

### **3. Appendices**

#### **Appendix 1: Background references**

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## Appendix 2: Search strategies

In order to minimise the number of references we have pursued the strategy of searching only within titles and keywords. This provides a more targeted search.

### A. Cochrane Database of Systematic Reviews and DARE searches

#### CDSR & DARE: Alcohol Misuse

#	Search History	Results
1	(alcohol or alcohol abuse or alcohol misuse or intoxication or alcohol consumption or drinking or abstinence or temperance).ti, kw	83
2	(driving and drink).ti,kw or (driving and drunk).ti,kw	1
3	(binge or excessive or heavy).ti,kw.	25
4	drink\$.ti,kw	35
5	4 and 3	4
6	1 or 2 or 5	85

#### CDSR & DARE: Diet

#	Search History	Results
1	diet.ti,kw	121
2	weight loss.ti,kw	38
3	weight reduction.ti,kw	5
4	obesity.ti,kw	70
5	nutrition.ti,kw	93
6	or/1-5	264
7	(weight gain or weight control or weight maintenance or slim\$ or diet\$).ti,kw	262
8	6 or 7	381

#### CDSR & DARE: Physical Activity

#	Search History	Results
1	(activity promotion or physical fitness or physical exercise or physical activity or exercise or fitness).ti,kw	286
2	keep fit.ti,kw	0
3	exercis\$.ti,kw.	287
4	1 or 2 or 3	296

### **CDSR & DARE: Sexual Risk Taking in Young People**

#	Search History	Results
1	(sexual health or sexual risk\$ or sex education or sexual behaviour\$ or sexual behavior\$ or HIV or Acquired immune deficiency syndrome or STD or sexually transmitted disease\$ or teenage pregnanc\$).ti,kw	154
2	sexually transmitted infection\$ or STI\$ or STD\$	174
3	(contraception or family planning or contraception or pregnan\$ or unwanted pregnan\$ or birth control or safe sex).ti,kw	609
4	1 or 2 or 3	888
5	(adolescen\$ or teenage\$ or young person or young people or young adult or schoolchild\$ or underage\$ or youth).ti,kw,ab	489
6	4 and 5	49

### **CDSR & DARE: Smoking**

#	Search History	Results
1	(smok\$ or cig\$ or tobacco or nicotine).ti,kw	122
2	(smoking cessation or smoking prevention or nicotine addiction).ti,kw	88
3	1 or 2	122

### **CDSR & DARE: Substance Misuse**

#	Search History	Results
1	(drug abuse or drug misuse or substance abuse or substance misuse or drug addiction\$ or illicit drug\$).ti,kw	22
2	(cannabis or marijuana or heroin or cocaine or crack cocaine).ti,kw	15
3	substance abuse prevention.ti,kw	1
4	(solvents or amphetamine\$ or ecstasy or ketamine or volatile substance abuse or LSD or magic mushroom\$ or GHB or poppers or VSA or anabolic steroids or MDMA or street drug\$).ti,kw	19
5	1 or 2 or 3 or 4	56

### **CDSR & DARE: Results Summary**

Behaviour	Results
Alcohol misuse	85
Diet	381
Physical Activity	296
Sexual Risk Taking in Young People	49
Smoking	122
Substance Misuse	56
<b>TOTAL</b>	<b>989</b>

## B. OVID Databases: Additional searches

### Ovid Databases: Alcohol Misuse

#	Search History	Results
1	(alcohol or alcohol abuse or alcohol misuse or intoxication or alcohol consumption or drink\$ or abstinence or temperance).ti,kw.	119272
2	((driving and drink) or (driving and drunk)).ti,kw.	430
3	(binge or excessive or heavy).ti,kw.	29524
4	drink\$.ti,kw.	28969
5	3 and 4	1965
6	1 or 2 or 5	119541
7	limit 6 to abstracts [Limit not valid in: ERIC; records were retained]	88889
8	limit 7 to english language	81534
9	limit 8 to yr="2004 - 2007"	12826
10	meta?analy\$.mp.	25994
11	meta analy\$.mp.	64485
12	(systematic and review\$).mp.	55556
13	10 or 11 or 12	107187
14	case report.ti.	136847
15	editorial.pt.	374913
16	letter.pt.	791142
17	14 or 15 or 16	1299765
18	13 not 17	102421
19	18 and 9	253
20	remove duplicates from 19	147
21	from 20 keep 1-147	147

