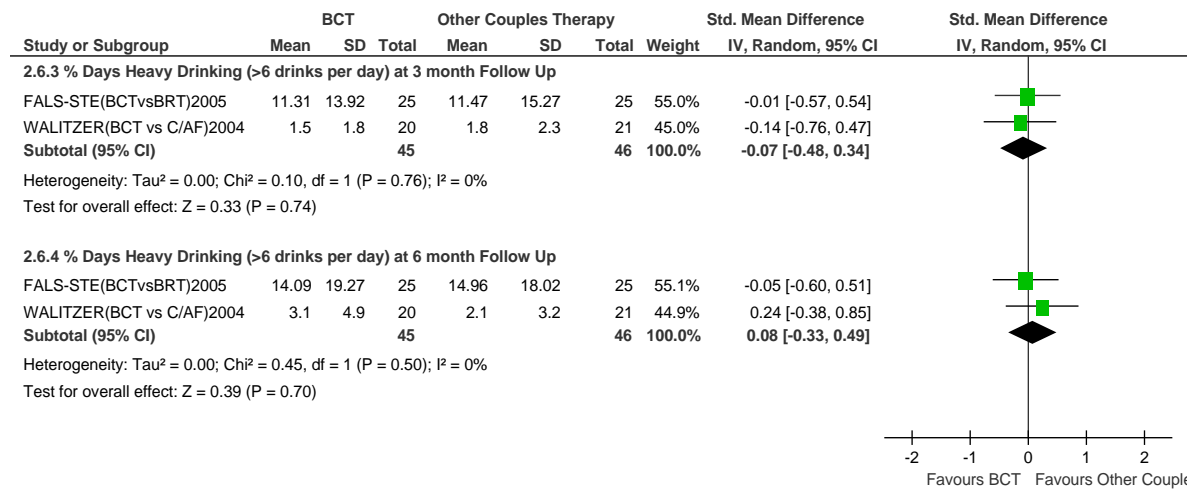
Abstinent (percentage or proportion) >12-month follow-up



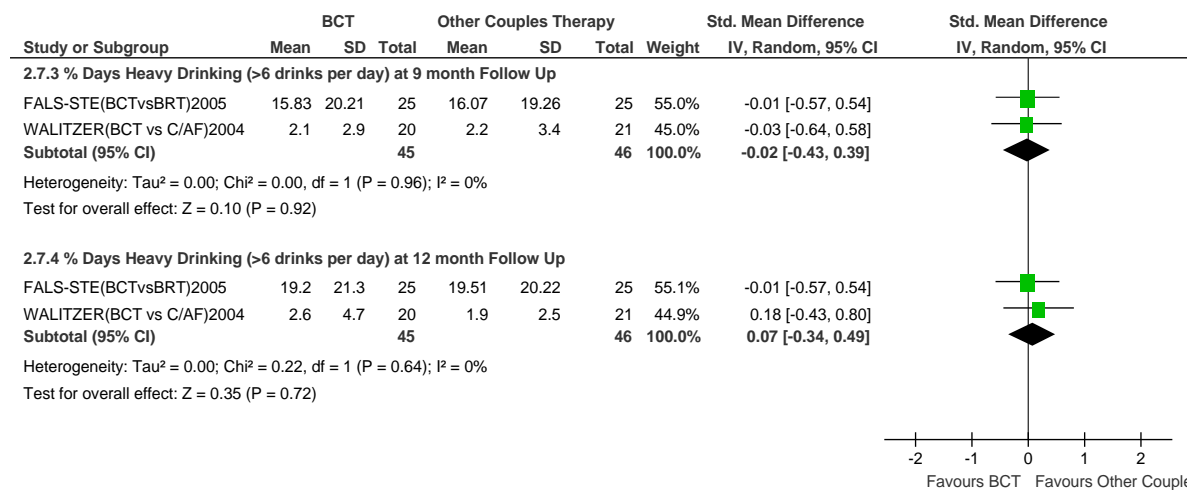
Rates of consumption post-treatment



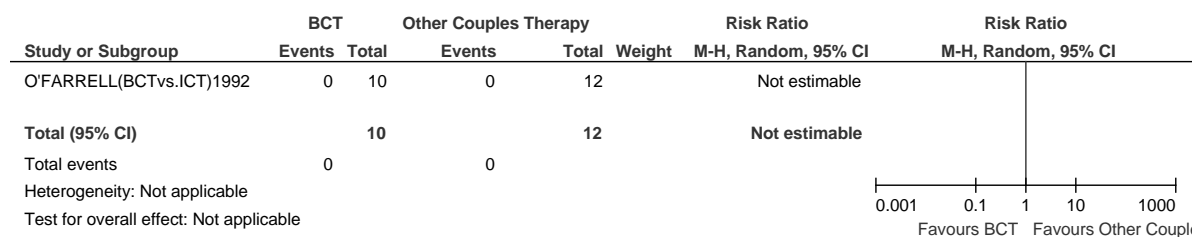
Rates of consumption up to 6-month follow-up



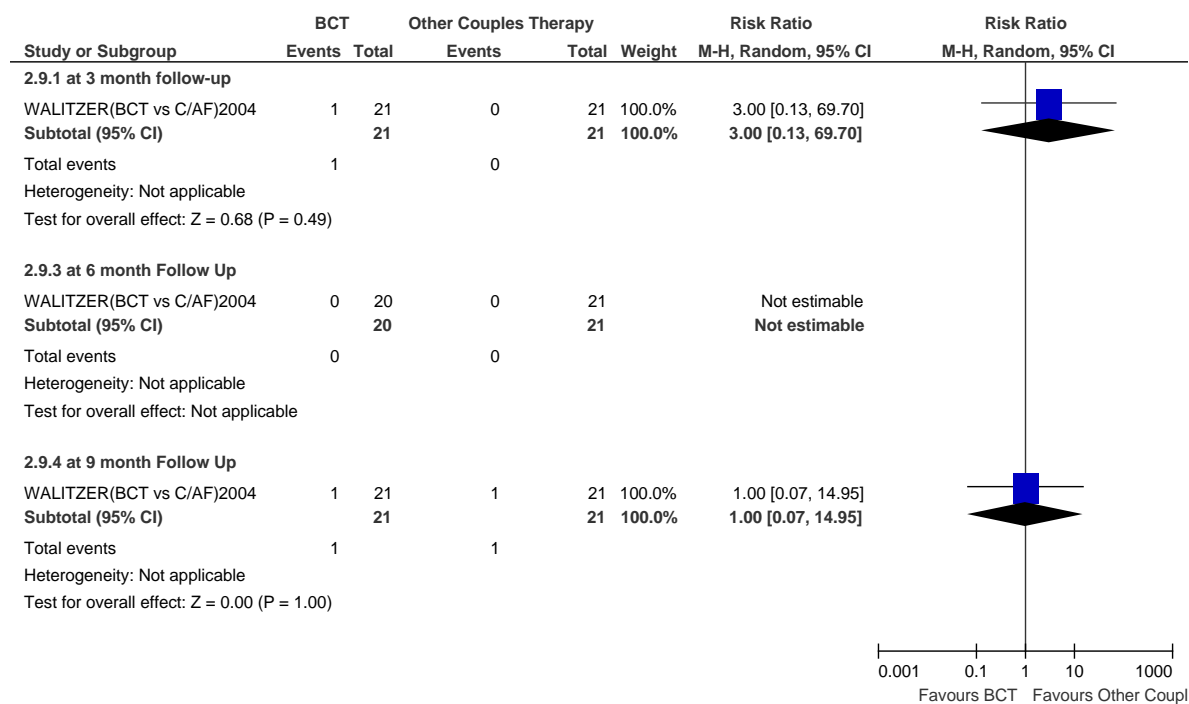
Rates of consumption 7- to 12-month follow-up



Attrition (dropout) post-treatment



Attrition (dropout) up to 6-month follow-up

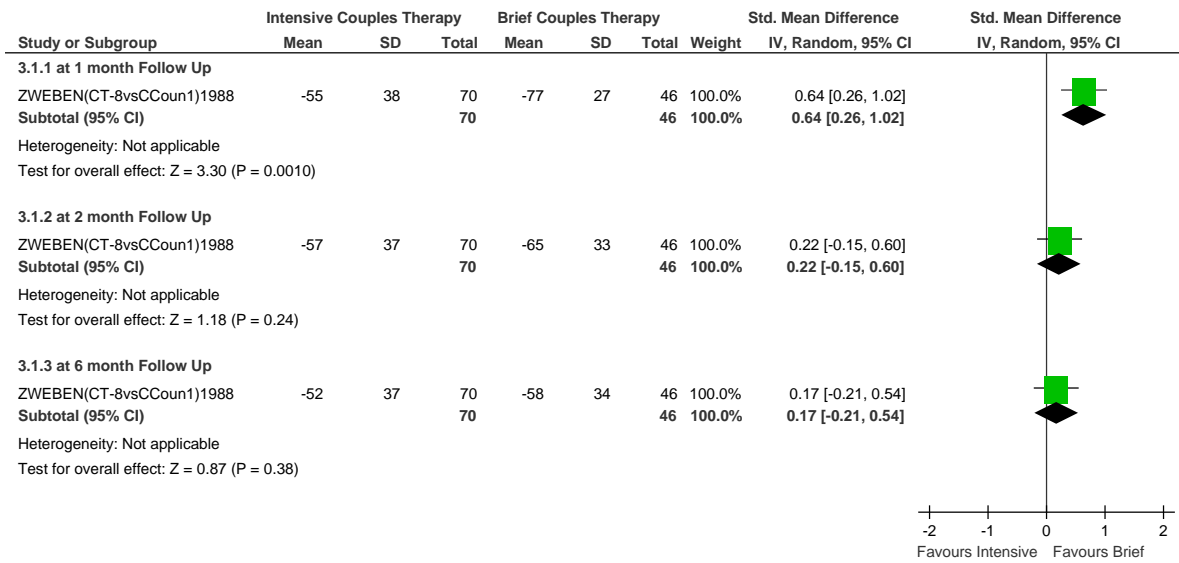


Attrition (dropout) 7- to 12-month follow-up

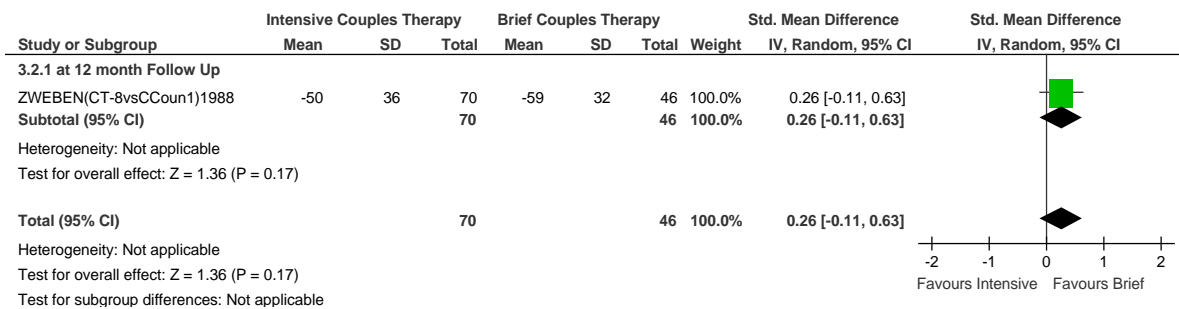


Intensive couples therapy versus brief couples therapy

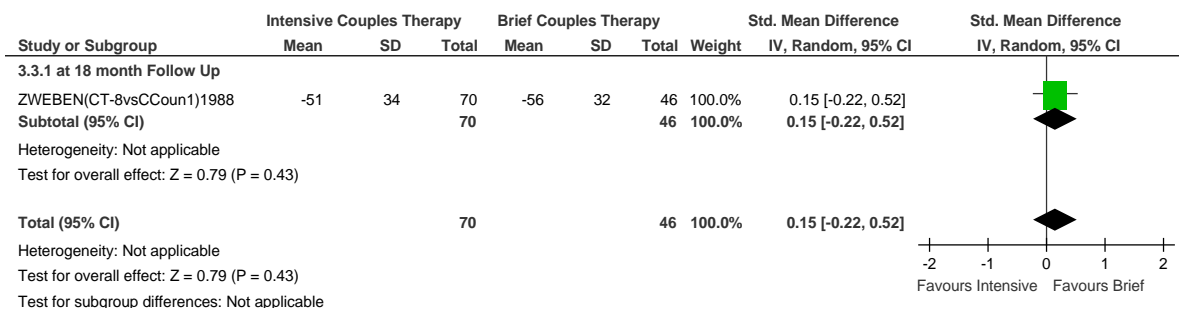
Abstinent (percentage or proportion) up to 6-month follow-up



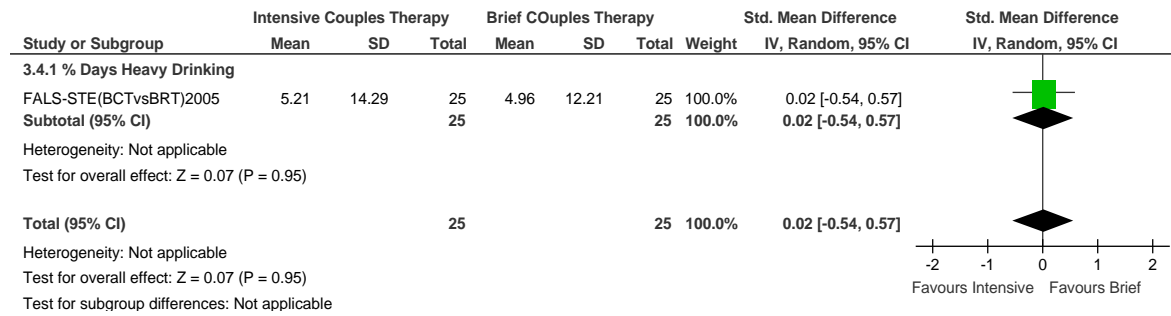
Abstinent (percentage or proportion) 7- to 12-month follow-up



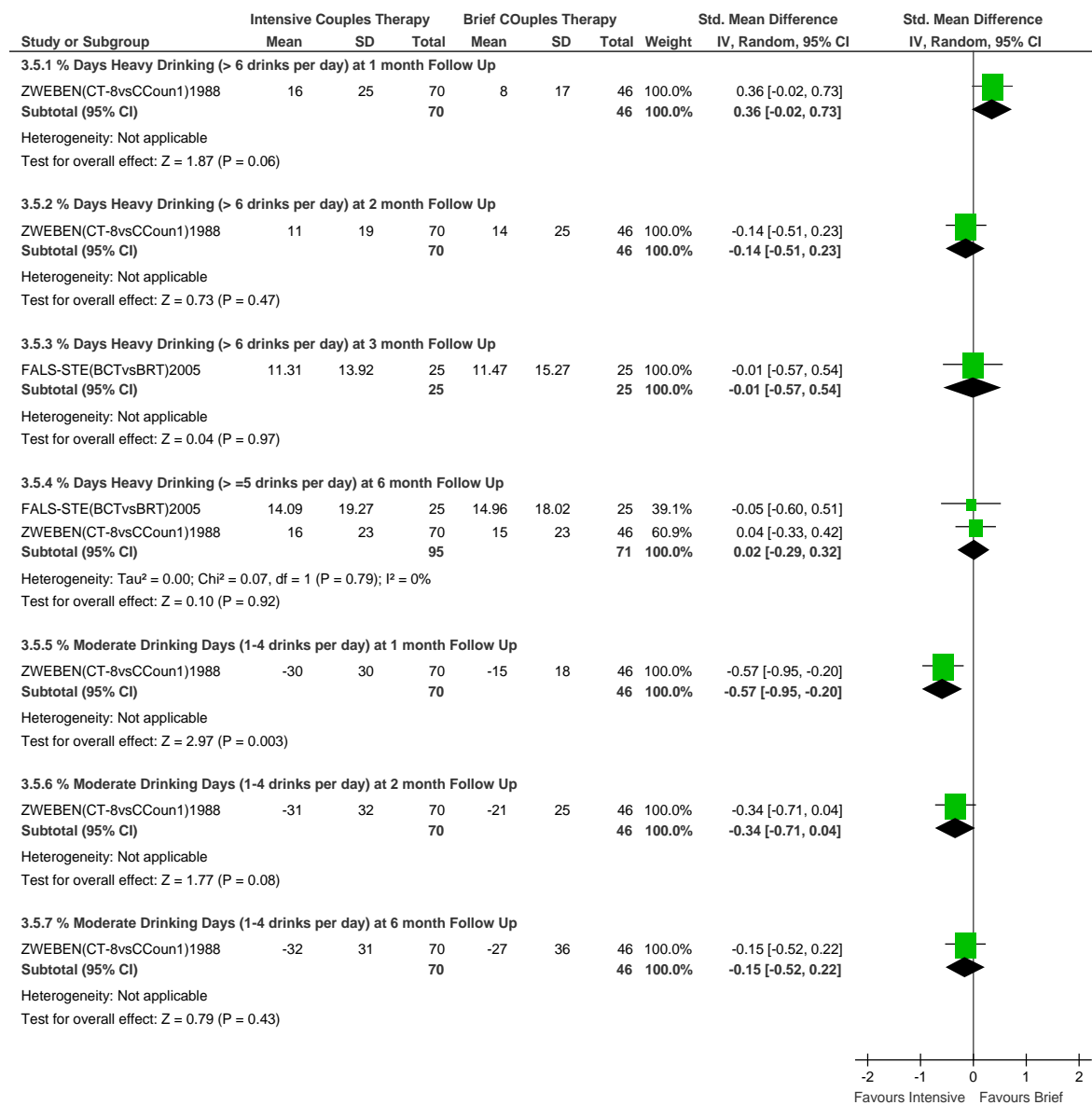
Abstinent (percentage or proportion) >12-month follow-up



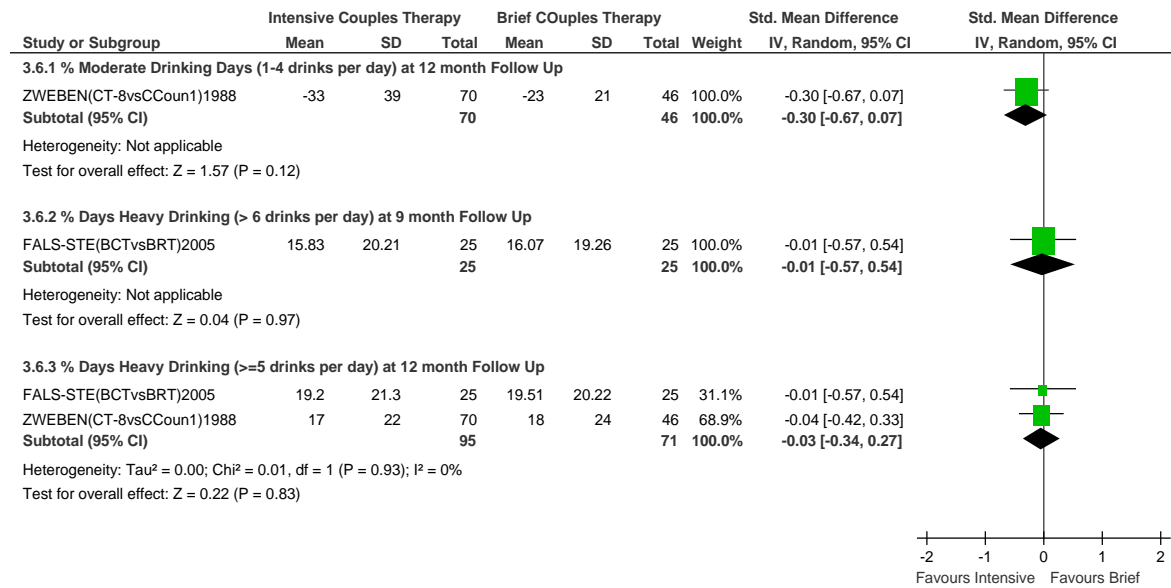
Rates of consumption post-treatment



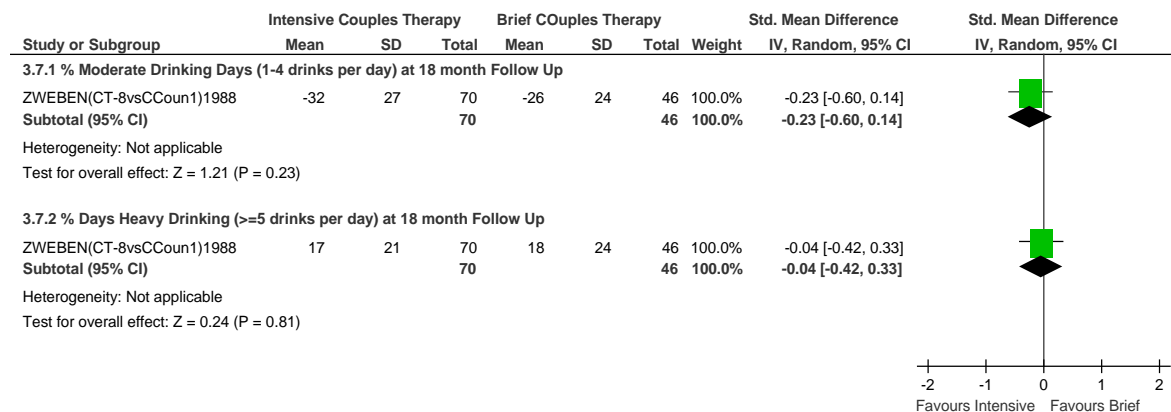
Rates of consumption up to 6-month follow-up



