1 Behavioural Therapies

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

			Quality asses	ssment					Summary of	findings		
			- ,				No of pati	ients		Effect	0111	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Behavioural Treatment	TAU or Control	Relative (95% CI)	Absolute	Quality	
Abstinen	ce Post Treatn	nent - Abstinen	t Days Per Week	Post Treatment (Better indicated	by lower values)						
1		no serious limitations	very serious	no serious indirectness	no serious imprecision	none	40	54	-	SMD 0.37 lower (0.79 lower to 0.04 higher)	LOW	
Amount	of Alcohol Co	nsumed Post T	reatment - Total V	Veekly Consump	otion Post Asses	sment (Better ind	icated by lower v	/alues)				
		no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ¹	40	54	-	SMD 0.97 lower (1.4 to 0.54 lower)	HIGH	
Rates of 0	Consumption	Post Treatment	t - Controlled (<=	3 standard drink	s) per week at I	Post Treatment (Be	etter indicated by	y lower val	ues)			
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	40	54	-	SMD 0.6 lower (1.02 to 0.18 lower)	HIGH	
Lapse Up	to 6 Month F	ollow Up - 0-3 1	months	'	<u>'</u>	'		·	·			
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	very serious ²	none	10/18 (55.6%)	7/16 (43.8%)	RR 1.27 (0.64 to 2.54)	118 more per 1000 (from 157 fewer to 674 more)	LOW	
								43.8%		118 more per 1000 (from 158 fewer to 675 more)		

	randomised	no serious	no serious	no serious	serious ³	none				296 fewer per 1000	
	trials	limitations	inconsistency	indirectness	SCITOUS	rioric	7/18 (38.9%)	11/16 (68.8%)	RR 0.57 (0.29 to 1.1)	(from 488 fewer to 69 more)	MODERATE
								68.8%		296 fewer per 1000 (from 488 fewer to 69 more)	
pse L	Jp to 6 Month	Follow Up - a	at 0-3 months								
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	9/18 (50%)	5/16 (31.3%)	RR 1.6 (0.68 to 3.79)	188 more per 1000 (from 100 fewer to 872 more)	MODERATE
								31.3%		188 more per 1000 (from 100 fewer to 873 more)	
apse L	Jp to 6 Month	Follow Up - a	at 3-6 months								
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	5/18 (27.8%)	7/16 (43.8%)	RR 0.63 (0.25 to 1.61)	162 fewer per 1000 (from 328 fewer to 267 more)	MODERATE
								43.8%		162 fewer per 1000 (from 329 fewer to 267 more)	
rition	(Drop-Out) P	ost Treatment									
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	1/18 (5.6%)	2/16 (12.5%)	RR 0.44 (0.04 to 4.45)	70 fewer per 1000 (from 120 fewer to 431 more)	MODERATE
								12.5%		70 fewer per 1000 (from 120 fewer to	1

1	randomised	no serious	no serious	no serious	no serious	none		0/14/09/)		0 more per 1000 (from		
	trials	limitations	inconsistency	indirectness	imprecision		2/18 (11.1%)	0/14 (0%)	RR 3.95 (0.2	0 fewer to 0 more)		
							2/10 (11.1 %)		to 76.17)		HIGH	,
								0%		0 more per 1000 (from		
								0%		0 fewer to 0 more)		

¹ SMD=-0.97, p<0.0001

2 Cognitive Behavioural Therapies

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

			Quality asses	ssment					Summary of	findings		
			~ ,				No of pat	ients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive- behavioural	TAU or Control	Relative (95% CI)	Absolute	Quality	
Rates of 0	Consumption	Post Treatment	- Number of Day	s any alcohol us	e (follow-up me	an 5 months; Bett	er indicated by	lower value	es)			
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious¹	none	69	70	-	SMD 0.31 lower (0.64 lower to 0.03 higher)	MODERATE	
Rates of 0	Consumption	Post Treatment	- Number of Day	s Heavy alcohol	use (>4 drinks)	(follow-up mean	5 months; Better	r indicated	by lower val	ues)		
1	randomised trials	no serious limitations	no serious inconsistency		no serious imprecision	none	22	24	-	SMD 0.7 lower (1.3 to 0.11 lower)	HIGH	

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

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

 $^{^4\,95\%}$ confidence interval includes no effect and relative risk increase greater than 25%