**OVID Databases: Diet**

#	Search History	Results
1	meta?analy\$.mp.	25994
2	meta analy\$.mp.	64485
3	(systematic and review\$).mp.	55556
4	1 or 2 or 3	107187
5	case report.ti.	136847
6	editorial.pt.	374913
7	letter.pt.	791142
8	5 or 6 or 7	1299765
9	4 not 8	102421
10	Diet.ti,kw.	39744
11	Weight loss.ti,kw.	7869
12	Weight reduction.ti,kw.	1592
13	obes\$.ti,kw.	56062
14	nutrition.ti,kw.	49160
15	(weight gain or weight control or weight maintenance or slim\$ or diet\$).ti,kw.	126225
16	or/10-15	229815
17	9 and 16	1473
18	limit 17 to abstracts [Limit not valid in: ERIC; records were retained]	1309
19	limit 18 to english language	1227
20	limit 19 to yr="2004 - 2007"	498
21	remove duplicates from 20	347
22	from 21 keep 1-347	347

**OVID Databases: Physical Activity**

<b>#</b>	<b>Search History</b>	<b>Results</b>
1	meta?analy\$.mp.	25994
2	meta analy\$.mp.	64485
3	(systematic and review\$).mp.	55556
4	1 or 2 or 3	107187
5	case report.ti.	136847
6	editorial.pt.	374913
7	letter.pt.	791142
8	5 or 6 or 7	1299765
9	4 not 8	102421
10	(activity promotion or physical fitness or physical exercise or physical activity or exercise or fitness).ti,kw.	111449
11	keep fit.ti,kw.	20
12	exercis\$.ti,kw.	94648
13	or/10-12	119965
14	9 and 13	1100
15	limit 14 to abstracts [Limit not valid in: ERIC; records were retained]	974
16	limit 15 to english language	916
17	limit 16 to yr="2004 - 2007"	341
18	remove duplicates from 17	197
19	from 18 keep 1-197	197

**OVID Databases: Sexual risk taking in young people**

#	Search History	Results
1	meta?analy\$.mp.	25994
2	meta analy\$.mp.	64485
3	(systematic and review\$).mp.	55556
4	1 or 2 or 3	107187
5	case report.ti.	136847
6	editorial.pt.	374913
7	letter.pt.	791142
8	5 or 6 or 7	1299765
9	4 not 8	102421
10	(sexual health or sexual risk\$ or sex education or sexual behaviour\$ or sexual behavior\$ or HIV or Acquired immune deficiency syndrome or STD or sexually transmitted disease\$ or teenage pregnanc\$).ti,kw.	166901
11	(sexually transmitted infection\$ or STI\$ or STD\$).ti,kw.	295127
12	(contraception or family planning or contraception or pregnan\$ or unwanted pregnan\$ or birth control or safe sex).ti,kw.	198667
13	or/10-12	649300
14	(adolescen\$ or teenage\$ or young person or young people or young adult or schoolchild\$ or underage\$ or youth).ti,kw,ab.	371209
15	13 and 14	18664
16	9 and 15	106
17	remove duplicates from 16	78
18	limit 17 to abstracts [Limit not valid in: ERIC; records were retained]	71
19	limit 18 to english language	66
20	limit 19 to yr="1995 - 2007"	58
21	from 20 keep 1-58	58