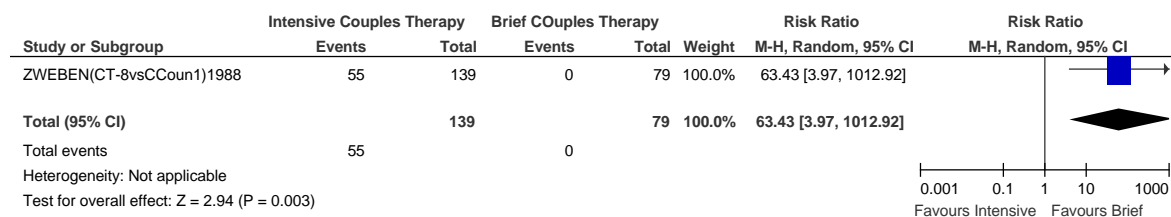
Rates of consumption 7- to 12-month follow-up



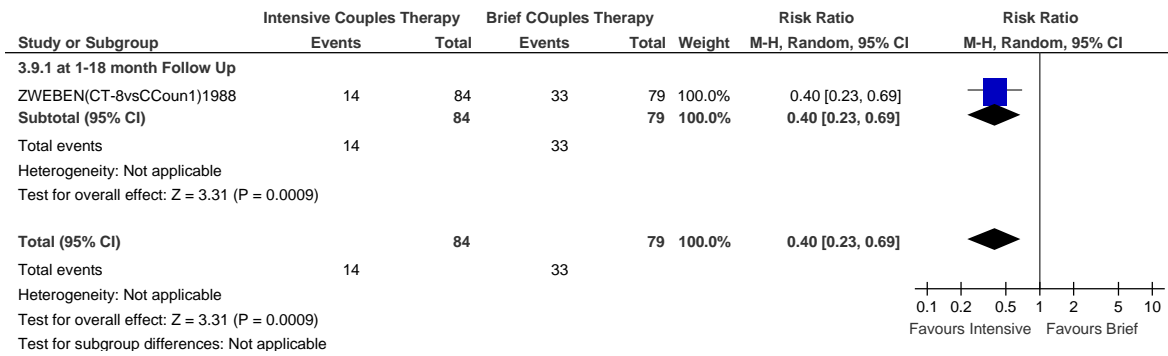
Rates of consumption >12-month follow-up



Attrition (dropout) post-treatment

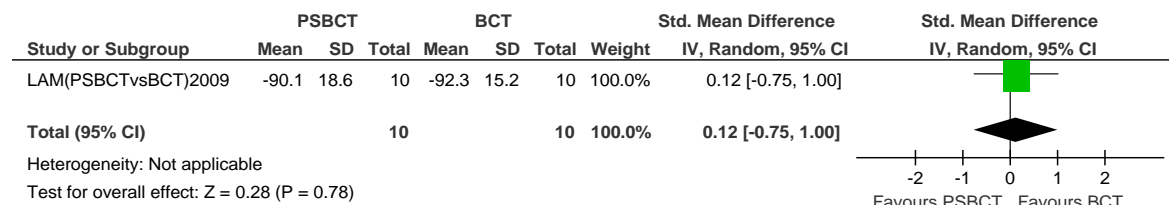


Attrition (dropout) >12-month follow-up

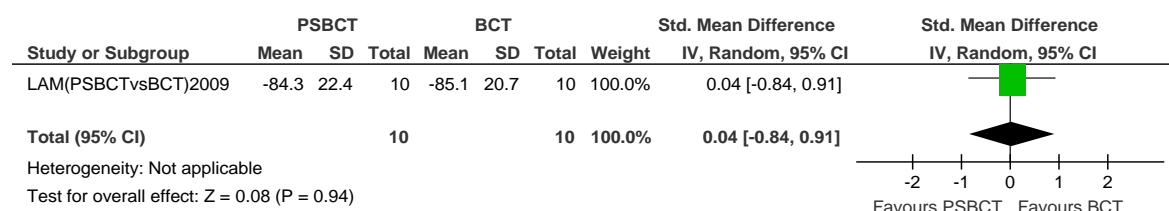


Parental skills + behavioural couples therapy (PSBCT) versus behavioural couples therapy alone

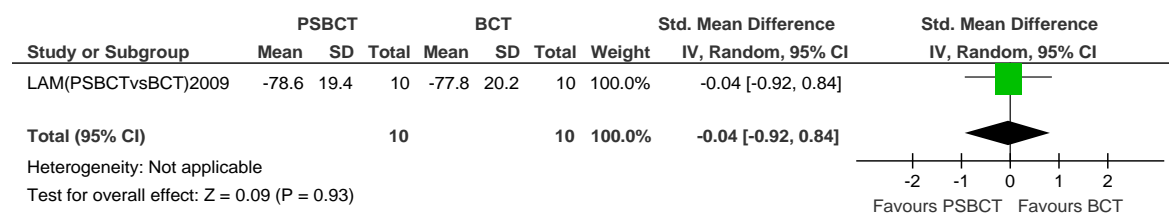
Abstinent (PDA) post-treatment



Abstinent (PDA) at 6-month follow-up



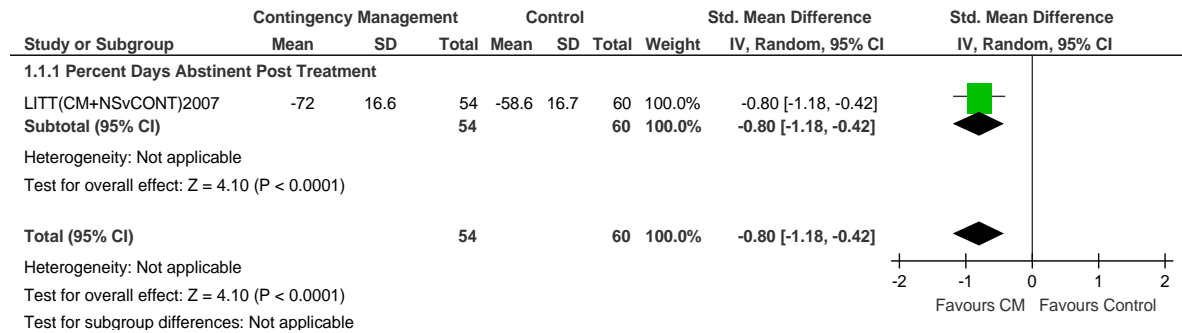
Abstinent (PDA) at 12-month follow-up



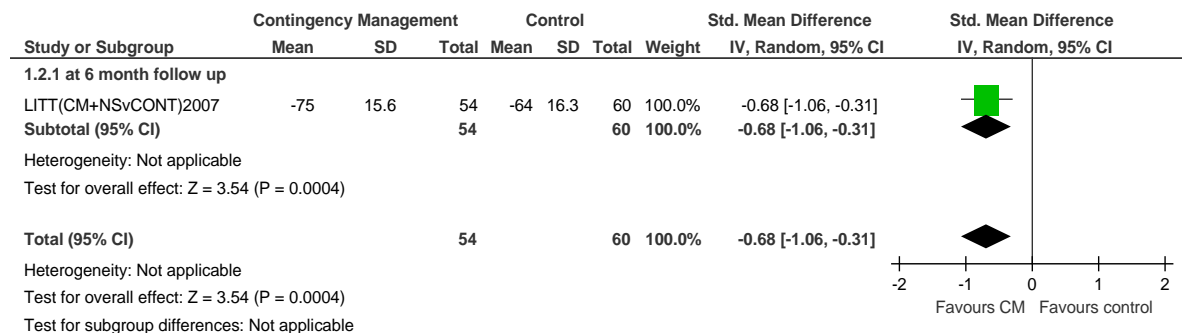
Contingency management

Contingency management versus control

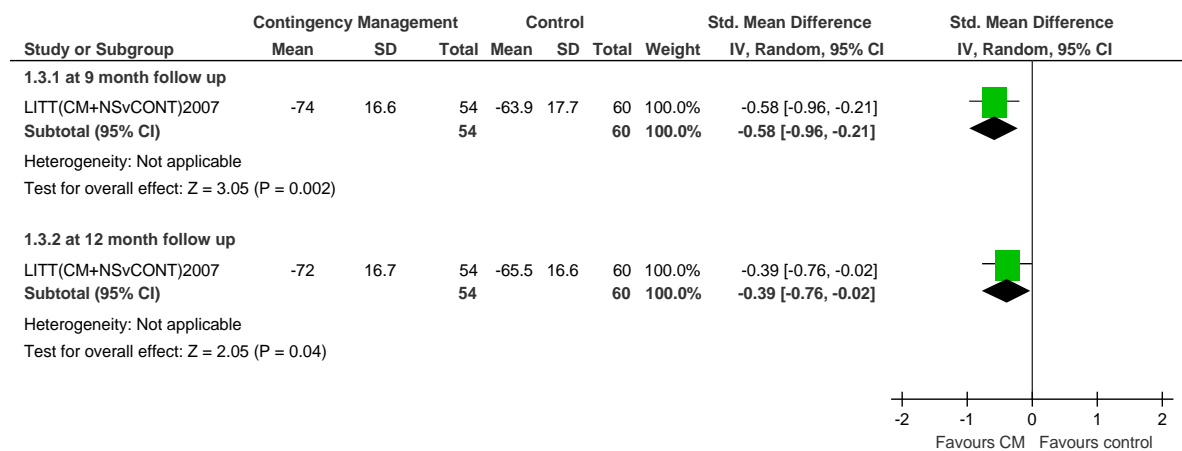
Abstinent post-treatment



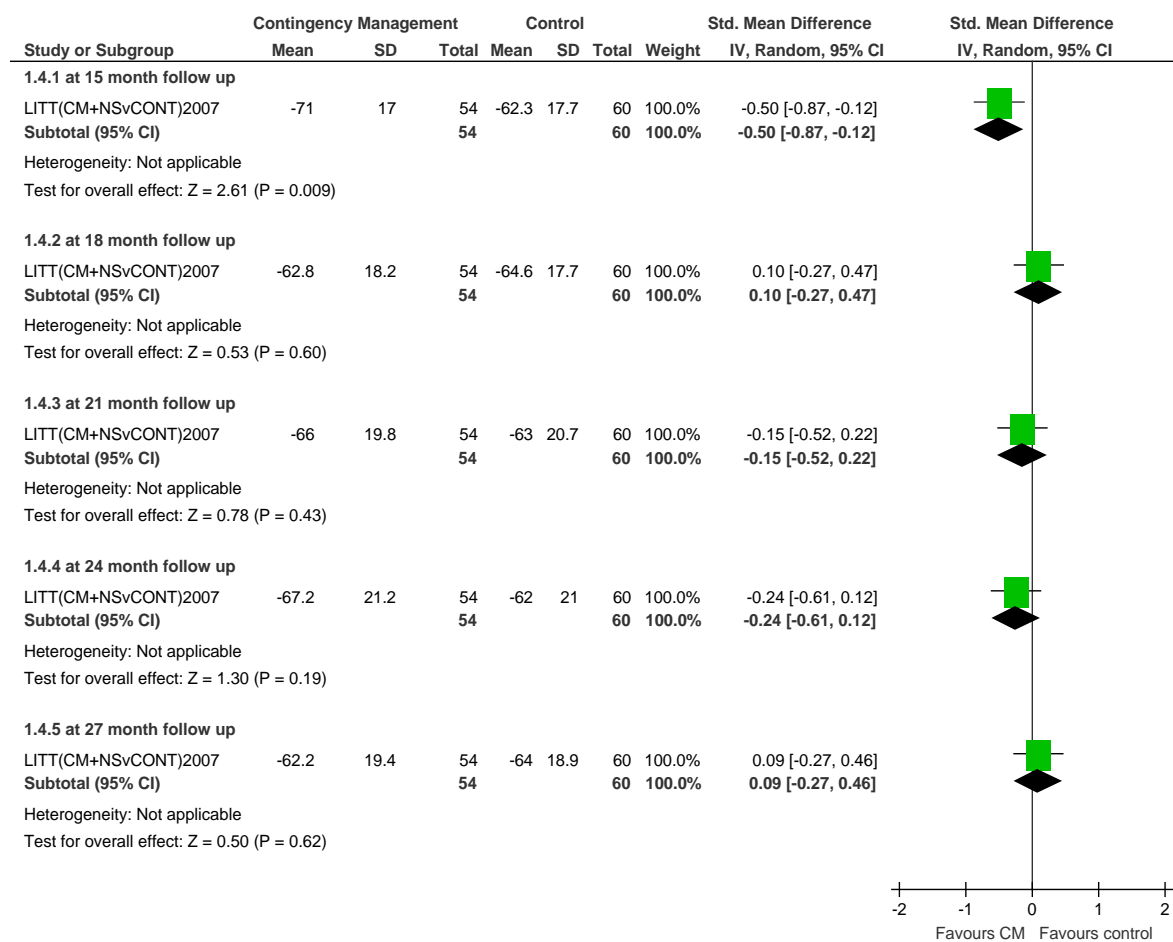
Abstinent up to 6-month follow-up



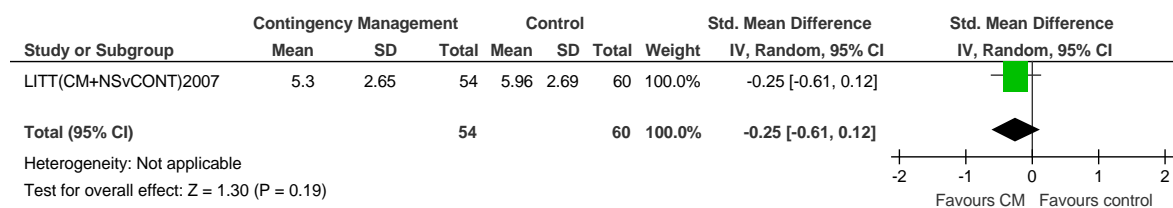
Abstinent 7- to 12-month follow-up



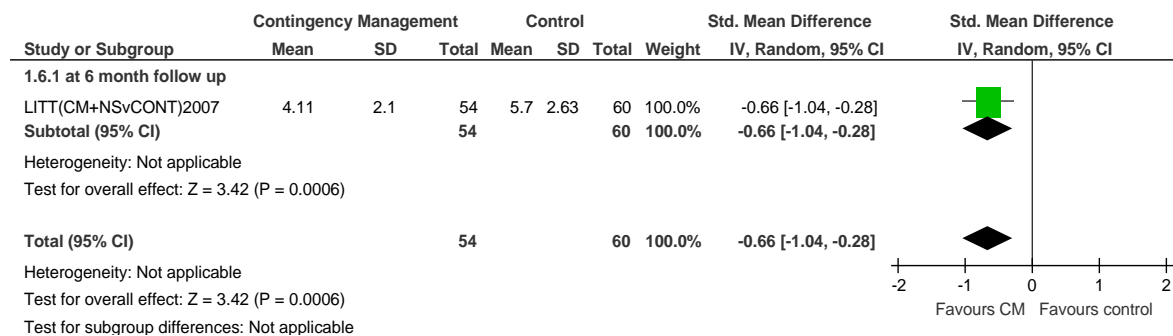
Abstinent >12-month follow-up



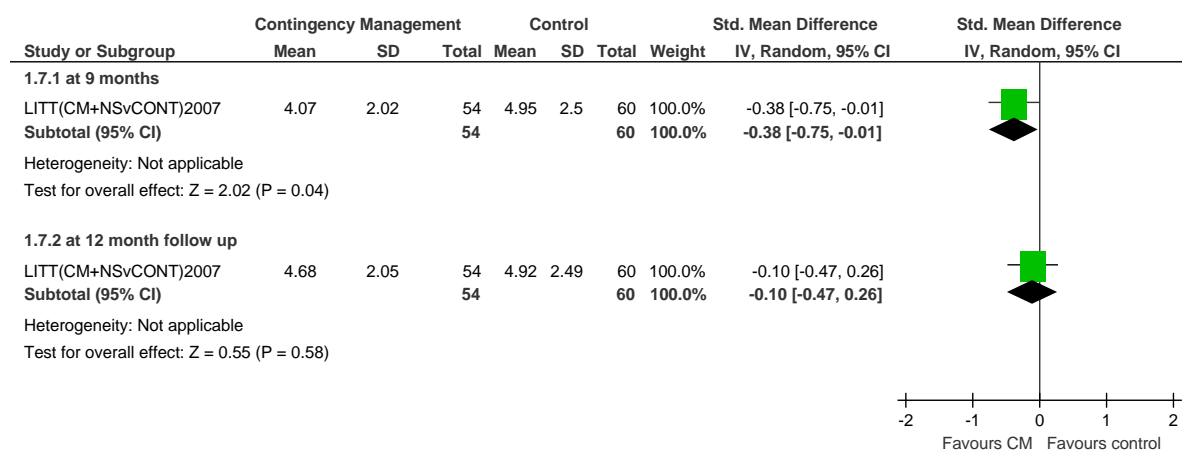
Amount of alcohol consumed (DDD) post-treatment



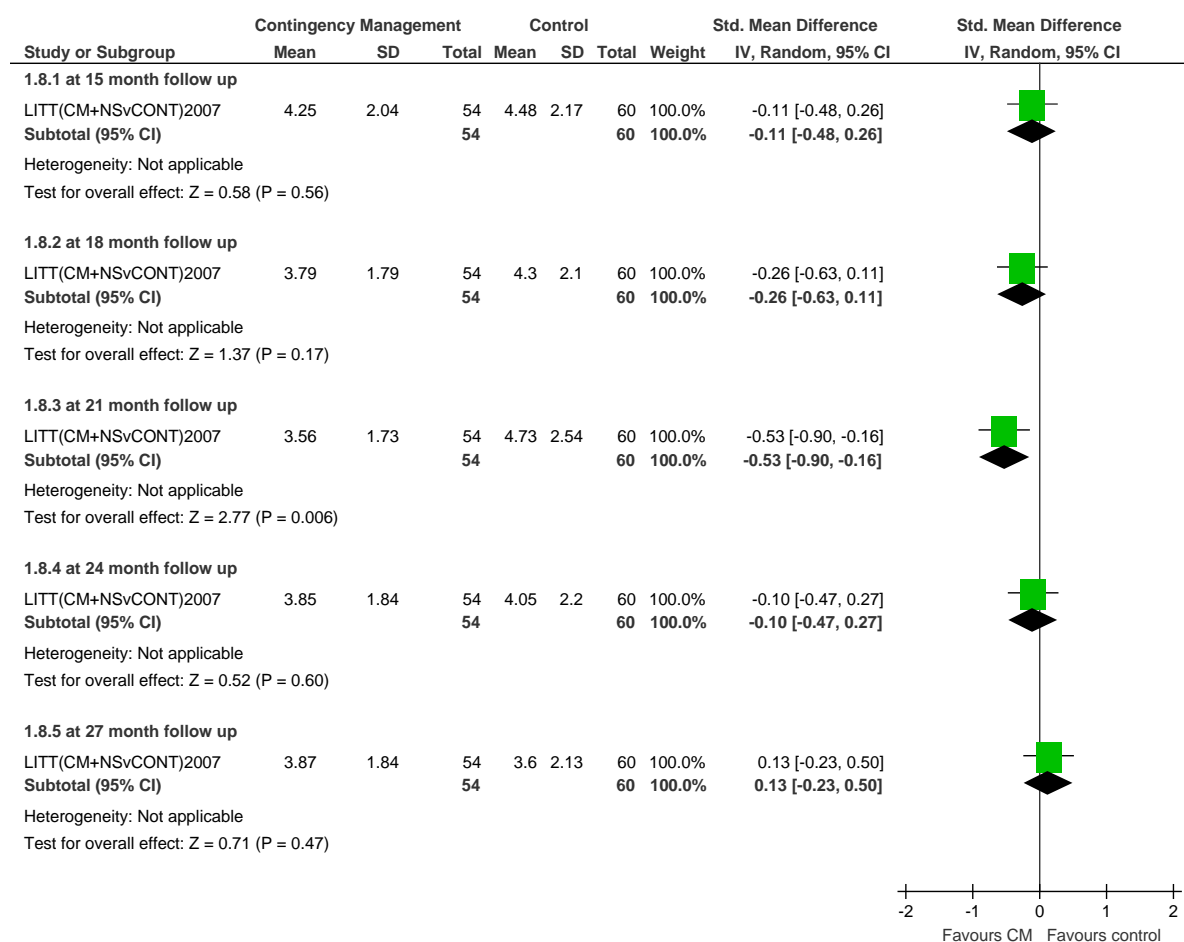
Amount of alcohol consumed (DDD) up to 6-month follow-up



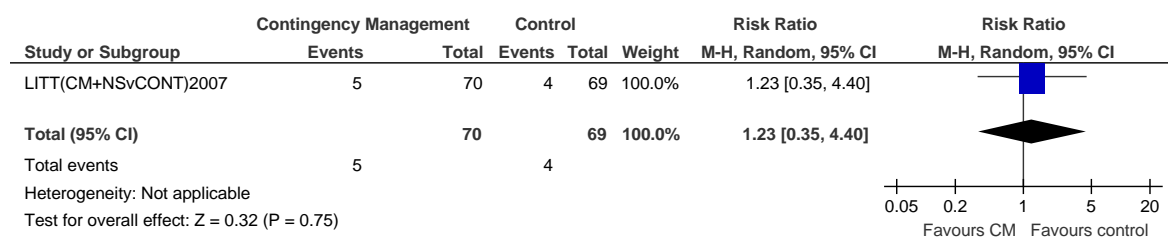
Amount of alcohol consumed (DDD) 7- to 12-month follow-up