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

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

apsed - 1	up to 6 month	s follow-up - a	at 3 month follow	-up (follow-up 1	mean 3 months)						
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	10/18 (55.6%)	7/16 (43.8%)	RR 1.27 (0.64 to 2.54)	118 more per 1000 (from 157 fewer to 674 more)	MODERATE
								43.8%		118 more per 1000 (from 158 fewer to 675 more)	
ipsed - ı	up to 6 month	s follow-up - a	nt 6 month follow	-up (follow-up 1	nean 6 months)						
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association	42/81 (51.9%)	39/56 (69.6%)	RR 0.75 (0.57 to 0.99)	174 fewer per 1000 (from 7 fewer to 299 fewer)	HIGH
								70%		175 fewer per 1000 (from 7 fewer to 301 fewer)	
elapse u	ıp to 6 month	follow-up - at	3 month follow u	p (follow-up mo	ean 3 months)						
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	9/16 (56.3%)	5/14 (35.7%)	RR 1.58 (0.69 to 3.59)	207 more per 1000 (from 111 fewer to 925 more)	MODERATE
								35.7%		207 more per 1000 (from 111 fewer to 925 more)	
elapse u	p to 6 month	follow-up - at	6 month follow u	p (follow-up me	ean 6 months)						
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	27/79 (34.2%)	33/54 (61.1%)	RR 0.55 (0.38 to 0.8)	275 fewer per 1000 (from 122 fewer to 379 fewer)	HIGH
								65%		292 fewer per 1000 (from 130 fewer to 403 fewer)	

Attrition	(Drop-Out) - 1	Post Treatment										
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	46/169 (27.2%)	40/155 (25.8%)	RR 1.07 (0.74 to 1.53)	18 more per 1000 (from 67 fewer to 137 more)	□□□□ MODERATE	
Attrition	(Drop-Out) u	o to 6 month fo	llow-up - at 6 mor	ith follow up				19.9%		14 more per 1000 (from 52 fewer to 105 more)		
3		no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	7/81 (8.6%)	8/54 (14.8%)	RR 0.53 (0.18 to 1.54)	70 fewer per 1000 (from 121 fewer to 80 more)	MODERATE	
								20%		94 fewer per 1000 (from 164 fewer to 108 more)		

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

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

			Quality asses	sment				1	Summary of	findings		
			~ ,				No of pat	ients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	Other therapy	Relative (95% CI)	Absolute	Quality	
Days Abs	stinent Post Tr	eatment (Better	r indicated by low	er values)								
6	randomised	no serious	no serious	no serious	no serious	none	663	1238	-	SMD 0.09 lower (0.21		

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

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

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

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

Alcohol Use Disorders – Psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness	imprecision					lower to 0.03 higher)	HIGH	
Abstinen	ce up to 6 mo	nth follow-up	- Percent Days Ab	stinent at 3 mon	th follow-up (Be	etter 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	
Abstinen	ce up to 6 mor	nth follow-up	- Percent Days Ab	stinent at 6 mon	th follow-up (Be	etter 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	
Abstinen	ce from 7-12 n	nonth follow-	up - Percent days a	ıbstinent at 9 mo	nths (Better ind	icated by lower va	alues)					
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	
Abstinen	ce from 7-12 n	nonth follow-	up - Percent Days	Abstinent at 12 n	months (Better i	ndicated 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	
Abstinen	ce from 7-12 n	nonth follow-	up - Number of So	bber Days at 12 m	nonth 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	
Abstinen	ce > 12 month	follow-up - I	Percent Days Absti	nent at 15 month	follow-up (Bet	ter indicated by lo	ower 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	
Abstinen	ce > 12 month	follow-up - N	Number of Days at	ostinent at 15 mo	nth follow-up (I	Better indicated by	y lower values)					