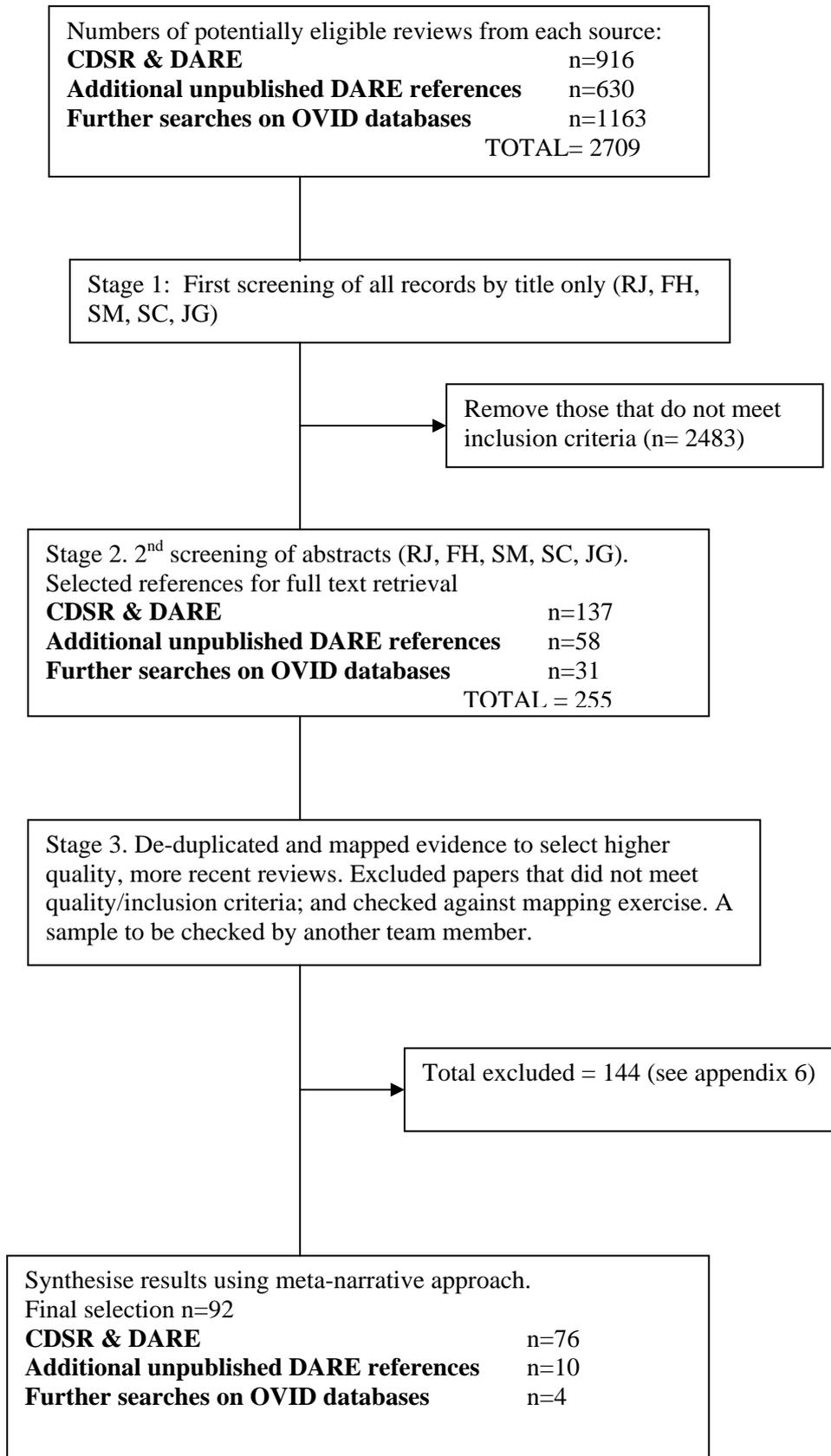
**OVID Databases: Smoking**

<b>#</b>	<b>Search History</b>	<b>Results</b>
1	meta?analy\$.mp.	25994
2	meta analy\$.mp.	64485
3	(systematic and review\$).mp.	55556
4	1 or 2 or 3	107187
5	case report.ti.	136847
6	editorial.pt.	374913
7	letter.pt.	791142
8	5 or 6 or 7	1299765
9	4 not 8	102421
10	(smok\$ or cig\$ or tobacco or nicotine).ti,kw.	103859
11	(smoking cessation or smoking prevention or nicotine addiction).ti,kw.	8794
12	10 or 11	103859
13	9 and 12	1142
14	limit 13 to abstracts [Limit not valid in: ERIC; records were retained]	1043
15	limit 14 to english language	963
16	limit 15 to yr="2004 - 2007"	317
17	remove duplicates from 16	205
18	from 17 keep 1-205	205