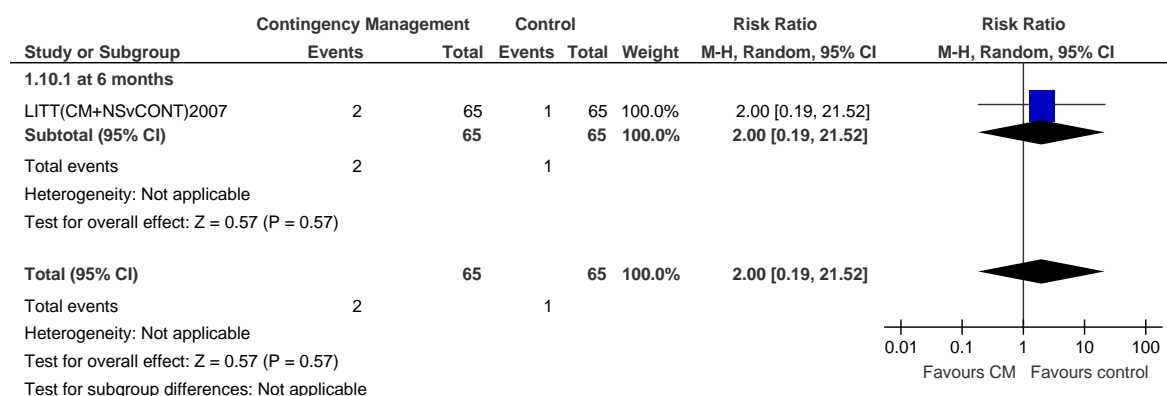
Amount of alcohol consumed (DDD) >12-month follow-up



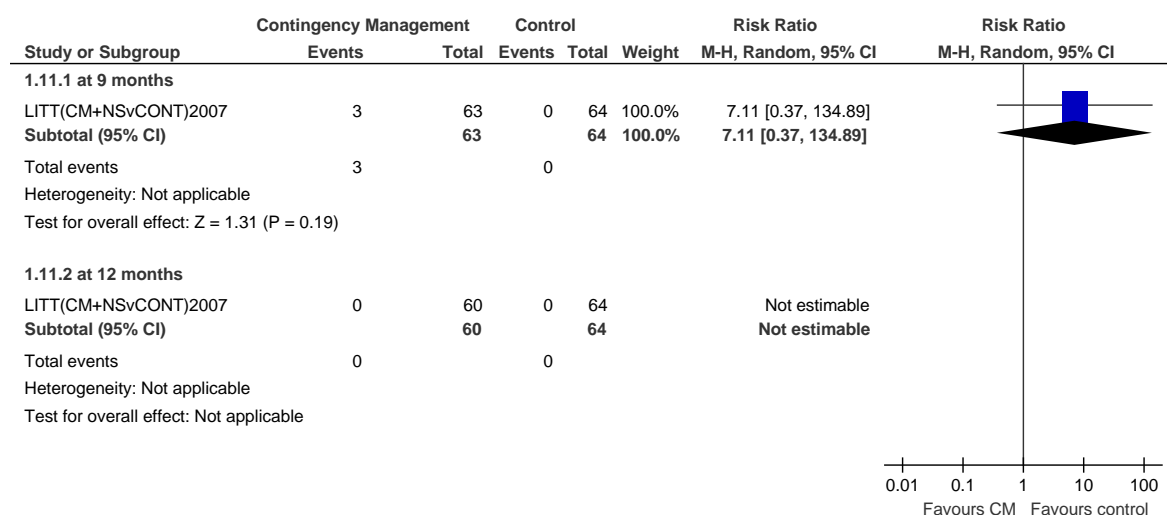
Attrition post-treatment



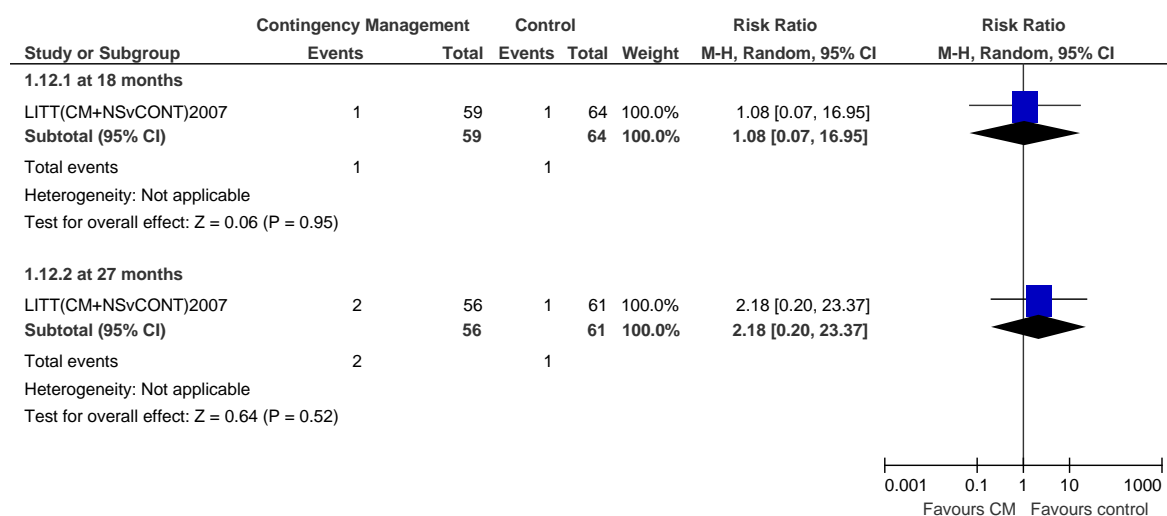
Attrition up to 6-month follow-up



Attrition 7- to 12-month follow-up

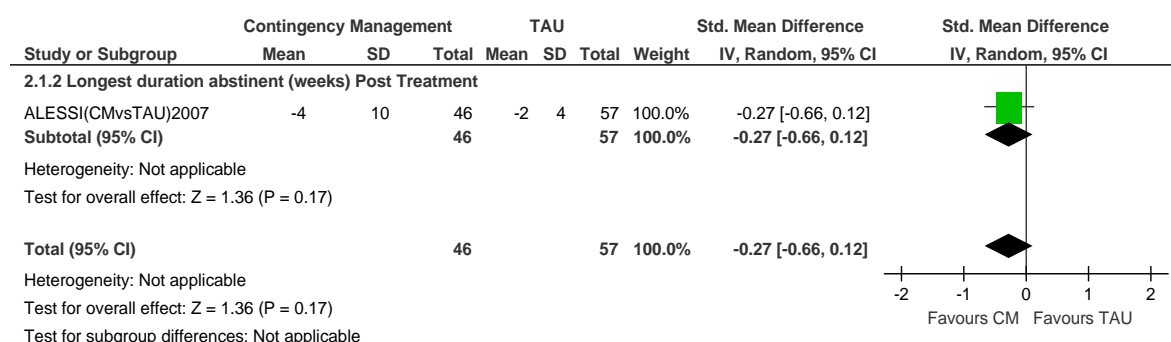


Attrition >12-month follow-up

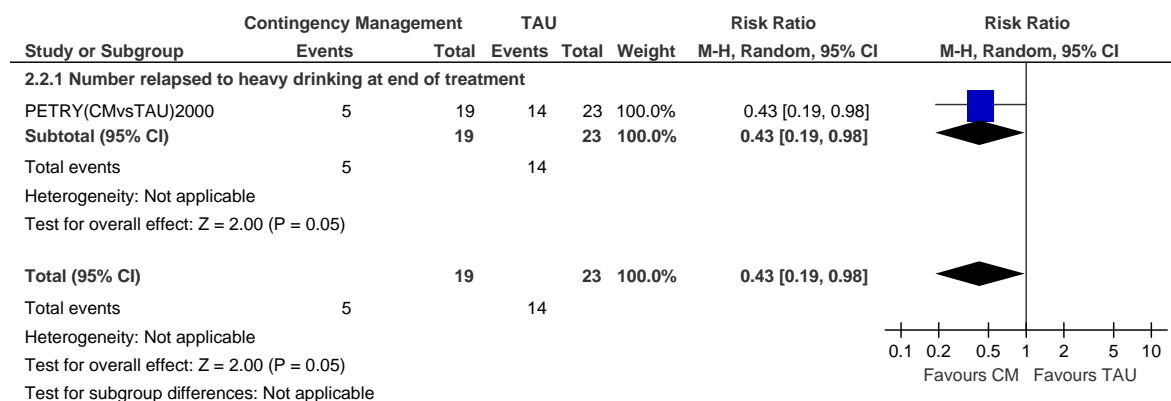


Contingency management versus standard care (treatment as usual)

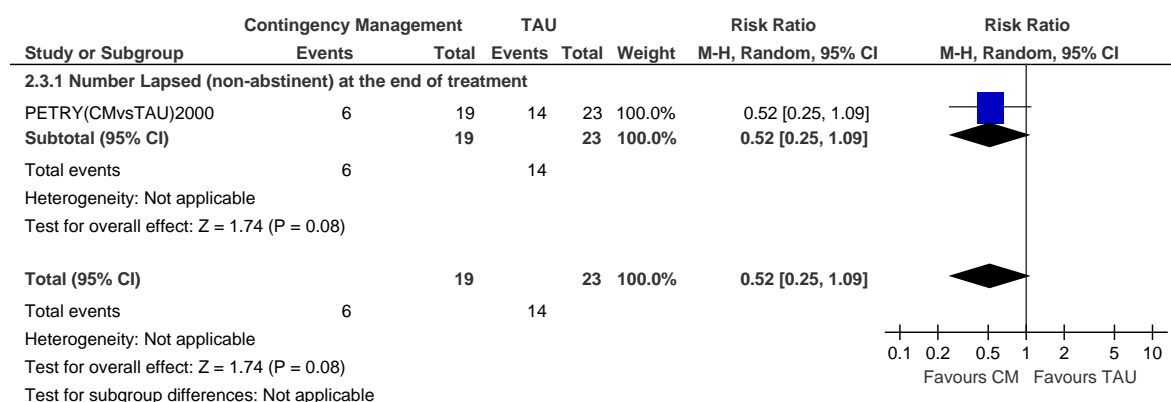
Abstinent post-treatment



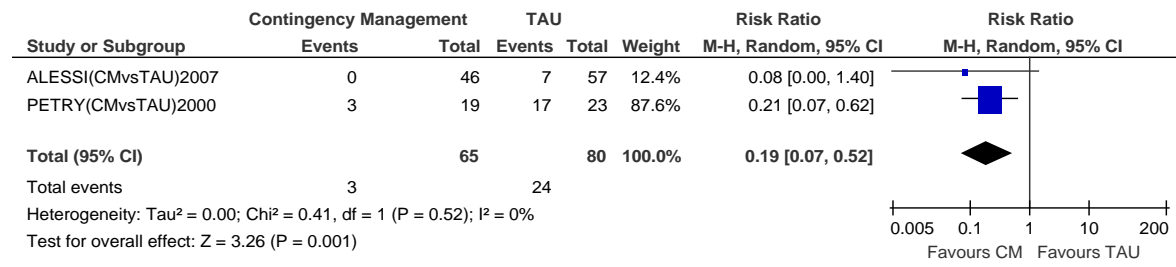
Number relapsed to heavy drinking post-treatment



Number lapsed (non-abstinent) post-treatment

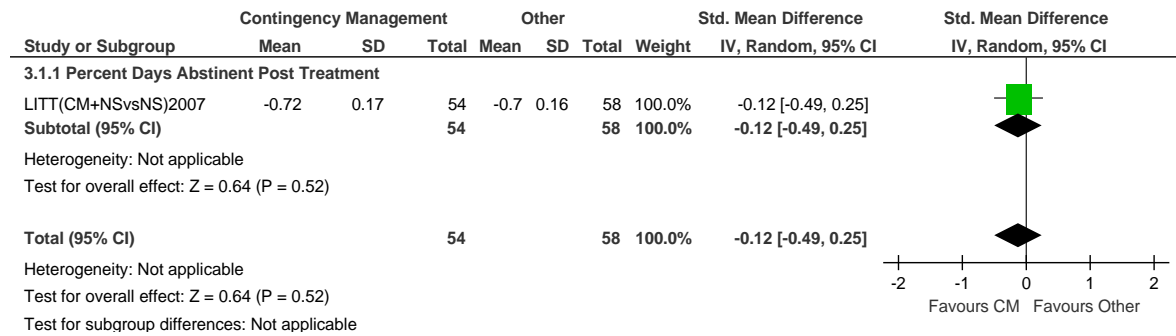


Attrition post-treatment

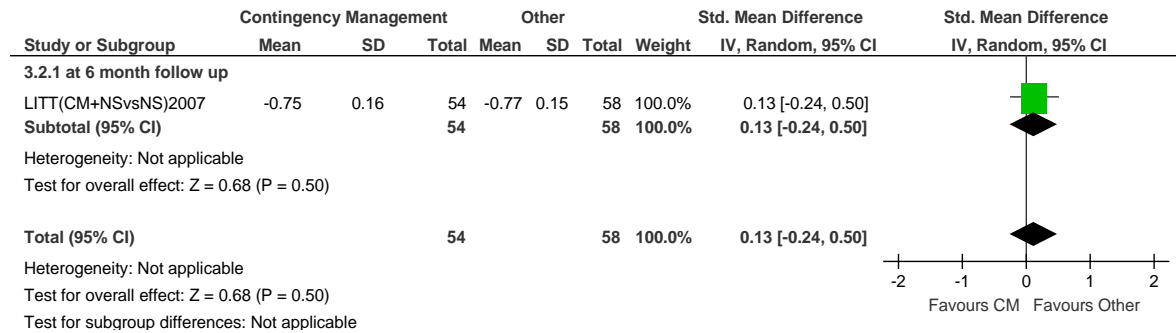


Contingency management versus other intervention

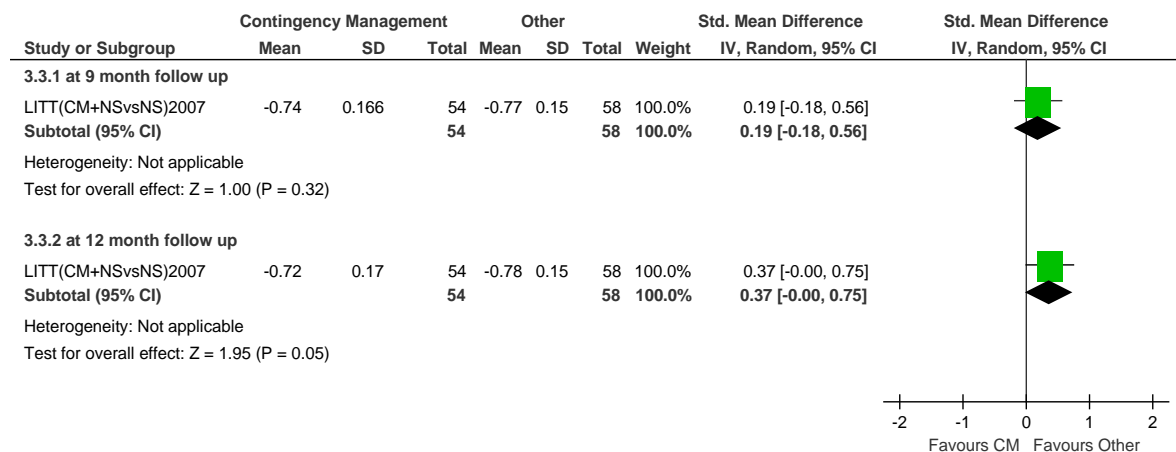
Abstinent post-treatment



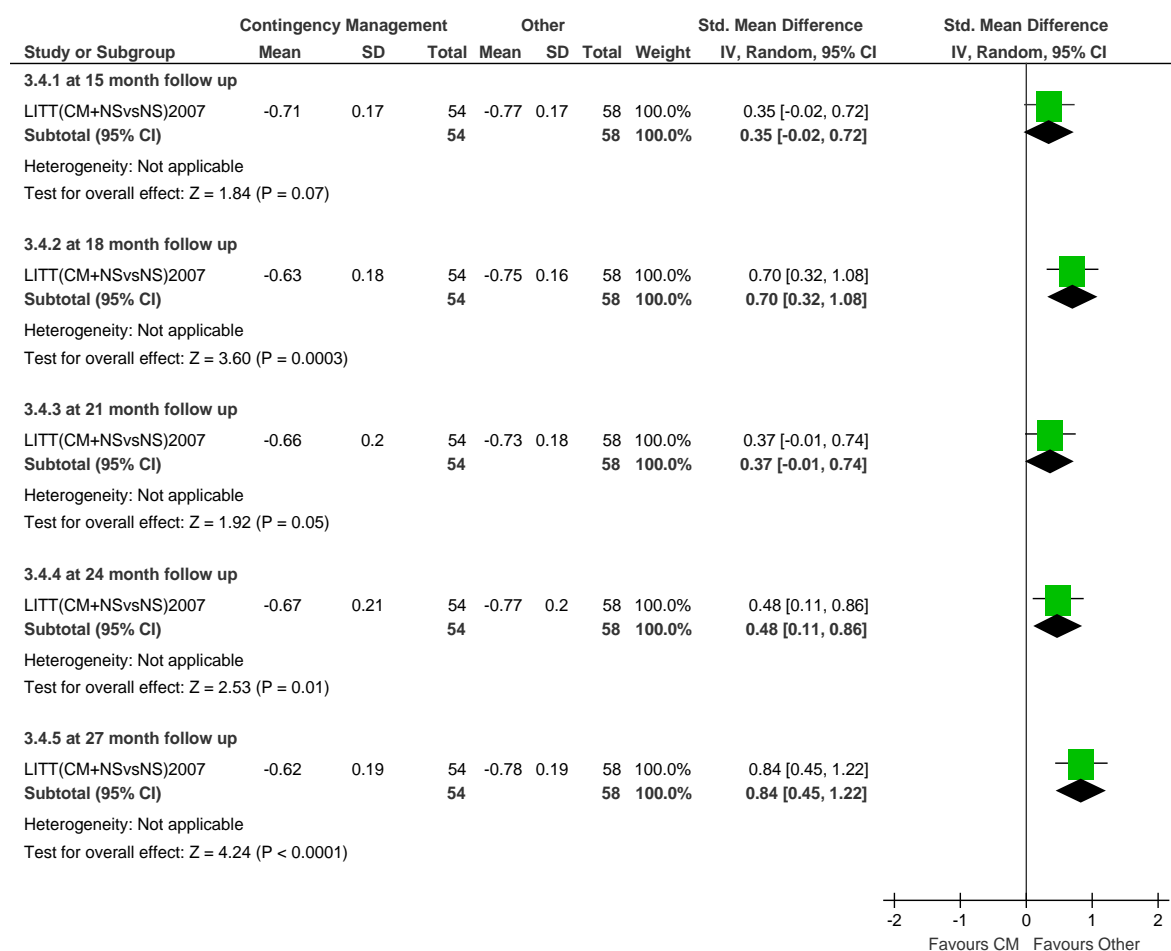
Abstinent up to 6-month follow-up



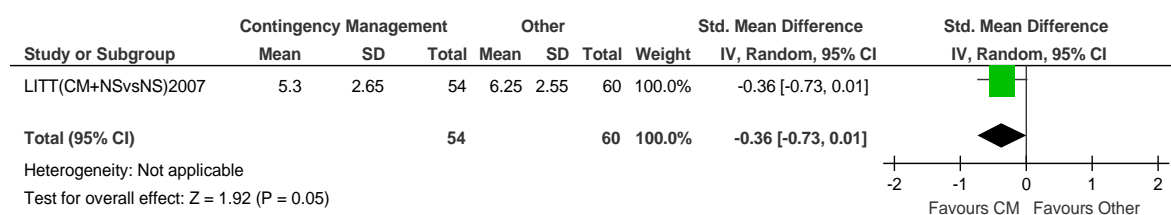
Abstinent 7- to 12-month follow-up



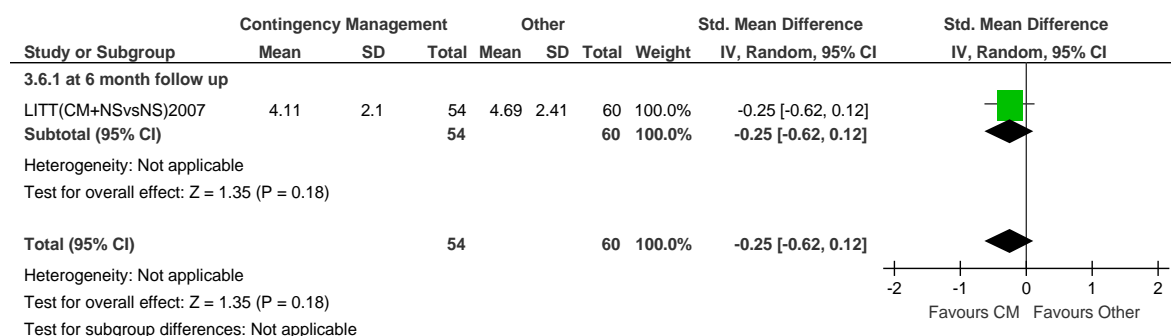
Abstinent >12-month follow-up



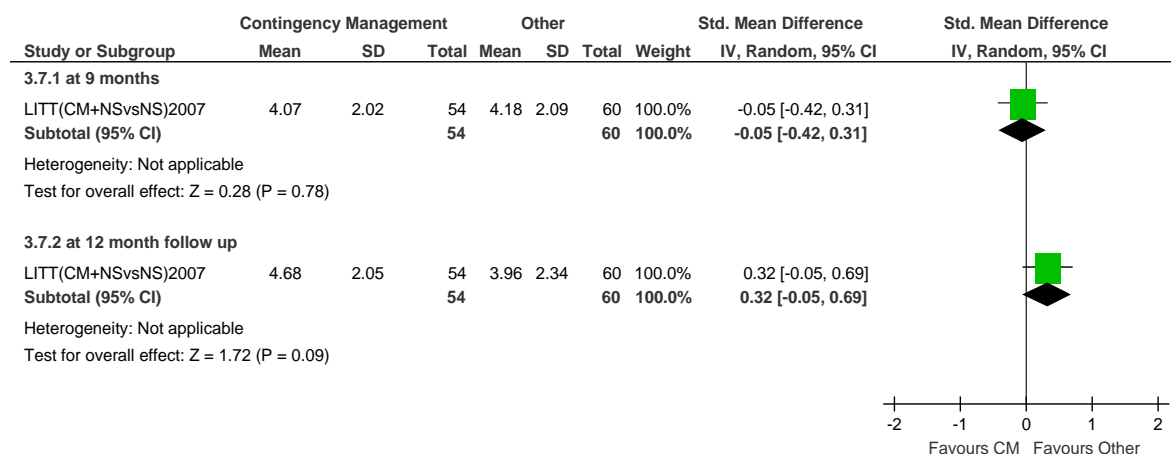
Amount of alcohol consumed (DDD) post-treatment