Alcohol Use Disorders – Psychological interventions GRADE profiles

1 r	andomised	no serious	no serious	no serious	no serious	none	21	23		SMD 0.64 higher		
t	rials	limitations	inconsistency	indirectness	imprecision		21	23	-	(0.03 to 1.24 higher)	HIGH	
Abstinence	e > 12 month	follow-up - I	Percent Days Absti	nent at 18 month	follow-up (Bet	ter indicated by l	ower values)					
		no serious	no serious	no serious	no serious	none	69	59	_	SMD 0.22 lower (0.57		
t	rials	limitations	inconsistency	indirectness	imprecision			0,		lower to 0.13 higher)	HIGH	
Abstinent/	/Light (1-3 sta	andard drinks	s) up to 6 month fo	llow up - at 6 mo	onth follow up (Better indicated b	y lower values)					
<u>r</u>	andomised	no serious	no serious	no serious	no serious	none	31	30		SMD 0.94 lower (1.48		
t	rials	limitations	inconsistency	indirectness	imprecision		31	30	-	to 0.4 lower)	HIGH	
Abstinent/	/Light (1-3 sta	 andard drinks	s) 7-12 month follo	w up - at 12 mon	th follow up (Be	etter indicated by	lower values)					
) L.	andomised	no serious	no serious	no serious	no serious	mono.	<u> </u>	I	Ι	SMD 0.84 lower (1.4		
	rials	limitations	inconsistency	indirectness	imprecision	none	31	30	-	to 0.27 lower)	HIGH	
Abstinent/	/Light (1-3 sta	ndard drinks	s) >12 month follow	w up - at 18 mont	th follow up (Be	tter indicated by	lower values)					
2 r	andomised	no serious	no serious	no serious	no serious	none	31	30		SMD 0.74 lower (1.26		
t	rials	limitations	inconsistency	indirectness	imprecision		31	30	-	to 0.21 lower)	HIGH	
Rate of cor	nsumption u	p to 6 month 1	follow-up - Propor	tion days heavy	drinking at 3 me	onth follow-up (E	Better indicated by	lower val	ues)			
3 r	andomised	no serious	no serious	no serious	serious ²	none				SMD 0.18 higher		
t	rials	limitations	inconsistency	indirectness			119	161	-	(0.21 lower to 0.57 higher)	MODERATE	
Rates of C	onsumption	Post Treatme	nt - Percentage hea	nvy drinking day	s (Better indicat	ed by lower valu	es)	I				
l r	andomised	no serious	no serious	no serious	no serious	none	70	76		SMD 0.05 lower (0.37		
		limitations	inconsistency	indirectness	imprecision		73	76	-	lower to 0.27 higher)	HIGH	
Rate of cor	nsumption u	p to 6 month i	 follow-up - Propor	tion days heavy	drinking at 6 m	onth follow-up (E	 Better indicated by	lower val	l ues)			

3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	119	156	-	SMD 0.15 higher (0.26 lower to 0.55 higher)	MODERATE	
Rate of c	onsumption u	p to 6 month	follow-up - Drinki	ng days per mon	th at 6 month fo	ollow-up (Better i	ndicated by lower	r values)				
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	20	22	-	SMD 0.61 higher (0.01 lower to 1.23 higher)	MODERATE	
Rate of c	-	p to 6 month	follow-up - Binge	consumption (oc	casions in prior	30 days where at	least 7 (males) or	5 (females)	drinks cons	sumed at 6 month follo	w-up (Better indica	ated
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	61	-	SMD 0.02 lower (0.38 lower to 0.35 higher)	HIGH	
Rate of c	onsumption -	7-12 month fo	llow-up - Proporti	on days heavy d	rinking at 9 mor	nth follow-up (Be	tter indicated by	lower valu	es)			
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	117	154	-	SMD 0.04 lower (0.29 lower to 0.2 higher)	HIGH	
Rate of c	onsumption -	7-12 month fo	llow-up - Proporti	on days heavy d	rinking at 12 mo	onth follow-up (B	etter indicated by	lower valı	ıes)			
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	113	154	-	SMD 0.03 higher (0.25 lower to 0.3 higher)	HIGH	
Rate of c	onsumption >	12 month fol	low-up - Days > 80	g of absolute al	cohol at 15 mon	th-follow-up (Bet	ter indicated by l	ower value	s)			
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	21	23	-	SMD 0.06 higher (0.53 lower to 0.65 higher)	MODERATE	
Rate of c	onsumption >	12 month fol	low-up - Proportio	n days heavy dri	nking at 15 mor	nths (Better indica	ated by lower valu	ues)				
1	randomised	no serious	no serious	no serious	no serious	none	69	59	-	SMD 0.07 lower (0.42		

	trials	limitations	inconsistency	indirectness	imprecision					lower to 0.27 higher)	HIGH
Rate of c	onsumption >	12 month follo	ow-up - Proportion	n days heavy drii	nking at 18 mon	 ths (Better indicat	 ted by lower valu	1es)			
					8 * * * *			,			
1		no serious	no serious	no serious	no serious	none	69	121	_	SMD 0.2 lower (0.5	
	trials	limitations	inconsistency	indirectness	imprecision					lower to 0.1 higher)	HIGH
Amount	of alcohol cons	sumed Post Ti	reatment (Better in	dicated by lower	r values)						
4	randomised	no serious	no serious	no serious	no serious	none				SMD 0.02 higher	
	trials	limitations	inconsistency	indirectness	imprecision		612	1176	-	(0.19 lower to 0.22	HIGH
										higher)	
Amount	of alcohol cons	sumed up to 6	month follow-up	- Weekly consum	nption at hazard	 lous/harmful leve	ls at 6 month fol	low-up			
				·							
1		no serious	no serious	no serious	serious ⁶	none		50/147		31 more per 1000	
	trials	limitations	inconsistency	indirectness				(34%)	RR 1.09 (0.8	(from 68 fewer to 167 more)	
							55/148 (37.2%)		to 1.49)	more)	MODERATE
									1 ′	31 more per 1000	
								34%		(from 68 fewer to 167	
					_					more)	
Amount	of alcohol con	sumed up to 6	month follow-up	- Binge consump	otion > 12 (at lea	st 12 binge episod	des in previous 3	0 days) at 6	month follow	w-up	
1		no serious	no serious	no serious	serious ⁷	none		54/147		44 more per 1000	
	trials	limitations	inconsistency	indirectness				(36.7%)		(from 59 fewer to 180	
							61/148 (41.2%)	,	RR 1.12 (0.84	more)	MODERATE
									to 1.49)	44 more per 1000	MODERATE
								36.7%		(from 59 fewer to 180	
										more)	
Amount	of alcohol cons	sumed up to 6	month follow-up	- Binge consump	otion at all (at lea	ast 1 binge episod	le in previous 30	days) at 6	month follow	-up	
1	randomised	no serious	no serious	no serious	serious ⁸	none	124/148	129/147	RR 0.95 (0.87	44 fewer per 1000	
	trials	limitations	inconsistency	indirectness			(83.8%)	(87.8%)	to 1.05)	(from 114 fewer to 44 more)	MODERATE