**OVID Databases: Substance misuse**

<b>#</b>	<b>Search History</b>	<b>Results</b>
1	meta?analy\$.mp.	25994
2	meta analy\$.mp.	64485
3	(systematic and review\$).mp.	55556
4	1 or 2 or 3	107187
5	case report.ti.	136847
6	editorial.pt.	374913
7	letter.pt.	791142
8	5 or 6 or 7	1299765
9	4 not 8	102421
10	(drug abuse or drug misuse or substance abuse or substance misuse or drug addiction\$ or illicit drug\$.ti,kw.	22861
11	(cannabis or marijuana or heroin or cocaine or crack cocaine).ti,kw.	38635
12	substance abuse prevention.ti,kw.	541
13	(solvents or amphetamine\$ or ecstasy or ketamine or volatile substance abuse or LSD or magic mushroom\$ or GHB or poppers or VSA or anabolic steroids or MDMA or street drug\$.ti,kw.	30708
14	or/10-13	90717
15	9 and 14	467
16	limit 15 to abstracts [Limit not valid in: ERIC; records were retained]	429
17	limit 16 to english language	399
18	limit 17 to yr="1995 - 2007"	340
19	remove duplicates from 18	209
20	from 19 keep 1-209	209

### Appendix 3: Quorum statement



## Appendix 4: Summary of search results & mapping exercise

**Table 1: Smoking & tobacco use**

	<b>Total</b>	<b>Excluded</b>	<b>Included</b>
<b>Details</b>			
Smoking cessation, reduction in tobacco use - individual level, adults	22	7	15
Health professional led smoking cessation – individual / community level	11	6	5
Pregnant women and smoking cessation	4	2	2
Workplace intervention	8	2	6
Community level interventions (not workplace)	3	1	2
Children & young people smoking cessation or prevention	10	7	3
Population level interventions – mass media, incentive-based and tobacco control interventions	12	5	7
<b>Totals</b>	<b>70</b>	<b>30</b>	<b>40</b>

**Table 2: Physical Activity**

	<b>Total</b>	<b>Excluded</b>	<b>Included</b>
<b>Details</b>			
Individual level, activity promotion with adults	22	16	6
Individual level, interventions with older people	4	2	2
Pregnant women / women and individual level interventions	2	1	1
Children & young people	11	6	5
Workplace intervention	4	3	1
Community level interventions (not workplace)	2	1	1
Population level interventions – mass media, environmental interventions etc	8	4	4
<b>Totals</b>	<b>53</b>	<b>33</b>	<b>20</b>

**Table 3: Alcohol misuse**

	<b>Total</b>	<b>Excluded</b>	<b>Included</b>
<b>Details</b>			
Pregnant drinkers	1	0	1
Interventions to reduce drink driving	3	1	2
Hazardous / problem drinkers, individual level interventions with all / adults	18	15	3
Alcohol prevention / reduction with young people	7	5	2
Mass media interventions	2	0	2
Young people and population level interventions – legislation	2	0	2
<b>Totals</b>	<b>33</b>	<b>21</b>	<b>12</b>

**Table 4: Healthy eating / diet**

	<b>Total</b>	<b>Excluded</b>	<b>Included</b>
<b>Details</b>			
Pregnant women / women and nutrition	3	2	1
Overweight / obese adults, individual level	14	10	4
Healthy eating and prevention of weight gain, all / adults – individual / community level	8	3	5
Children & young people – prevention of weight gain and obesity	12	7	5
Children & young people – treatment / control of weight gain and obesity	6	4	2
Children & young people – health promotion and healthy eating	5	3	2
Healthy eating / health promotion with older people	3	1	2
Health promotion / education at community / population level (all / adults)	5	1	4
<b>Totals</b>	<b>47</b>	<b>31</b>	<b>16</b>