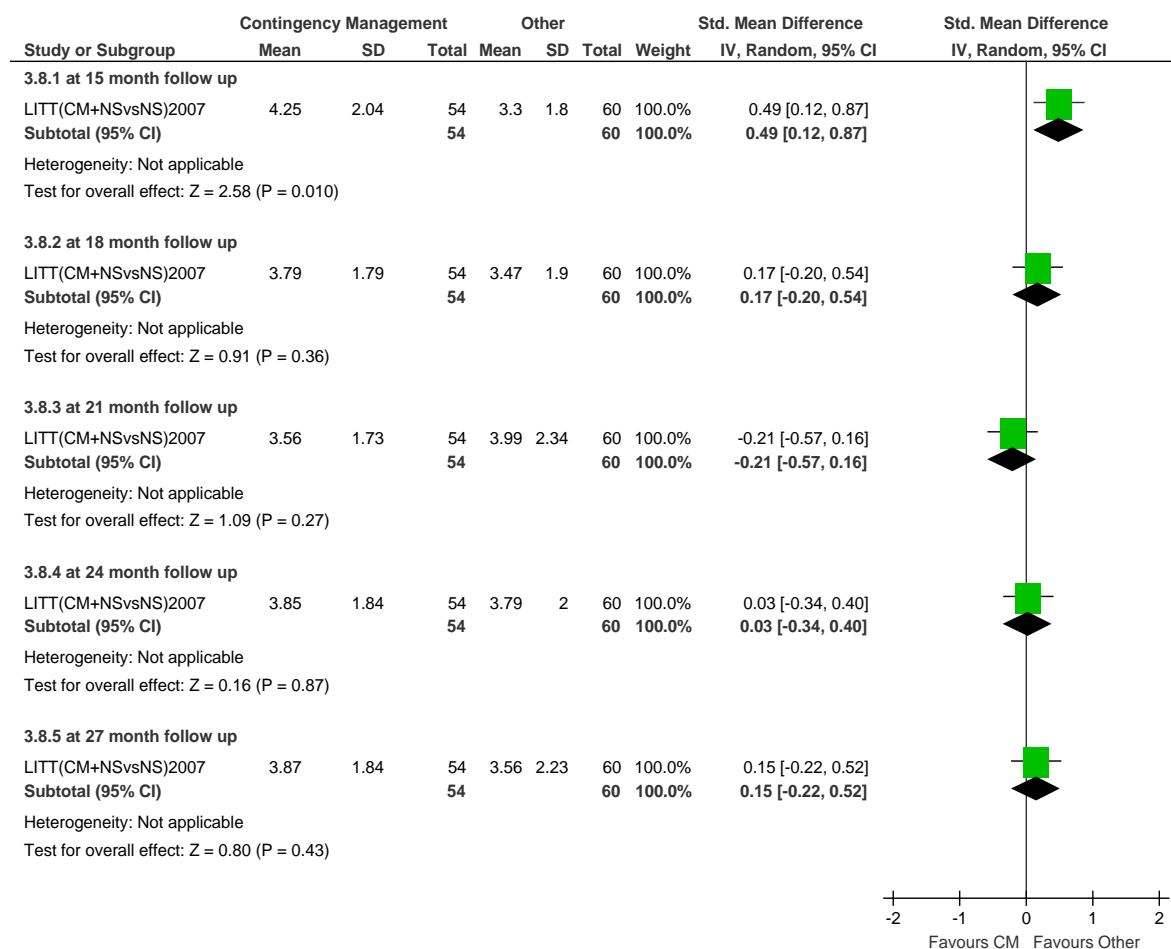
Amount of alcohol consumed (DDD) up to 6-month follow-up



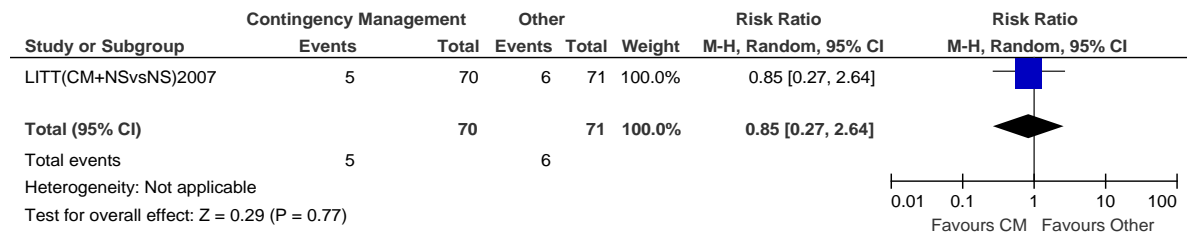
Amount of alcohol consumed (DDD) 7- to 12-month follow-up



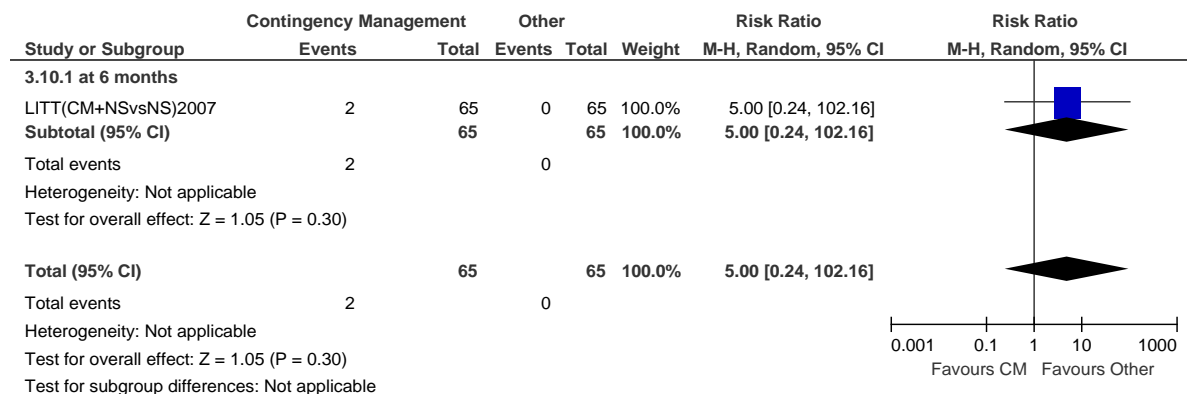
Amount of alcohol consumed (DDD) >12-month follow-up



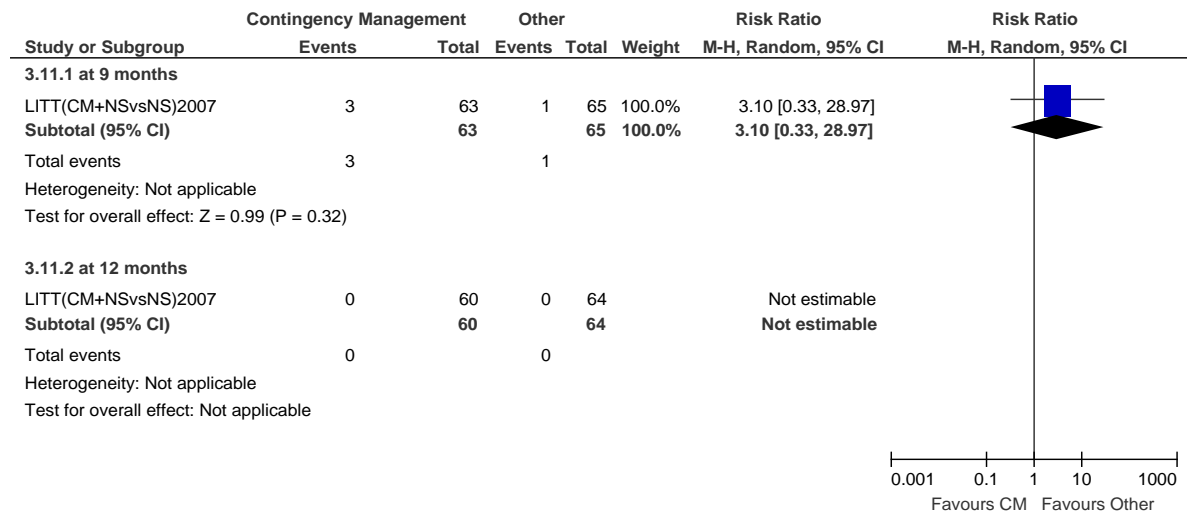
Attrition post-treatment



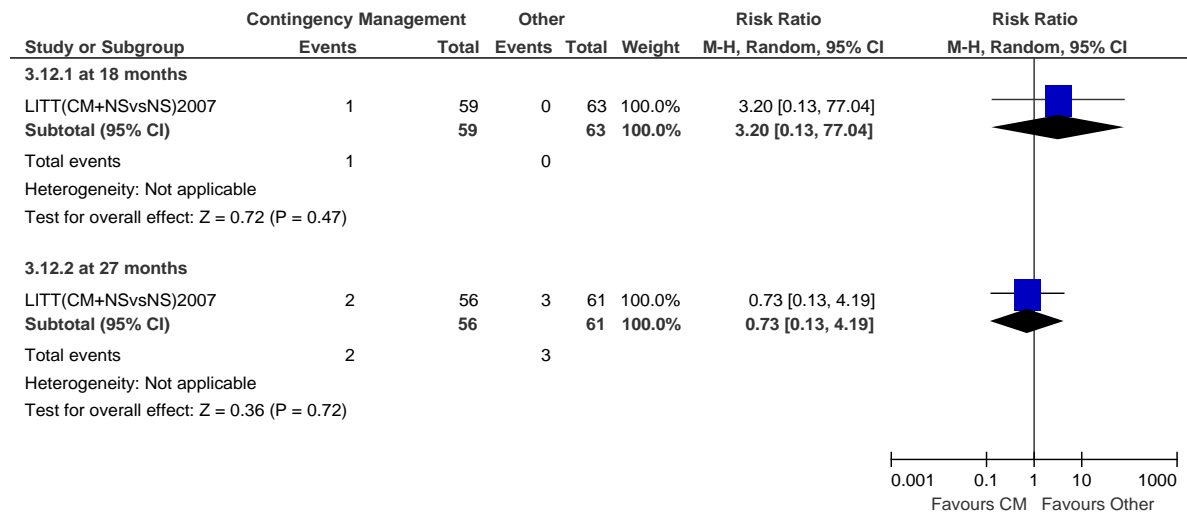
Attrition up to 6-month follow-up



Attrition 7- to 12-month follow-up



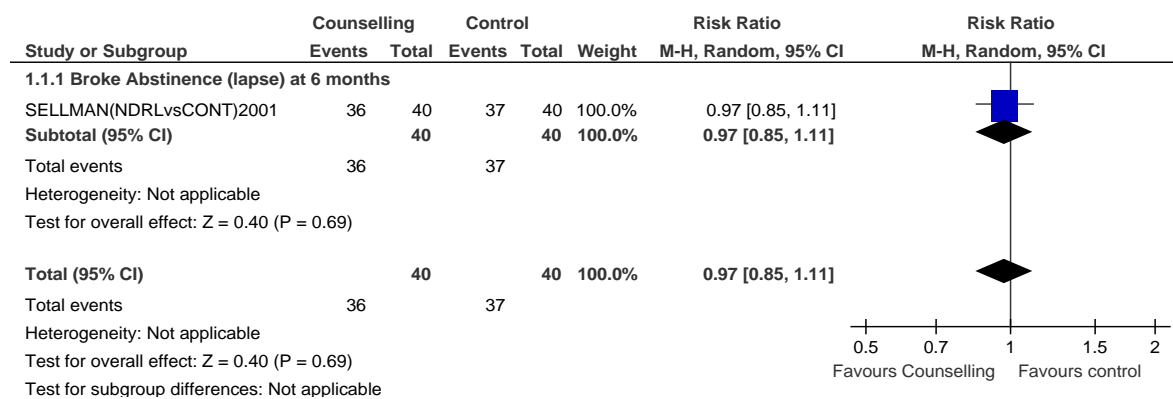
Attrition >12-month follow-up



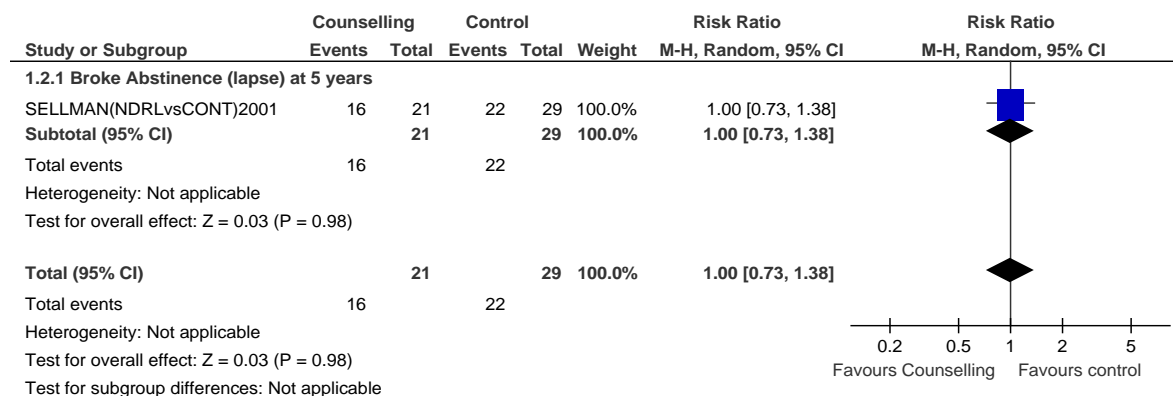
Counselling

Counselling versus control

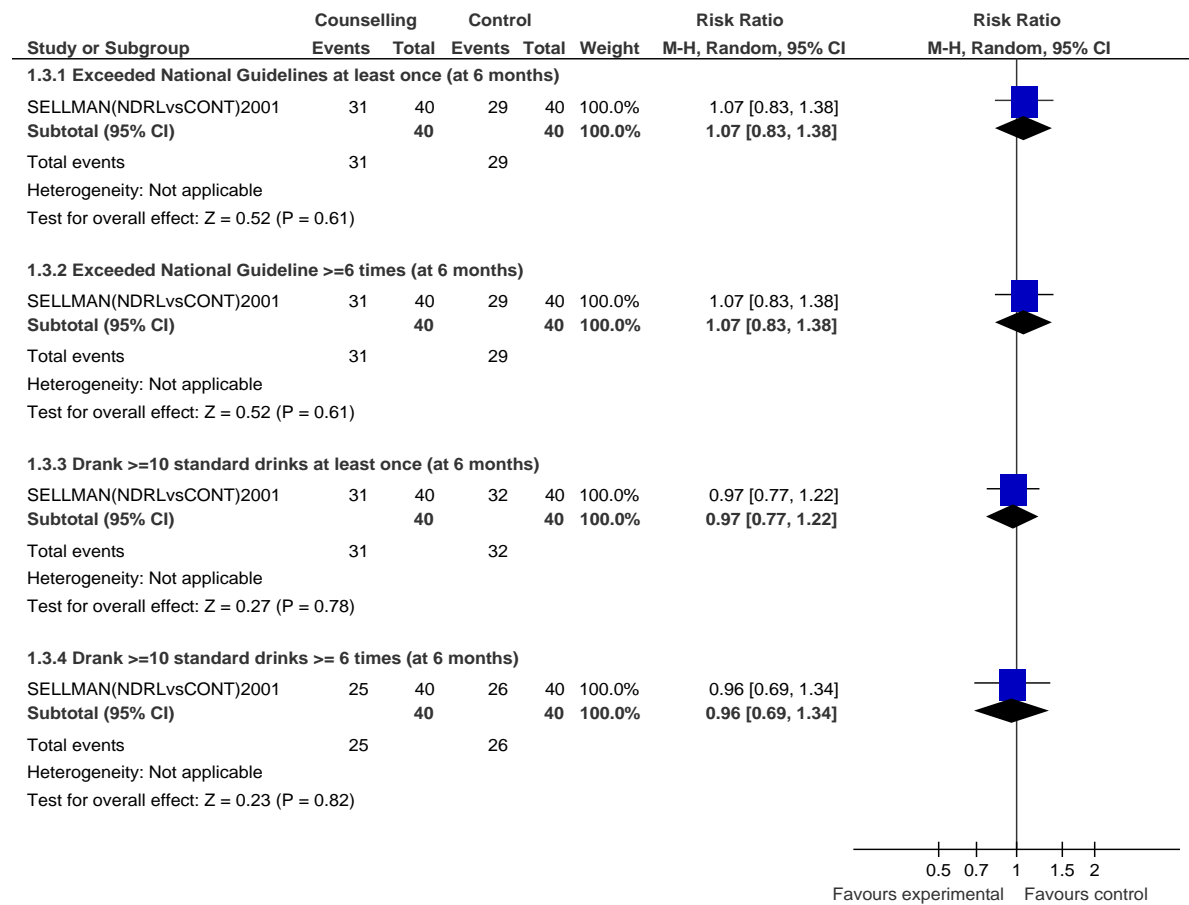
Lapse up to 6-month follow-up



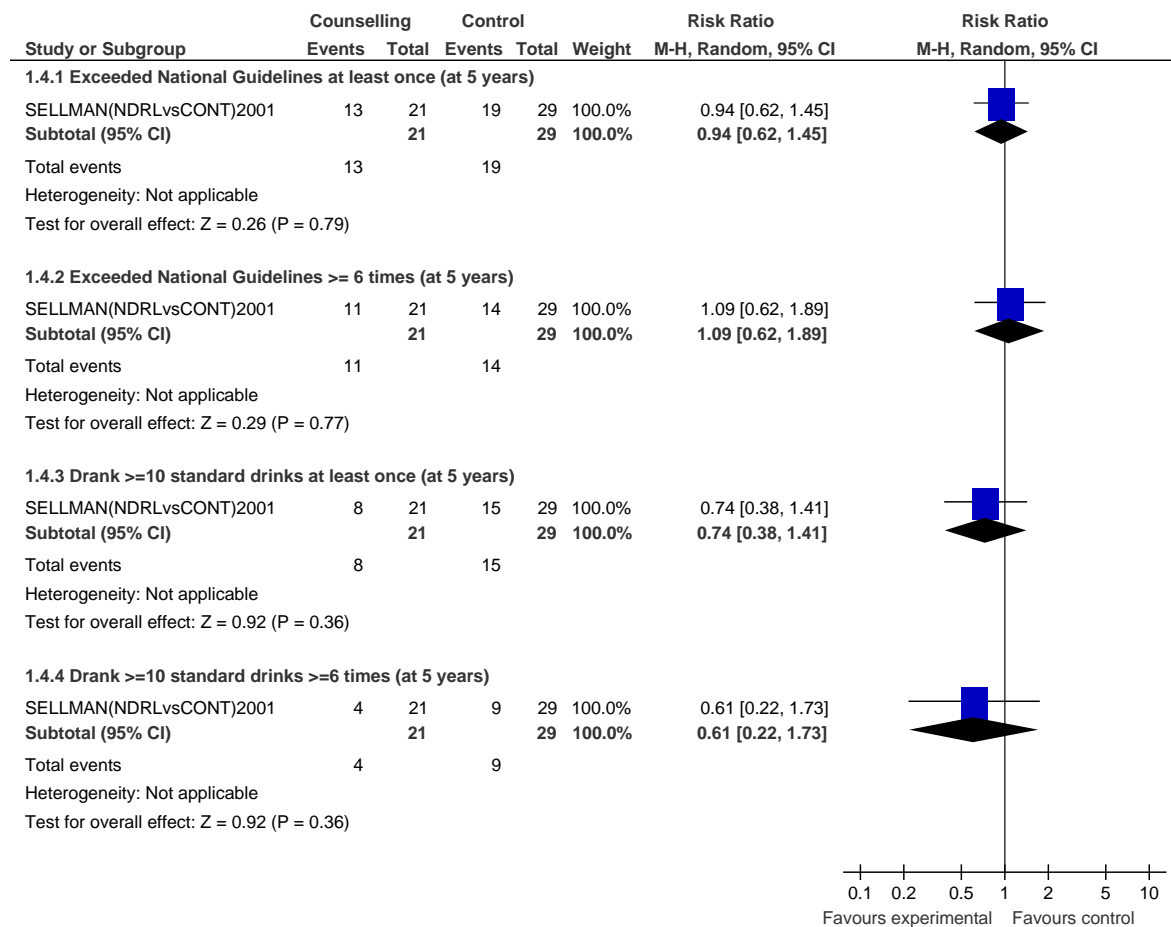
Lapse >12-month follow-up



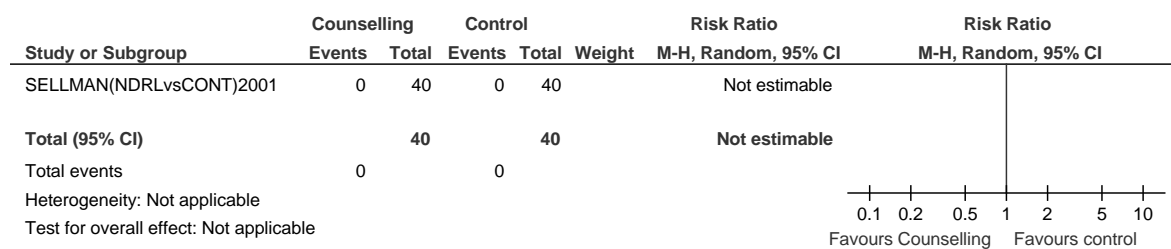
Rates of consumption up to 6-month follow-up



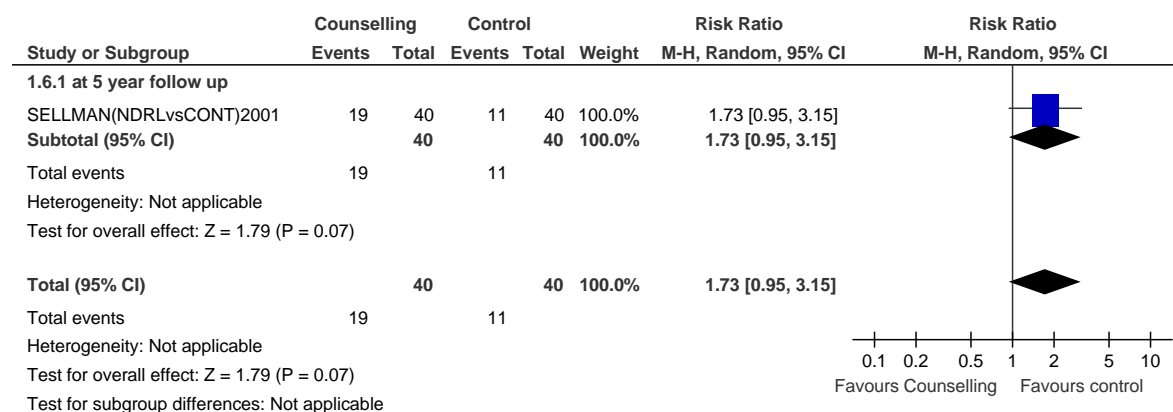
Rates of consumption >12-month follow-up.