**Table 5: Illicit drug misuse**

	<b>Total</b>	<b>Excluded</b>	<b>Included</b>
<b>Details</b>			
Pregnant women / women and individual level interventions	2	2	0
Prevention of drug misuse with adults, individual / community level	2	2	0
Children & young people – drugs misuse prevention	9	5	4
<b>Totals</b>	<b>13</b>	<b>9</b>	<b>4</b>

**Table 6: Sexual risk taking in young people**

	<b>Total</b>	<b>Excluded</b>	<b>Included</b>
<b>Details</b>			
Interventions to reduce / prevent HIV or other STI's	16	12	4
Sexual health education and interventions to reduce teenaged pregnancies	9	5	4
<b>Totals</b>	<b>25</b>	<b>17</b>	<b>8</b>

**Table 7: Total references by health behaviour**

<b>Behaviour</b>	<b>Total</b>	<b>Excluded</b>	<b>Included</b>
Smoking	70	30	40
Physical Activity	53	33	30
Alcohol misuse	33	21	12
Healthy eating /diet	47	31	16
Drug Misuse	13	9	4
Sexual Health / risk taking in adolescents	25	17	8

N.B columns could not be totalled as some reviews included more than one behaviour

## Appendix 5: References for included reviews

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## **Structured Abstracts: Database of Abstracts of Reviews of Effects**

This report benefited from the use of structured abstracts from the Database of Abstracts of Reviews of Effects (DARE) for all of the references listed below. These references are available from <http://www.york.ac.uk/inst/crd/crddatabases.htm> and were accessed in March 2006. Abstract numbers are appended to each record.

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## Appendix 6: References for excluded reviews

There were a number of reasons that the reviews listed below were excluded from this report. All reviews were examined at the full text retrieval stage and therefore appear in our database. Excluded reviews met one or more of the following:

- Review did not meet the inclusion / exclusion criteria
- Outcomes did not focus on knowledge, attitudes or behaviour change
- Participants were drawn from secondary care or were drawn from high risk groups (e.g. diabetics, surgical patients, people with heart disease)
- Reviews were not systematic; did not meet the minimum standards of quality and bias scoring
- Good quality, relevant reviews but covered by another more recent review
- Where the review was a published version of a Cochrane review, the original was selected

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## Appendix 7: Sample data extraction form

<b>Author</b>	Bertholet,N.
<b>Year</b>	2005
<b>Title</b>	Reduction of alcohol consumption by brief alcohol intervention in primary care: systematic review and meta-analysis
<b>Status</b>	Completed
<b>Data extracted by ?</b>	FH
<b>Date of extraction</b>	30/03/2006
<b>Source</b>	DARE
<b>Behaviour</b>	Alcohol
<b>Combined behaviour -</b>	
<b>Relevance to topic?</b>	Yes
<b>Continue?</b>	Yes
<b>Explain why/why not</b>	Relevant and high quality review
<b>Clear focus?</b>	Yes
<b>Objectives</b>	To evaluate the evidence of efficacy of brief alcohol interventions aimed at reducing long-term alcohol use and related harm in individuals attending primary care facilities but not seeking help for alcohol-related problems.
<b>Report population?</b>	Yes
<b>Population - details</b>	Patients attending primary care
<b>Report interventions?</b>	Yes
<b>Intervention - describe</b>	Brief interventions for achieving alcohol reduction within primary care settings. (1) intervention delivered individually that focused on alcohol consumption with a face-to-face component during the initial session, and (2) intervention defined as "brief intervention" or "motivational intervention" or reporting the use of feedback or advice to reduce alcohol consumption. No restrictions were applied to repeated interventions or reinforcement sessions. The length of intervention ranged from 5 to 45 minutes.
<b>Comparators</b>	The control intervention in 6 studies consisted of up to 5 minutes of advice. The remaining 13 studies had no intervention or usual care as the control group.
<b>Model/approach of intervention</b>	Motivational interviews; cognitive-behavioural techniques
<b>Source of intervention</b>	Primary Care
<b>Level</b>	Individual
<b>Discuss outcomes?</b>	Yes
<b>Outcomes</b>	principal outcome measure was alcohol consumption
<b>Discuss types of studies?</b>	Yes
<b>Describe review</b>	Systematic review (RCT)
<b>Other review - describe</b>	
<b>Discuss inclusion &amp; exclusion criteria?</b>	Yes
<b>Inclusion / selection Criteria</b>	Selected randomized controlled trials reporting at least 1 outcome related to alcohol consumption conducted in outpatients who were actively attending primary care centres or seeing providers. Interventions - brief interventions.
<b>Exclusion criteria</b>	Studies involving alcohol treatment-seeking patients were excluded. Studies conducted in a hospital ward or in an emergency department were not eligible. Studies that selected patients by means of registers or patient lists or that specifically convened individuals for alcohol screening were also excluded. 9 conducted in North America, 7 in Europe, 2 in Africa, and 1 in Australia.
<b>Setting (country / region)</b>	Yes
<b>Details of databases?</b>	Yes
<b>Years searched?</b>	
<b>List Databases &amp; Years Searched</b>	Cochrane Central Register of Controlled Trials, MEDLINE, PsycINFO, ISI Web of Science, ETOH database inception to 2003
<b>Refs follow-up?</b>	Yes
<b>Experts consulted?</b>	Not stated
<b>Grey lit searched?</b>	Yes
<b>Specify search terms?</b>	Yes
<b>Adequate search strategy?</b>	Yes

<b>English only?</b>	No
<b>Quality assessed?</b>	Yes
<b>Rating system?</b>	Yes
<b>More than 1 assessor?</b>	Yes
<b>No Studies</b>	19
<b>No Participants</b>	5639
<b>Analysis</b>	Both (meta-analysis & narrative synthesis)
<b>Apt combination of results?</b>	Yes
<b>Were variations discussed?</b>	Yes
<b>How were variations investigated?</b>	Between-studies heterogeneity in outcome was tested using the Cochran [chi]2 Q statistic. The measure proposed by Higgins et al was used to estimate the percentage of total variation in outcome that is due to heterogeneity rather than chance. The extent to which study-level variables explained heterogeneity in the effect size was explored by fitting metaregression models
<b>Results clearly displayed?</b>	Yes
<b>Studies similar design?</b>	Yes
<b>Results</b>	The authors examined 19 trials that included 5639 individuals. Seventeen trials reported a measure of alcohol consumption, of which 8 reported a significant effect of intervention. The adjusted intention-to-treat analysis showed a mean pooled difference of -38 g of ethanol (approximately 4 drinks) per week (95% confidence interval, -51 to -24g/wk) in favour of the brief alcohol intervention group. Evidence of other outcome measures was inconclusive.
<b>Conclusions</b>	Focusing on patients in primary care, our systematic review and meta-analysis indicated that brief alcohol intervention is effective in reducing alcohol consumption at 6 and 12
<b>Sufficient data to support conclusions?</b>	Yes
<b>UK relevance?</b>	C
<b>Why results generalisable to UK?</b>	Unsure if any studies in UK - but are psychosocial interventions.
<b>Diffs in health care from UK?</b>	Some similar/same & others not
<b>Adverse effect of intervention</b>	no
<b>Discuss inequalities?</b>	No
<b>Recommendations</b>	The authors conclude that BAI aimed at reducing alcohol consumption is effective in primary care settings on the basis of studies that approximate usual practice and are similar in terms of patient context and statistical homogeneity. The typical effective BAI takes no more than 15 minutes, is accompanied by written material, and offers an opportunity for the patient to schedule a follow-up. Positive effects seem to be sustained beyond a year and can last for as long as 48 months. This finding should encourage further research aimed at determining more precisely the components of efficacy and the relationship of BAI to morbidity, mortality, and quality-of-life-related outcomes. Efforts should be sustained to continue the implementation and evaluation of BAI programs.
<b>Cost effectiveness data</b>	
<b>Policy &amp; practice</b>	
<b>Total score</b>	11
<b>Bias score (for study)</b>	++
<b>Study type</b>	1
<b>Final score</b>	1++