Attrition (dropout) post-treatment

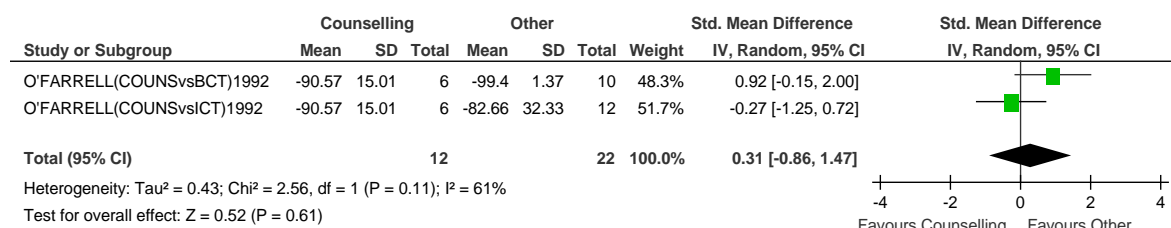


Attrition (dropout) >12-month follow-up

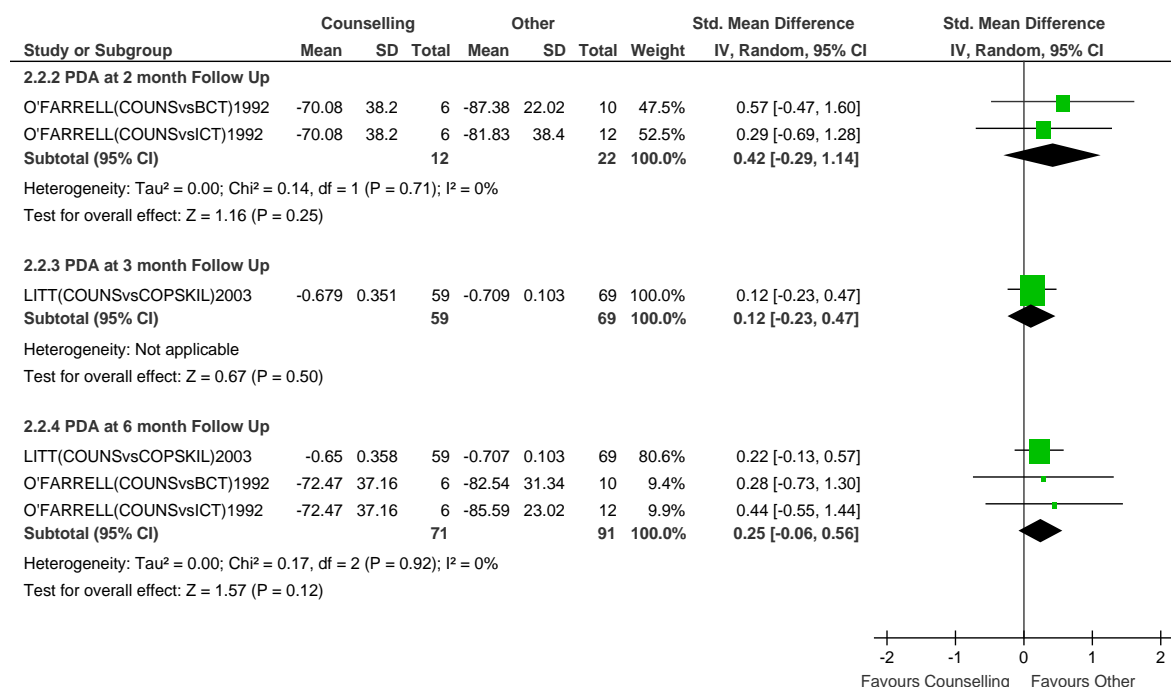


Counselling versus other intervention

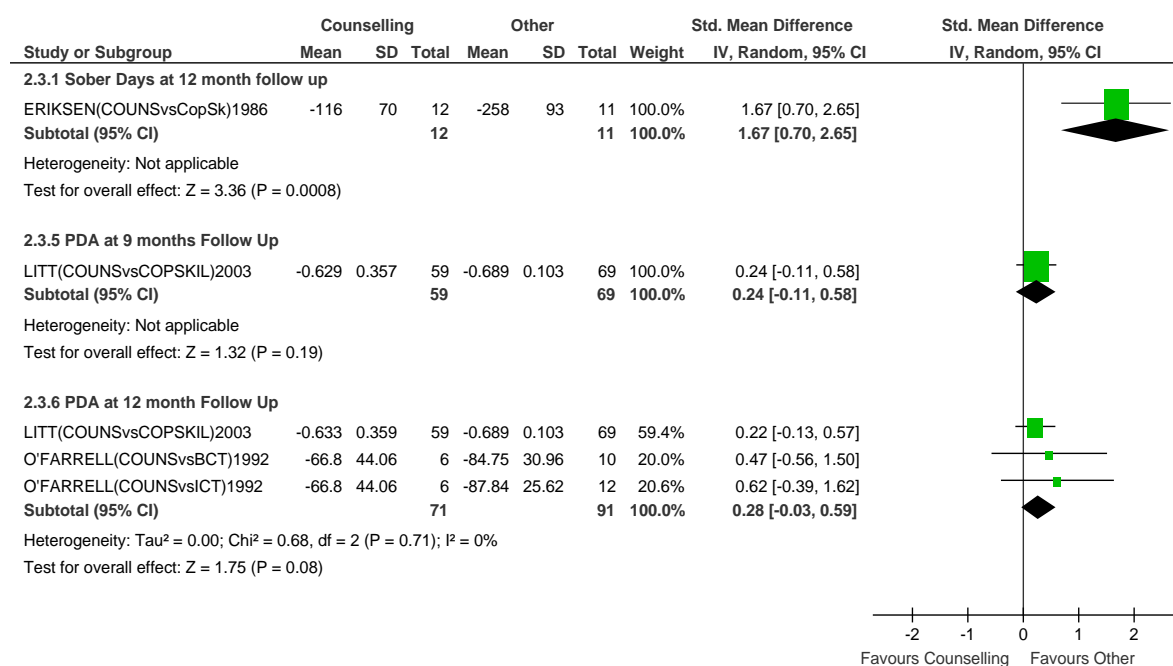
Abstinent (percentage) post-treatment



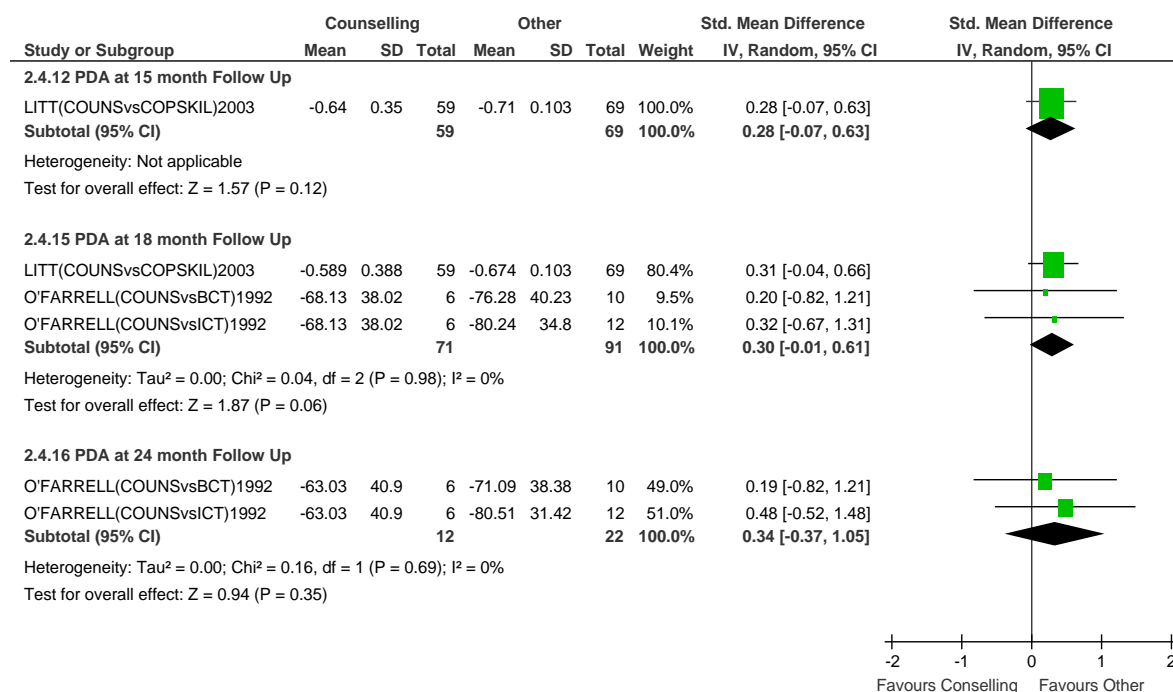
Abstinent (percentage or proportion) up to 6 months follow-up



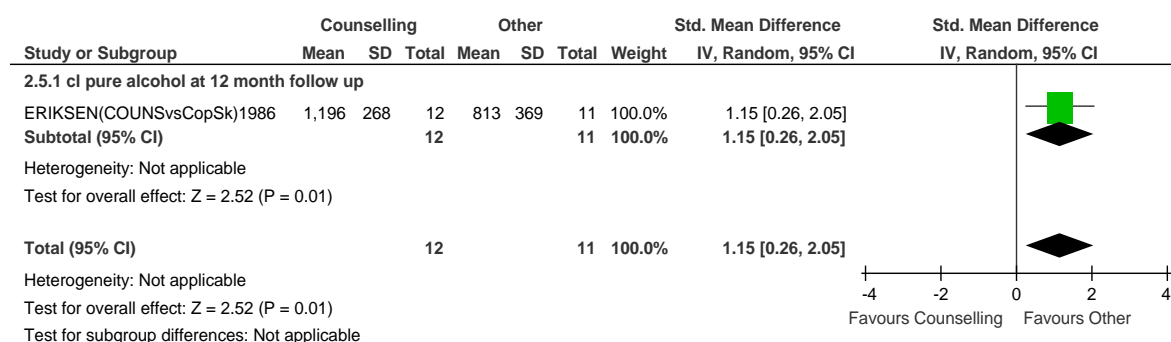
Abstinent (percentage or proportion) at 7- to 12-month follow-up



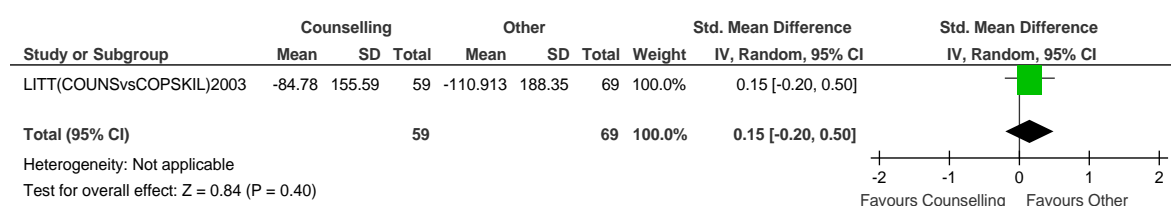
Abstinent (percentage or proportion) >12-month follow-up



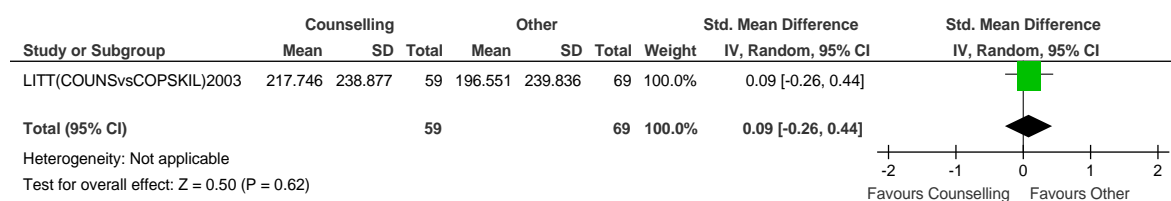
Amount of alcohol consumed at 7- to 12-month follow-up



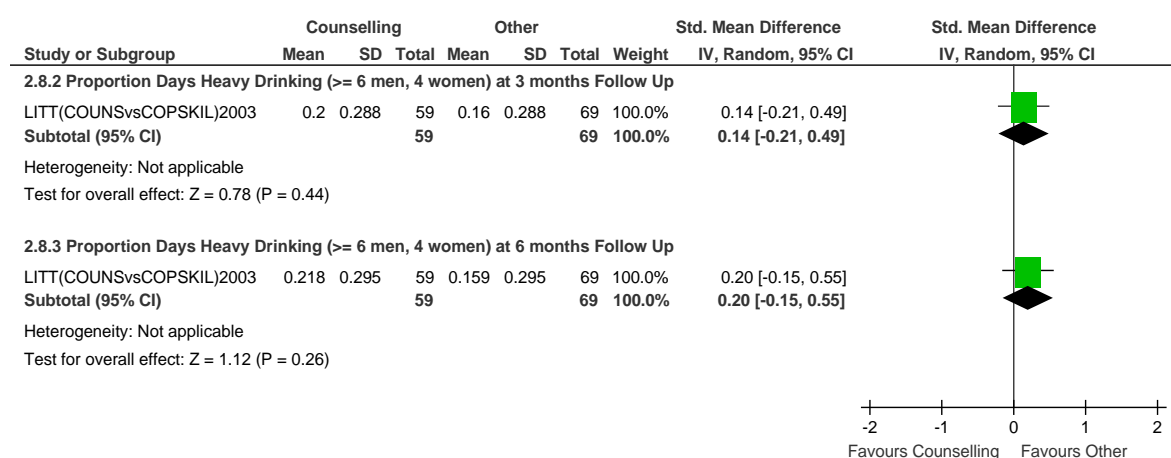
Time to first drink assessed at 18-month follow-up



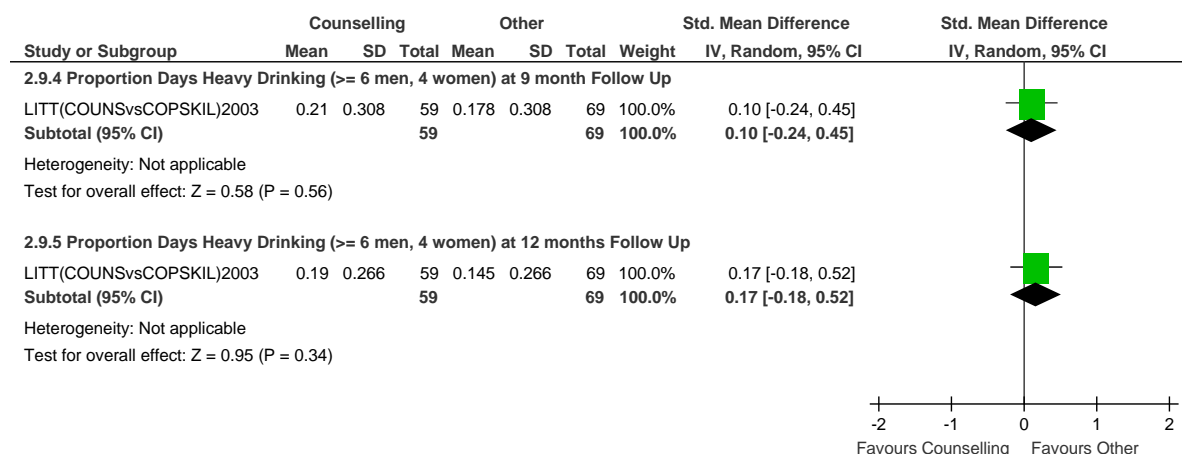
Time to first heavy drink assessed at 18-month follow-up



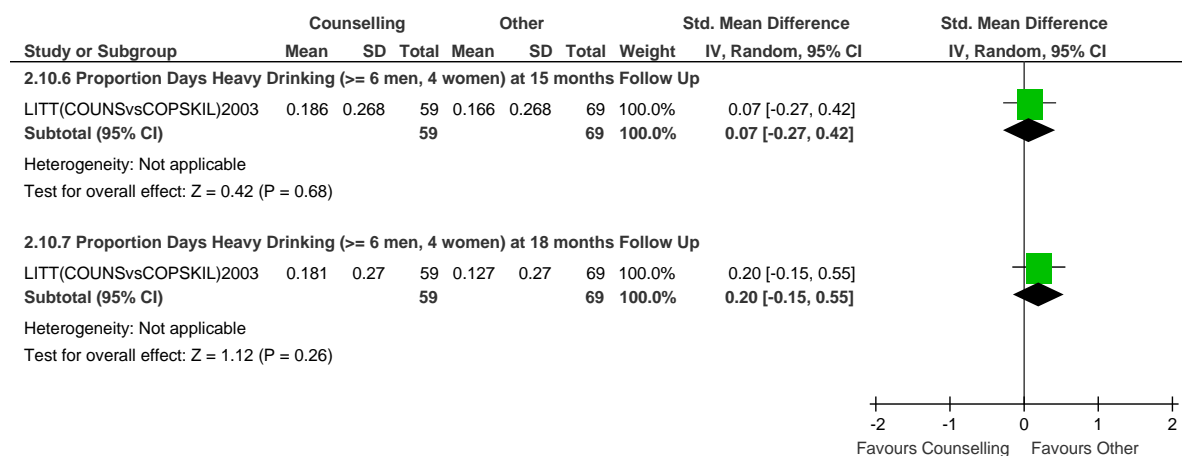
Rates of consumption up to 6-month follow-up



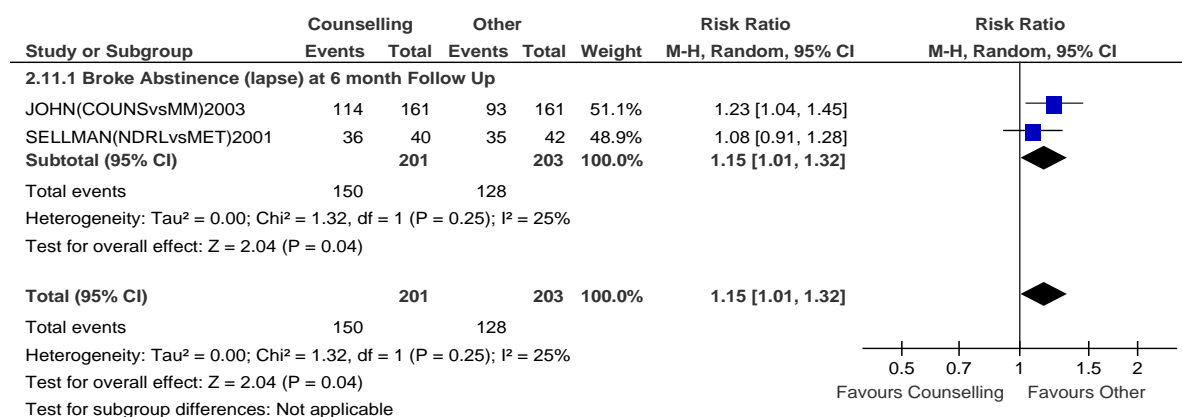
Rates of consumption 7- to 12-month follow-up



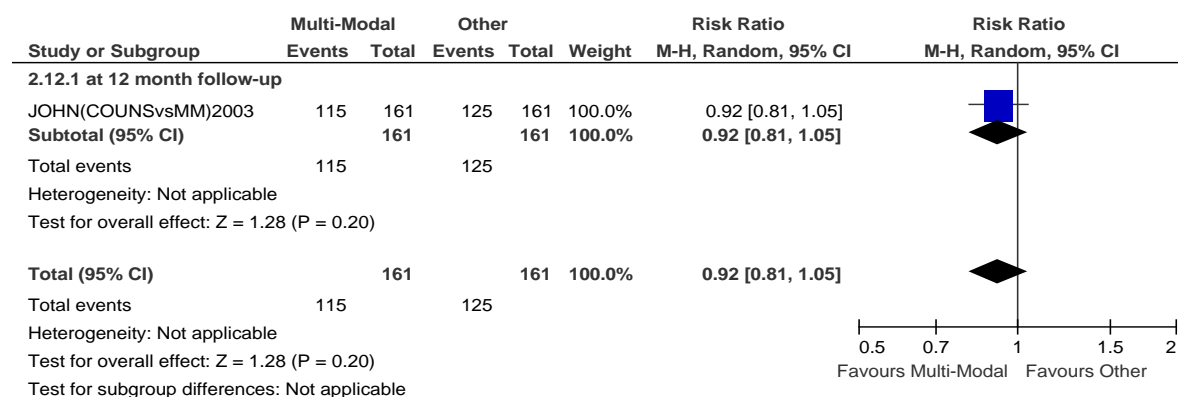
Rates of consumption >12-month follow-up



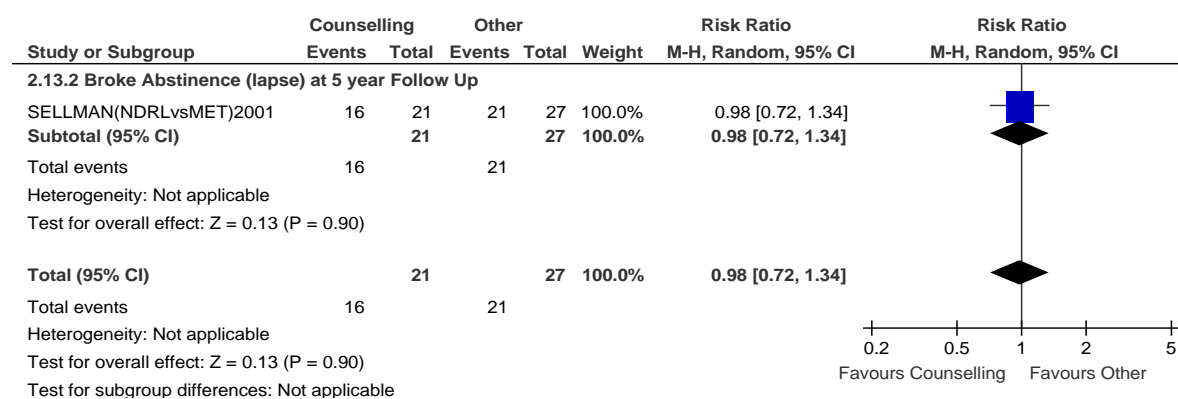
Lapse up to 6-month follow-up



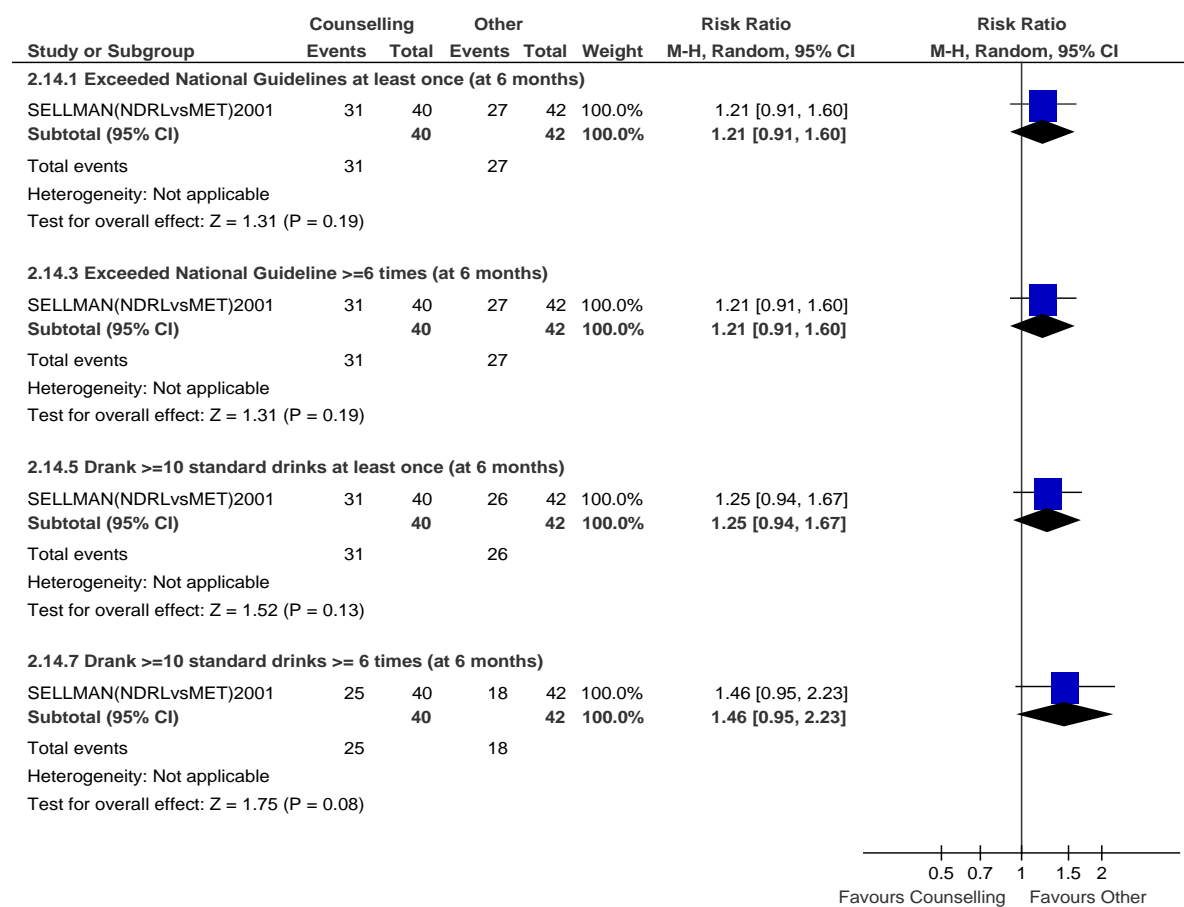
Lapsed - 7- to 12-month follow-up



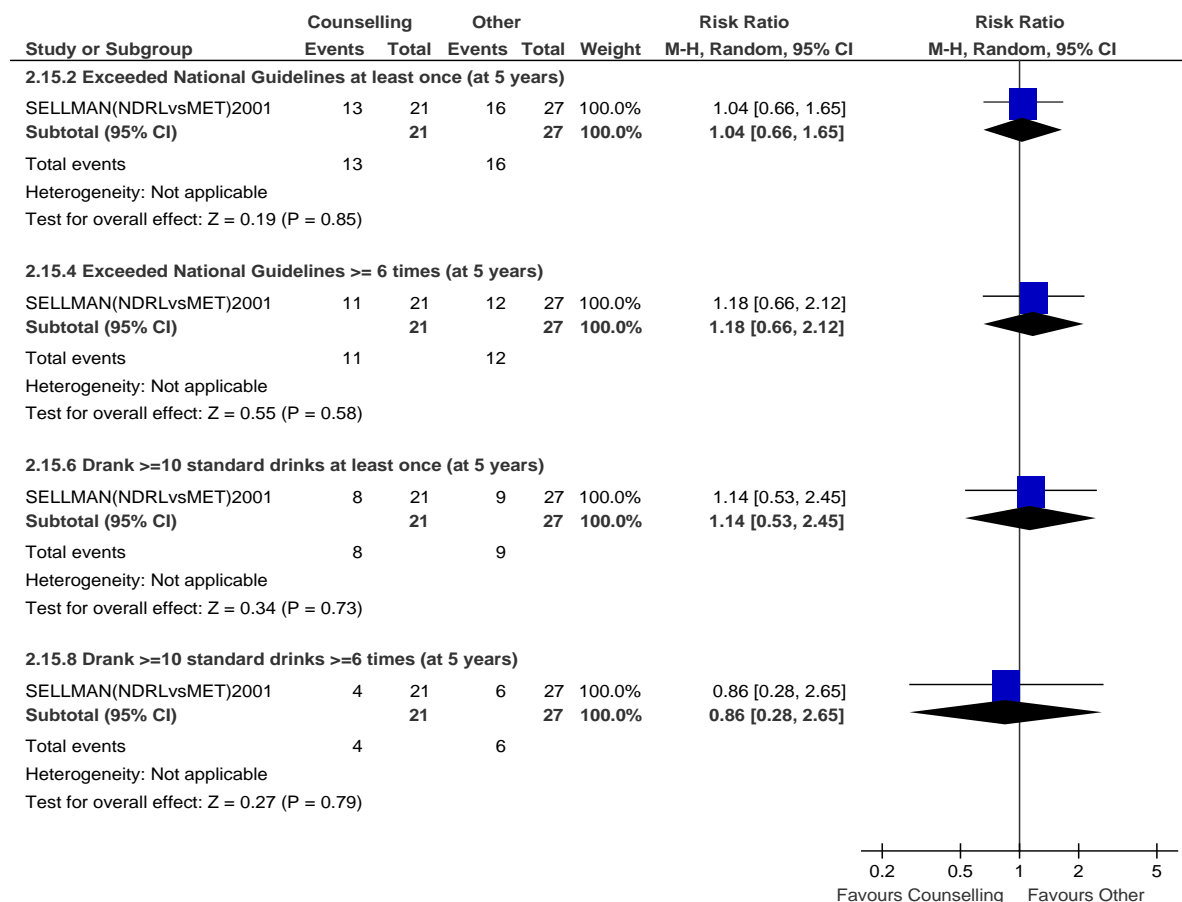
Lapse >12-month follow-up



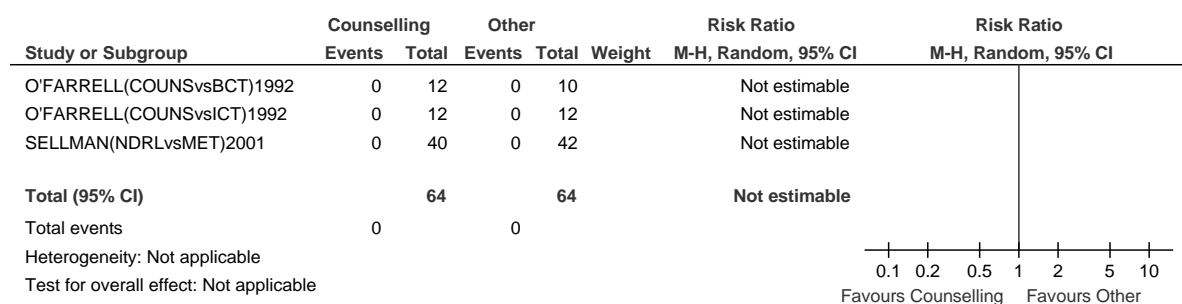
Exceeded national guidelines up to 6-month follow-up



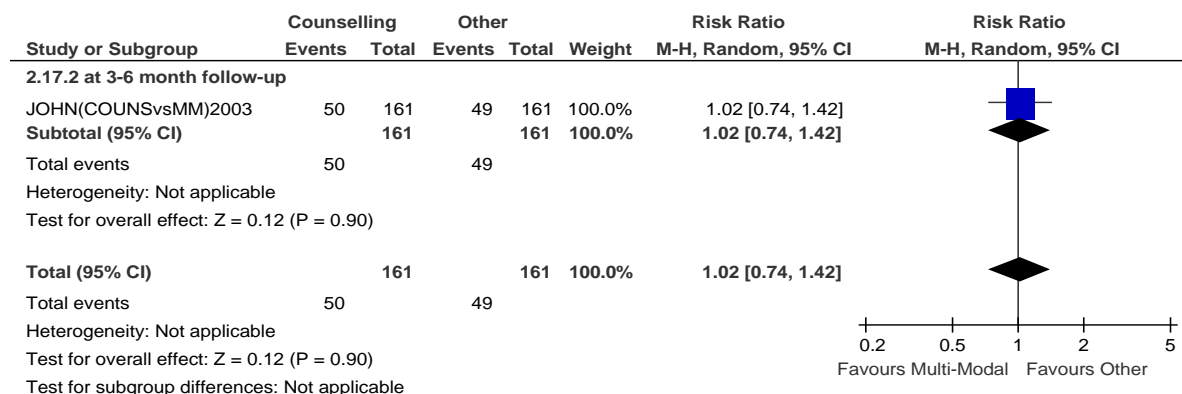
Exceeded national guidelines >12-months follow-up



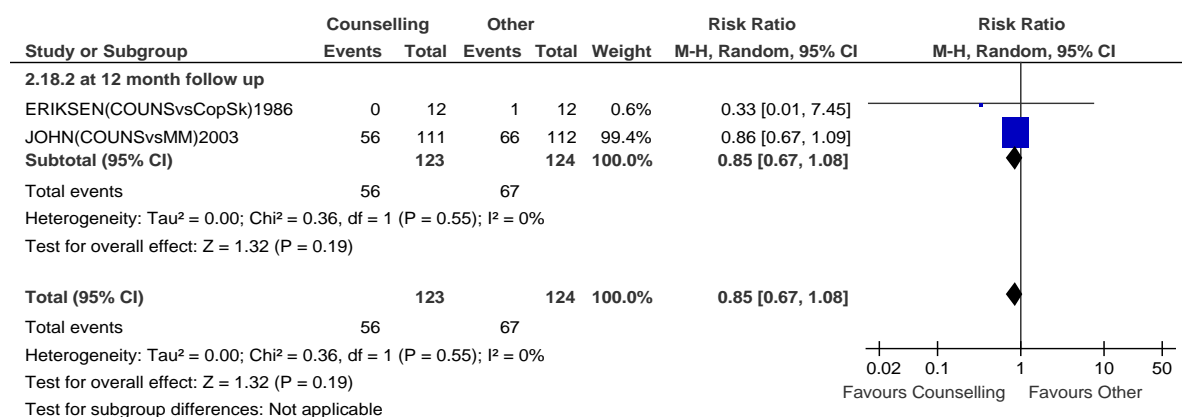
Attrition post-treatment



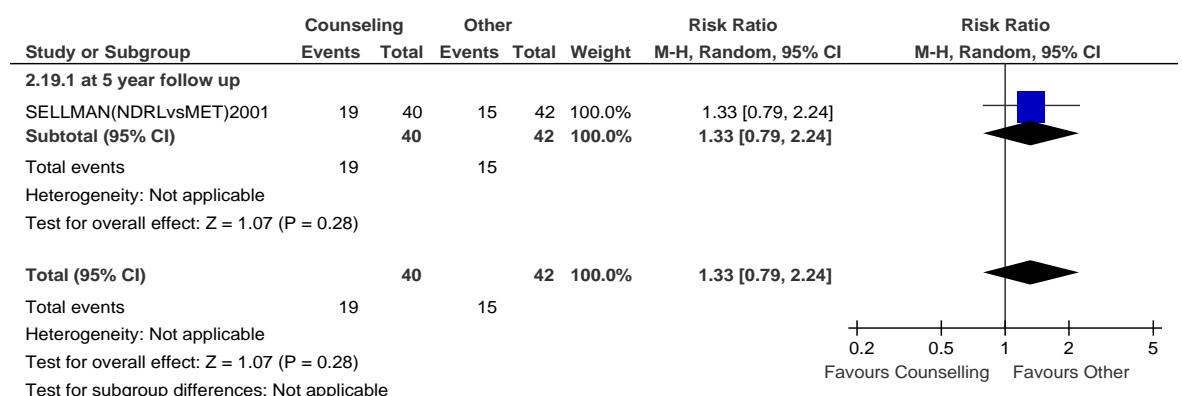
Attrition up to 6 months follow-up



Attrition 7- to 12-month follow-up



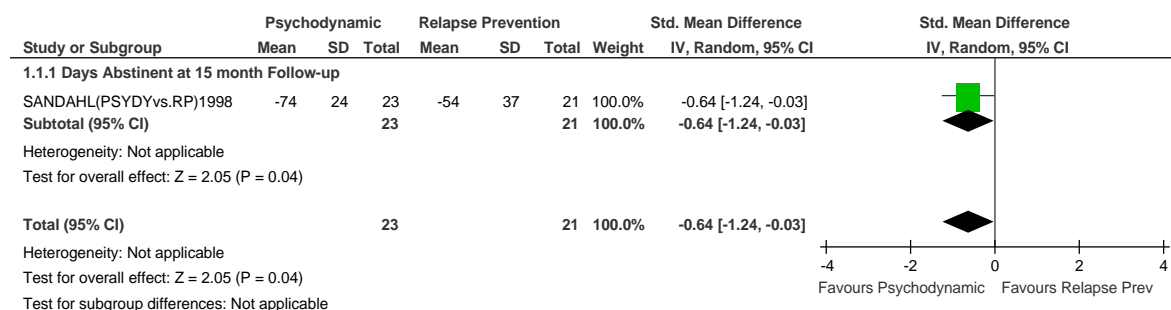
Attrition >12-month follow-up



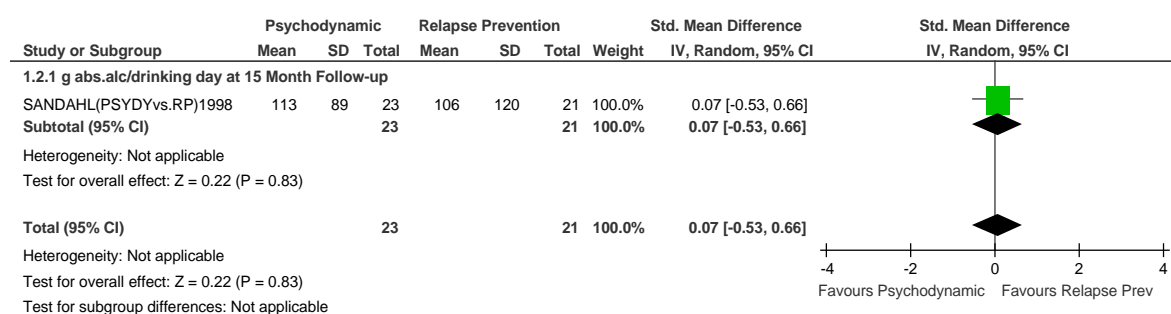
Short-term psychodynamic therapy

Short-term psychodynamic therapy versus other intervention

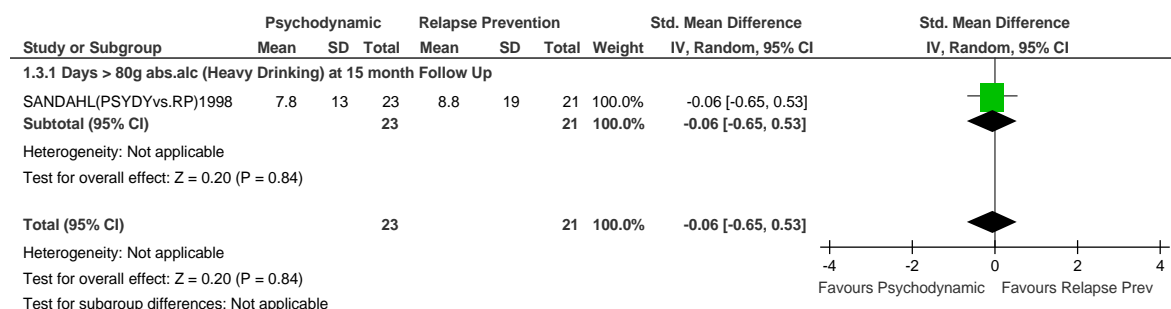
Number abstinent days



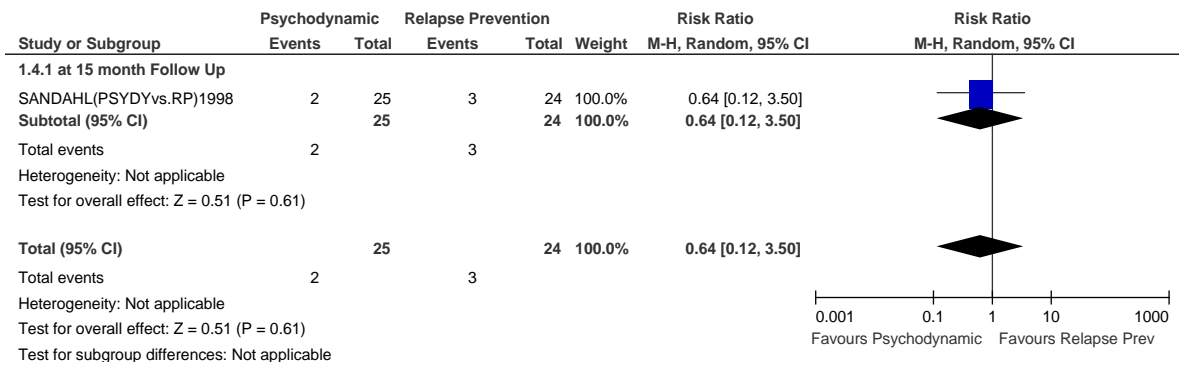
Grams of absolute alcohol per drinking day



Days > 80 grams of absolute alcohol



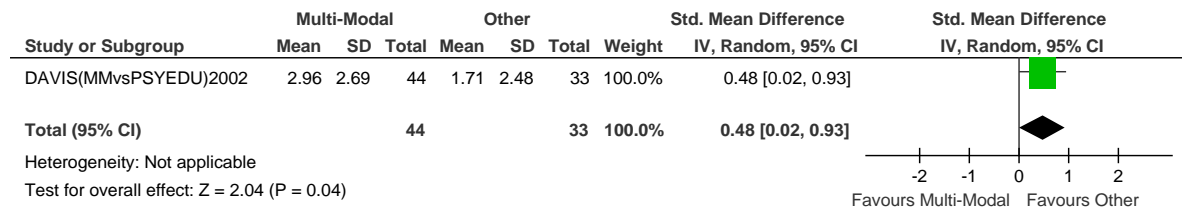
Attrition >12-month follow-up



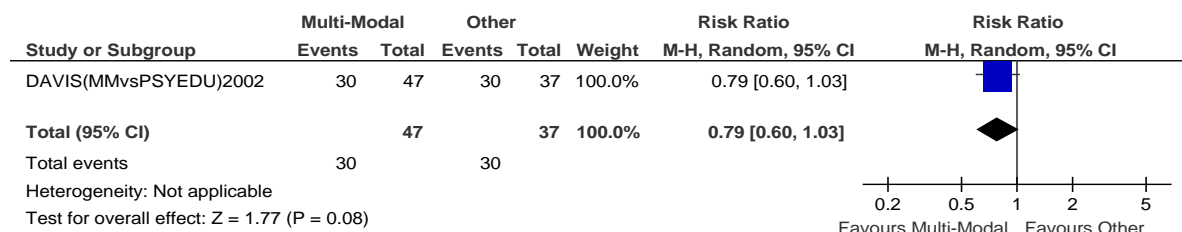
Multi-modal intervention

Multi-modal versus other intervention

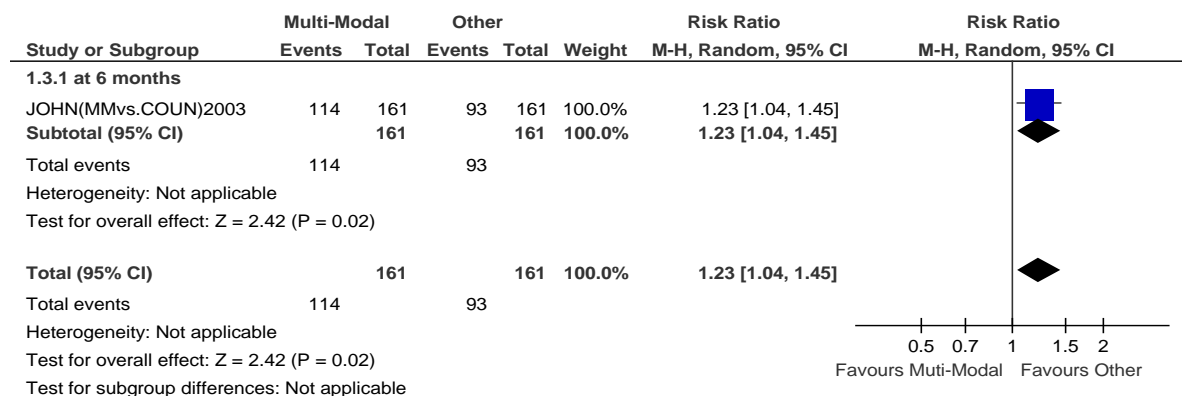
Length of sobriety (in months) post-treatment



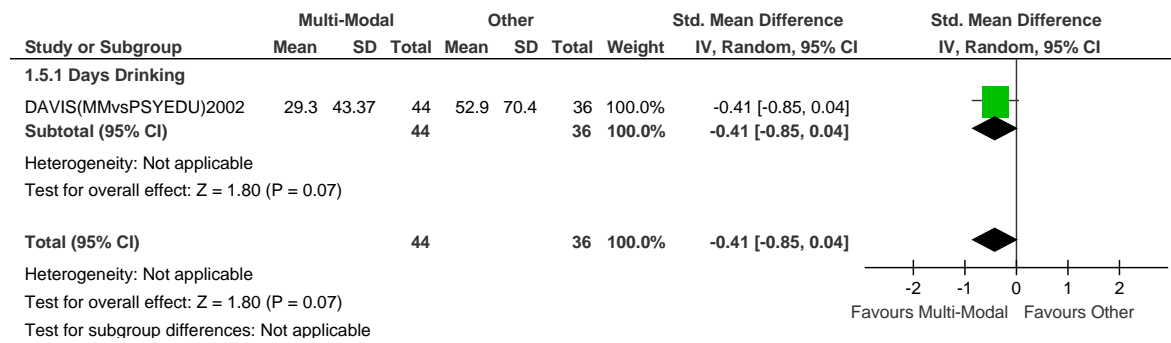
Lapsed post-treatment



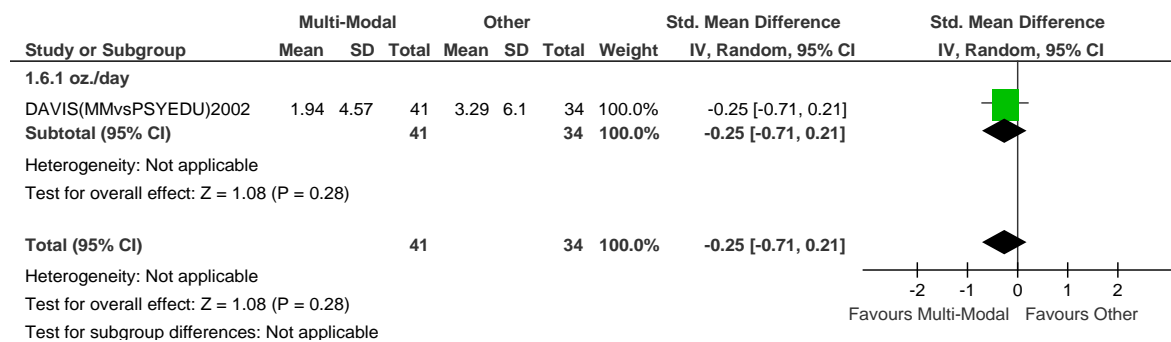
Lapsed up to 6-month follow-up



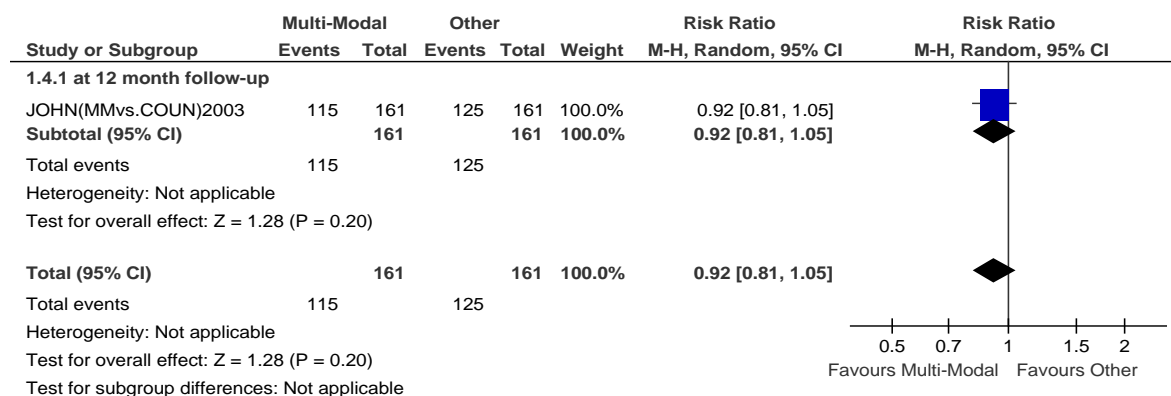
Rates of consumption post-treatment



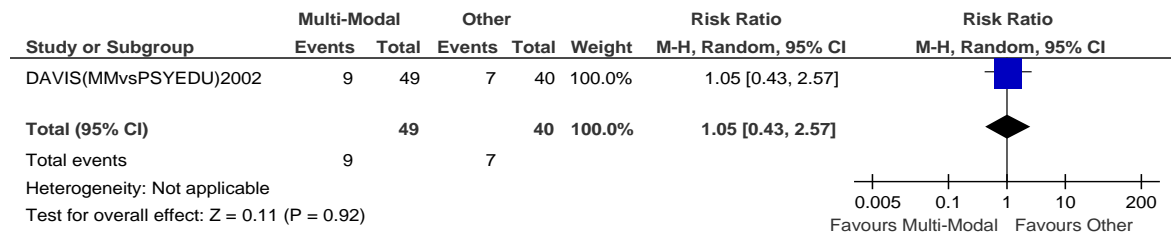
Amount of alcohol consumed post-treatment



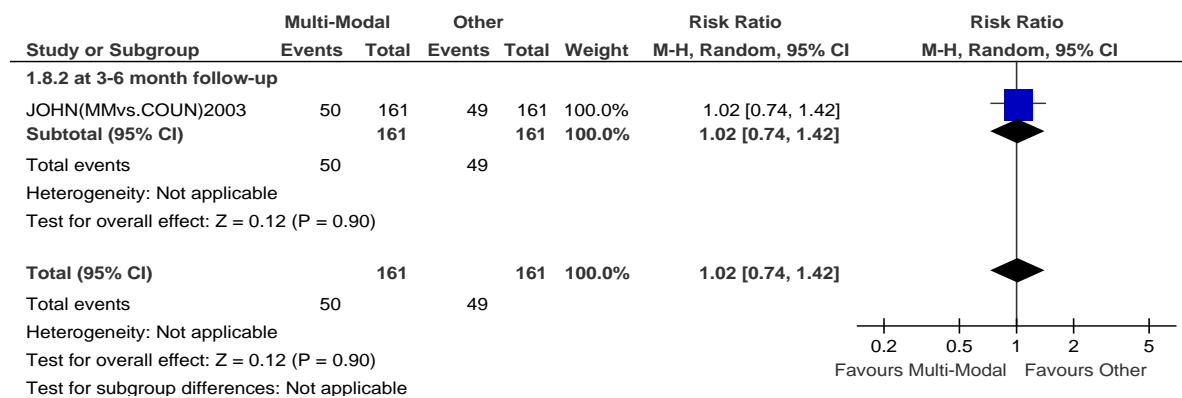
Lapsed - 7- to 12-month follow-up.



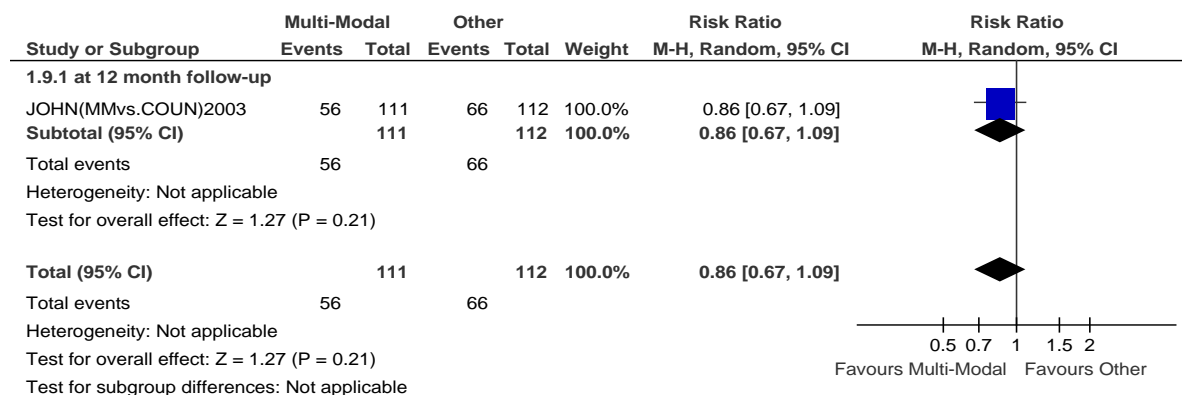
Attrition (dropout) post-treatment



Attrition (dropout) up to 6 months follow-up.



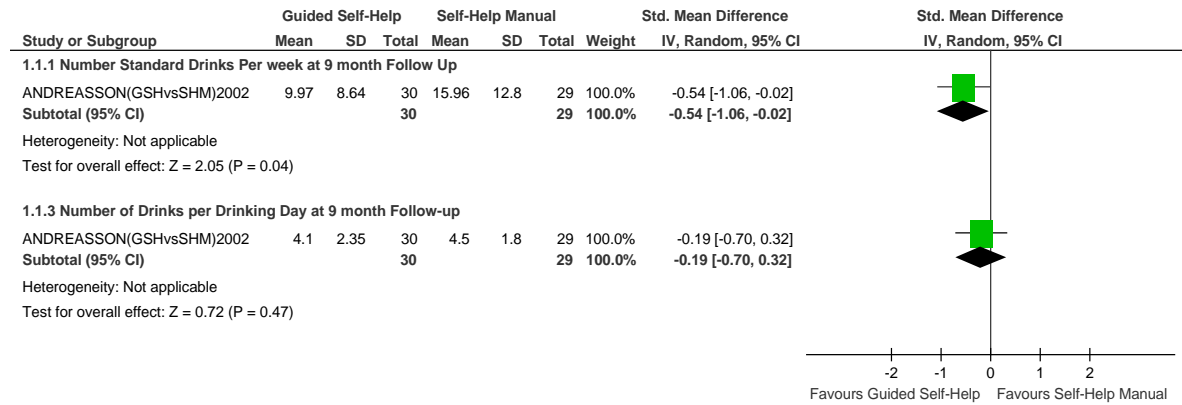
Attrition (dropout) at 7- to 12-month follow-up.



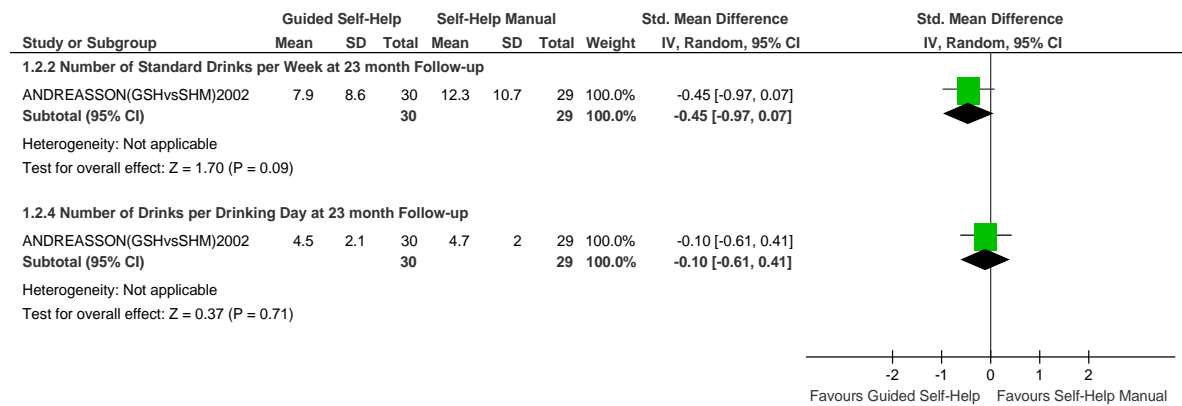
Self-help

Self-help versus self-help

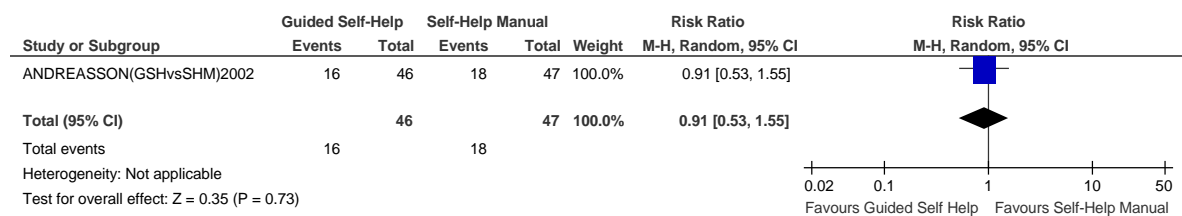
Amount of alcohol consumed at 7- to 12-month follow-up



Amount of alcohol consumed >12-month follow-up



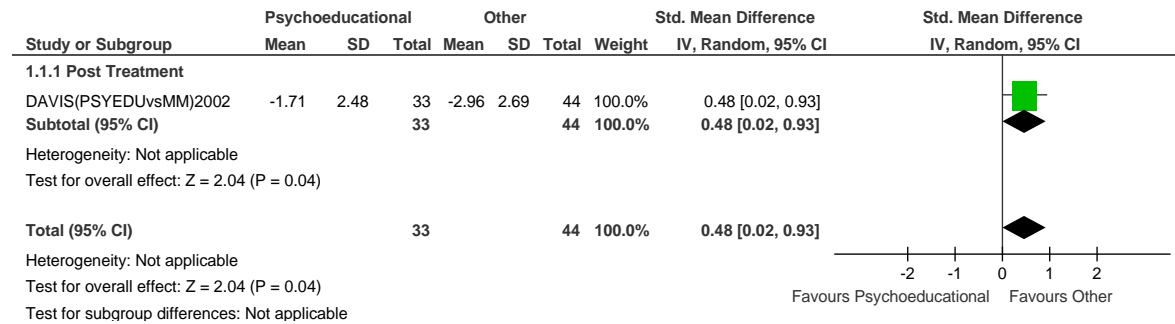
Attrition at 23 month follow-up



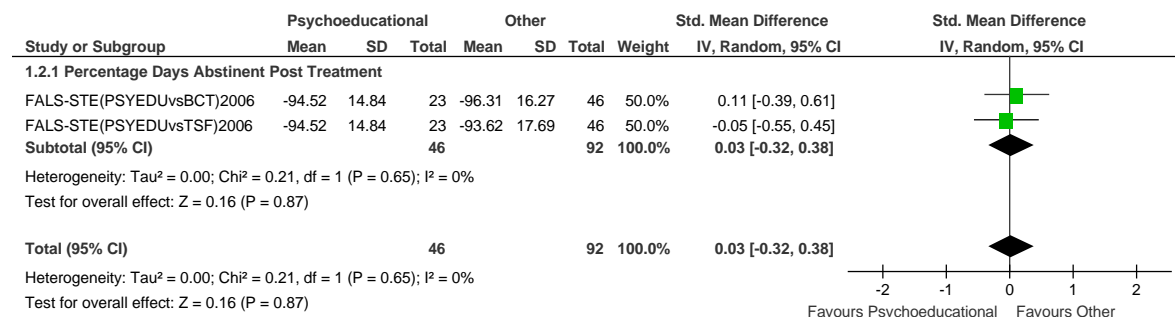
Psychoeducational intervention

Psychoeducational versus other intervention

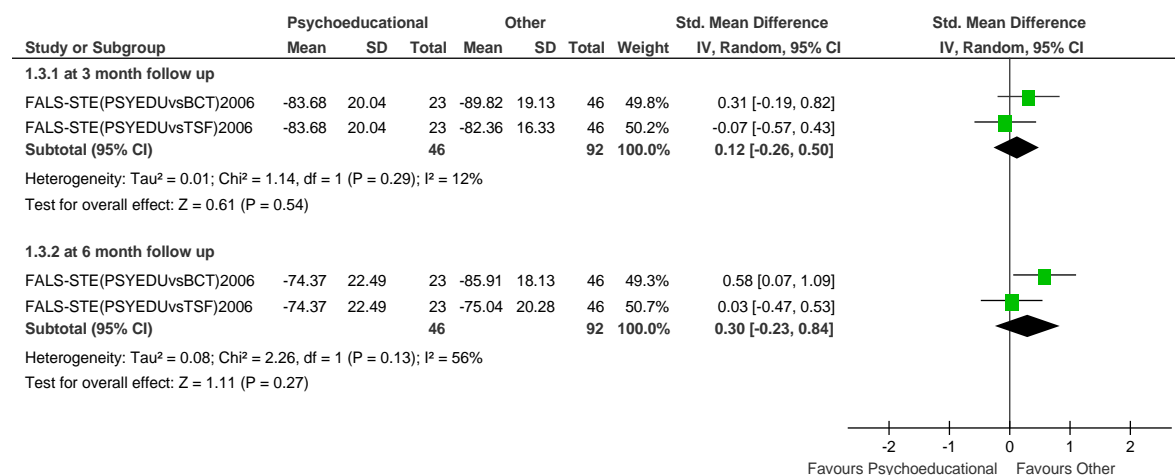
Length of sobriety (months) post-treatment



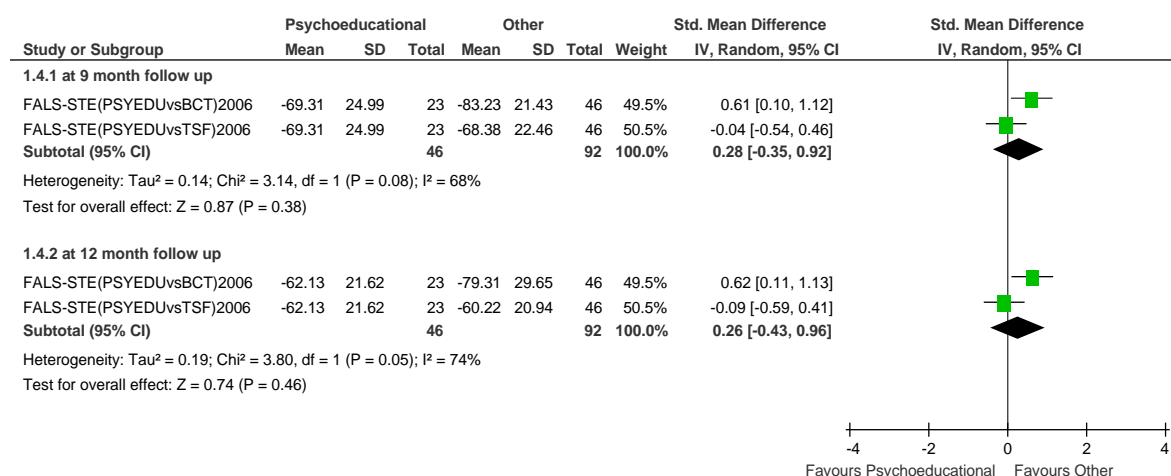
Abstinent post-treatment



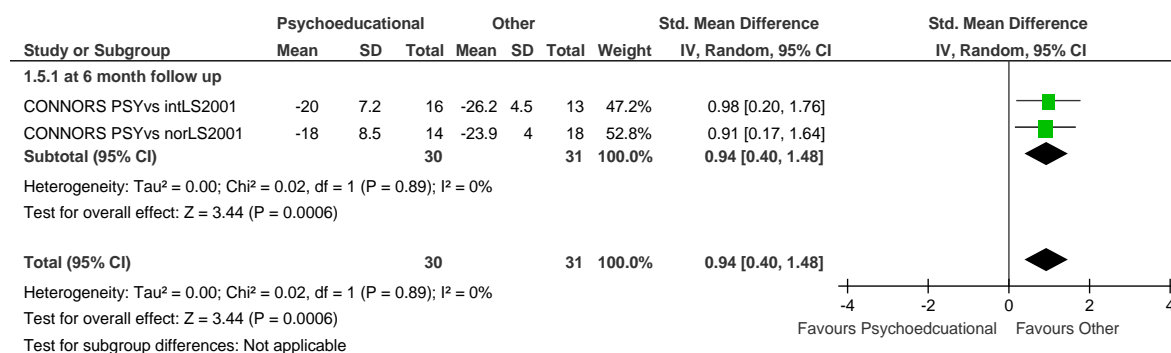
Abstinent up to 6-month follow-up



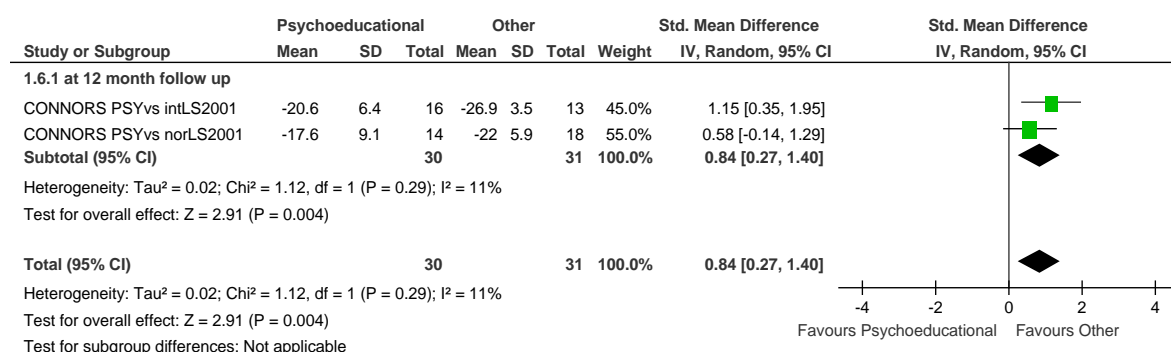
Abstinent 7- to 12-month follow-up



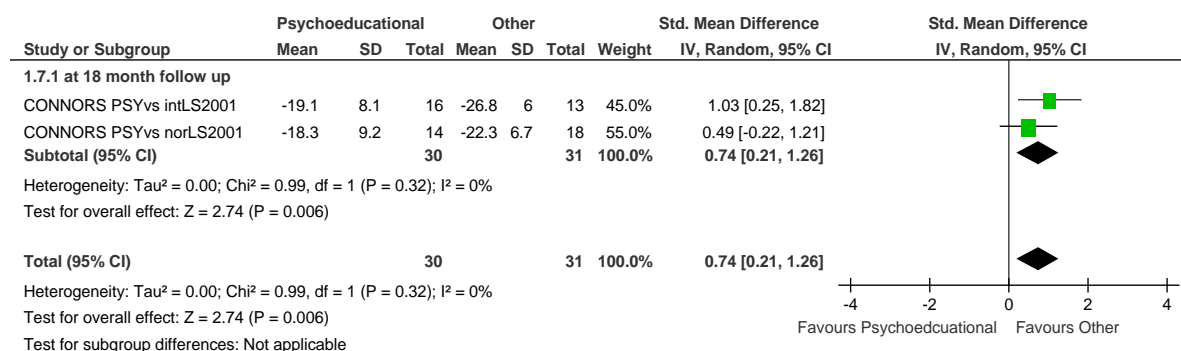
Abstinent/light (one to three standard drinks) up to 6-month follow-up



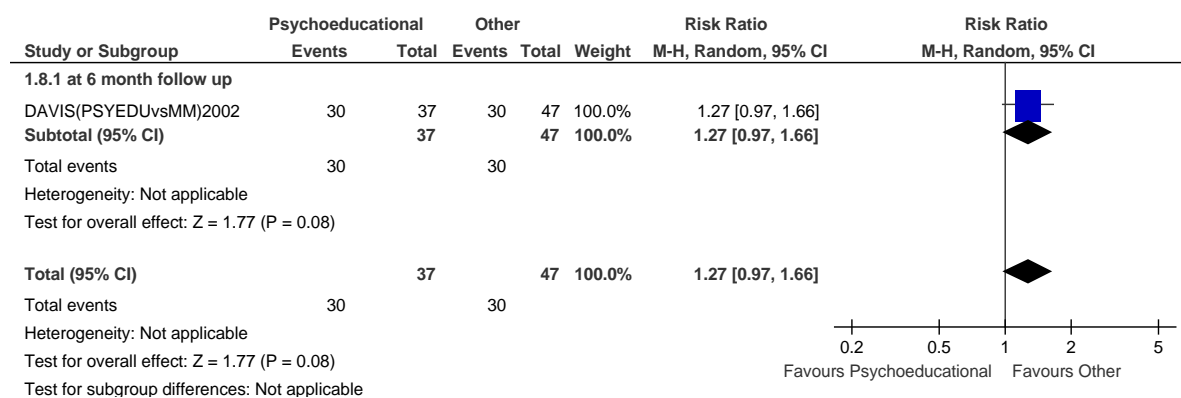
Abstinent/light (one to three standard drinks) 7- to 12-month follow-up



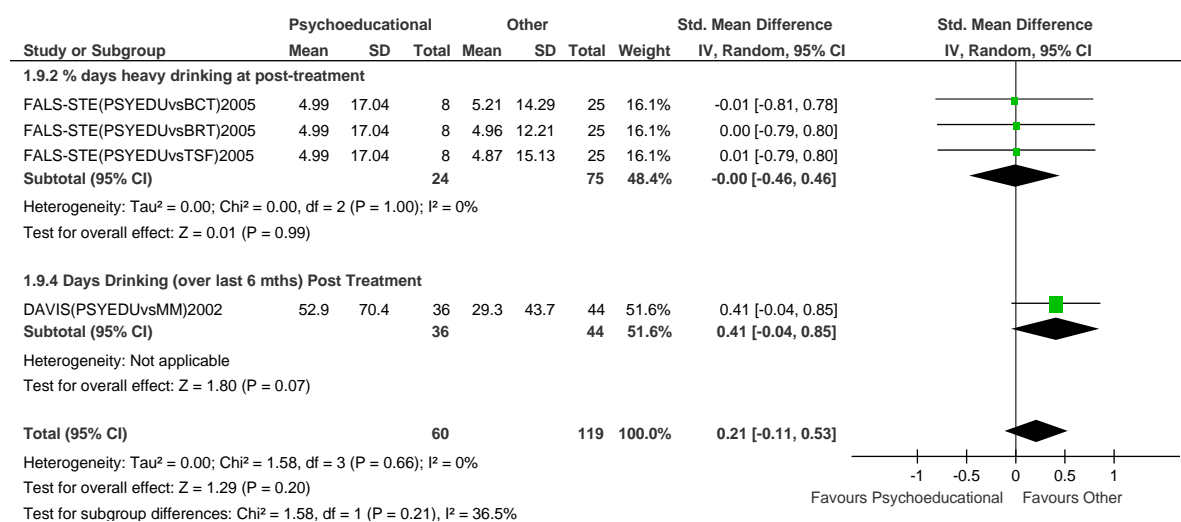
Abstinent/light (one to three standard drinks) >12-month follow-up



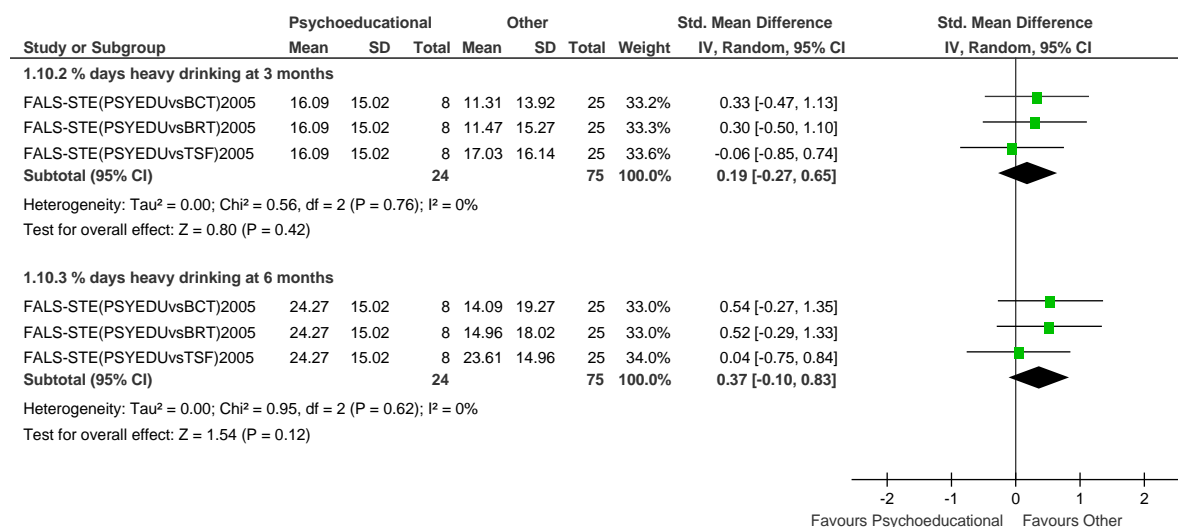
Number lapsed (non-abstinent) post-treatment



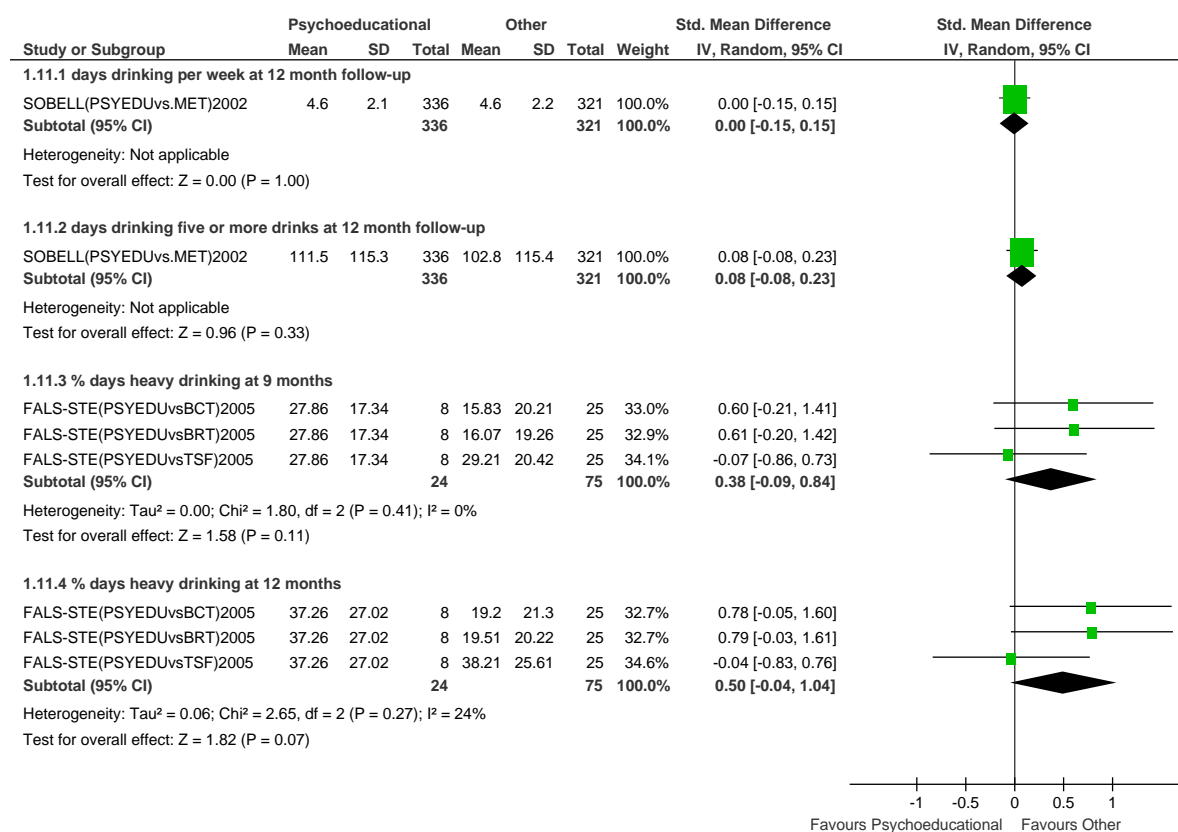
Rate of alcohol consumption post-treatment



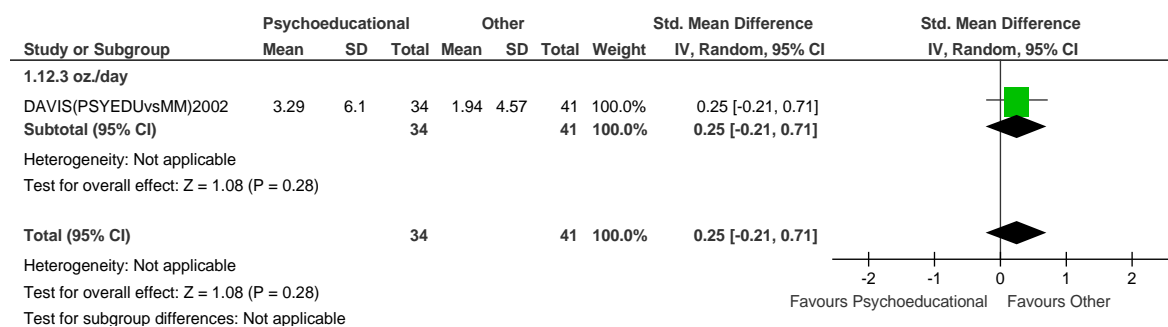
Rate of alcohol consumption up to 6-month follow-up



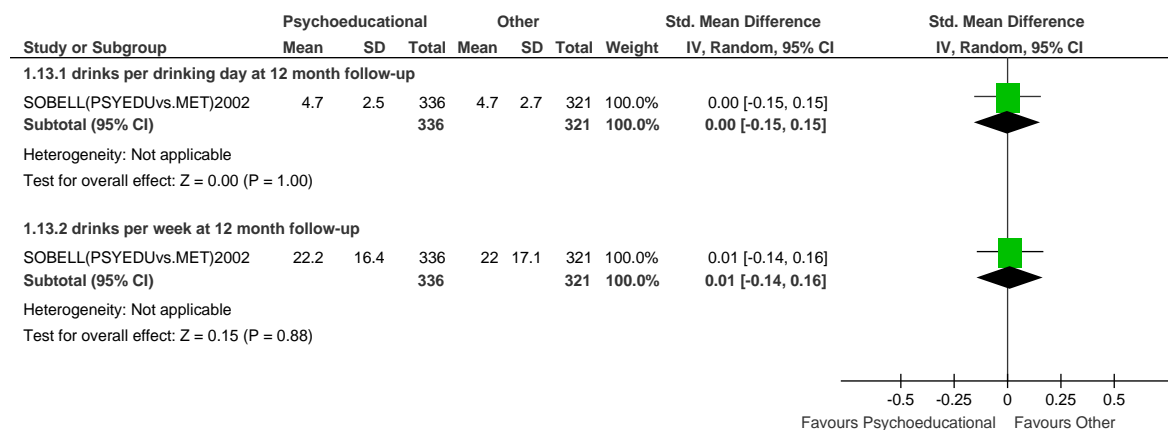
Rate of alcohol consumption – 7- to 12-month follow-up



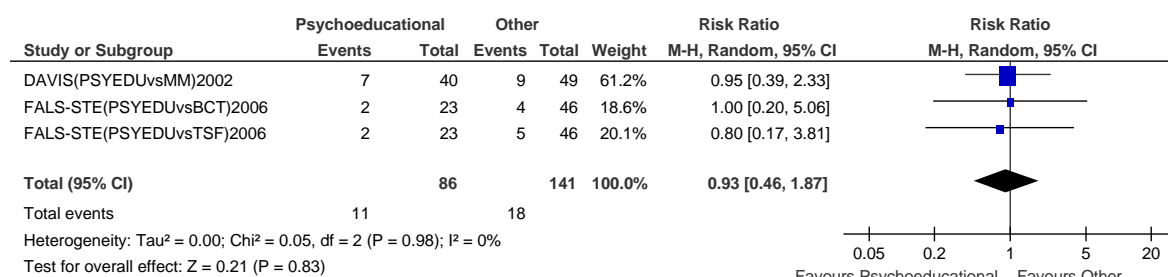
Amount of alcohol consumed post-treatment



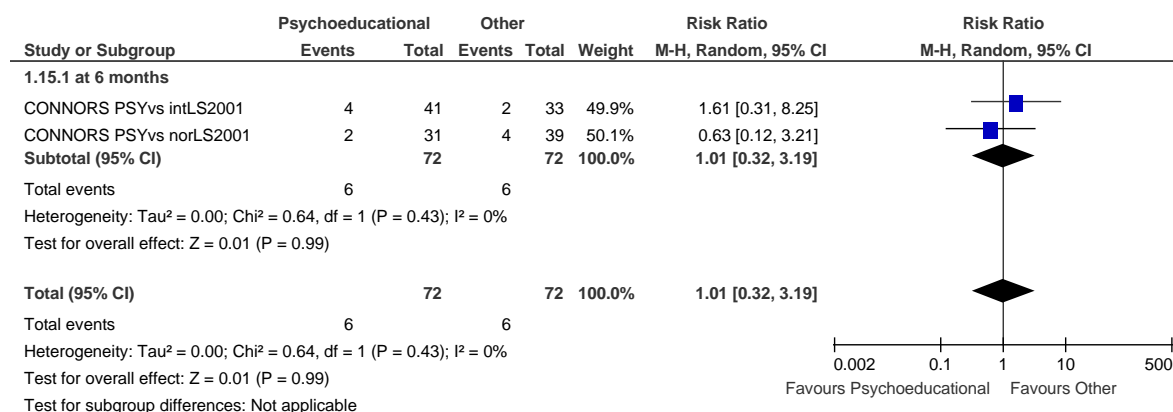
Amount of alcohol consumed 7- to 12-month follow-up



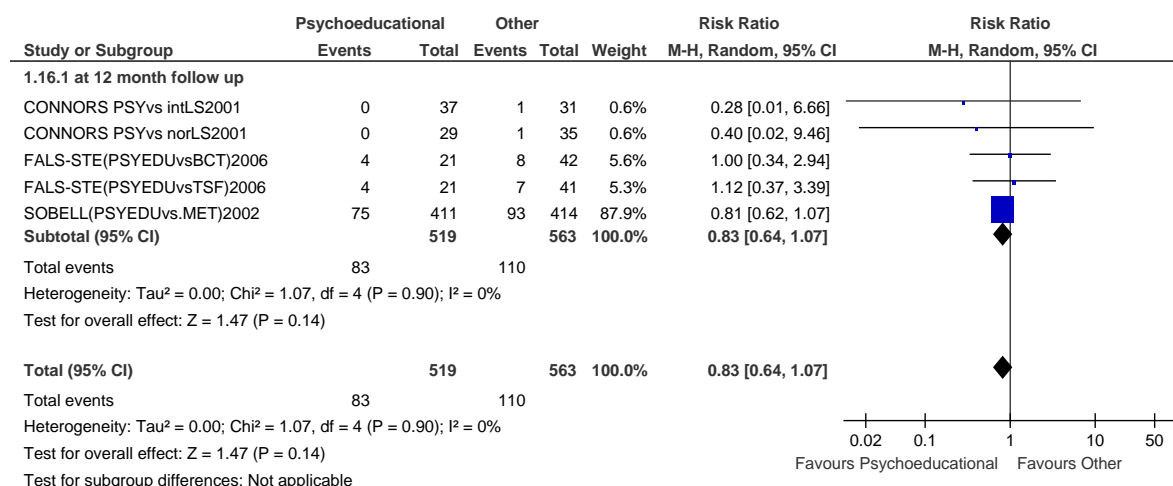
Attrition (dropout) post-treatment



Attrition (dropout) up to 6-month follow-up



Attrition (dropout) 7- to 12-month follow-up



Attrition (dropout) >12-month follow-up