								87.8%		44 fewer per 1000 (from 114 fewer to 44 more)		
mount (of alcohol con	sumed up to (6 month follow-up	- Units of alcoho	ol per week at 5	month follow-u	p (Better indicated	d by lower v	values)	,		
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	27	21	-	SMD 0.2 higher (0.37 lower to 0.77 higher)	MODERATE	
mount (of alcohol con	sumed up to (6 month follow-up	- Units of alcoho	ol per week at 6	month follow-u	p (Better indicated	d by lower v	alues)			
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	24	21	-	SMD 0.16 higher (0.42 lower to 0.75 higher)	HIGH	
mount (of alcohol con	sumed up to 6	6 month follow-up	- Drinks per occ	asion/drinking	day at 6 months	(Better indicated	by lower va	lues)			
	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	
mount o	of alcohol con	sumed up to 6	6 month follow-up	- Drinks per we	ek at 6 months (Better indicated	by lower values)					
	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	
mount (of alcohol con	sumed - 7-12	month follow-up -	Alcohol consum	ption (:cl pure a	lcohol) at 12 mo	nth follow-up (Be	etter indicate	ed by lower	values)		
	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	
mount (of alcohol con	sumed - 7-12	month follow-up -	Drinks per drin	king day at 9 mo	onth follow up (l	Better indicated b	y lower valu	ies)			
	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	
mount o	of alcohol con	sumed - 7-12	month follow-up -	Drinks per drin	king day at 12 m	nonth follow up	(Better indicated	by lower val	lues)			

3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	577	1106	-	SMD 0.07 higher (0.04 lower to 0.17 higher)	HIGH	
Amount	of alcohol con	sumed > 12 m	onth follow-up - g	abs/alc per drin	king day at 15 m	onth follow-up (F	Setter indicated b	y lower va	alues)			
1		no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	21	23	-	SMD 0.07 lower (0.66 lower to 0.53 higher)	HIGH	
Amount	of alcohol con	sumed > 12 m	onth follow-up - D	Prinks per drinki	ng day at 15 mo	onth follow up (Be	tter indicated by	lower val	ues)			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	522	1052	-	SMD 0.02 lower (0.12 lower to 0.09 higher)	HIGH	
Days to f	irst drink at 18	3 month follow	v-up (Better indica	ted by lower val	ues)							
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	69	59	-	SMD 0.15 higher (0.2 lower to 0.5 higher)	HIGH	
Days to f	irst heavy drir	nking day at 1	8 month follow-up	(Better indicate	d by lower valu	es)	L					
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	69	59	-	SMD 0.09 lower (0.44 lower to 0.26 higher)	HIGH	
Relapse (>6 units most	days of the w	eek) Post Treatme	nt								
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	6/27 (22.2%)	12/21 (57.1%)	RR 0.39 (0.18 to 0.86)	349 fewer per 1000 (from 80 fewer to 469 fewer)	□□□□ MODERATE	
								57.1%		348 fewer per 1000 (from 80 fewer to 468 fewer)		
Regular l	Relapse (>6 un	its a few time	s a month) Post Tr	eatment								
1	randomised	no serious	no serious	no serious	serious ¹¹	none	6/27 (22.2%)	3/21	RR 1.56 (0.44	80 more per 1000 (from 80 fewer to 643		

	trials	limitations	inconsistency	indirectness				(14.3%)	to 5.5)	more)	MODERATE
	titais	IIIIIIIIIIIIIIIIII	inconsistency	munectiess				(14.3 %)	10 3.3)	more)	WODERATE
									†	80 more per 1000	
								14.3%		(from 80 fewer to 644	
										more)	
Severe la	pse (>6 units	on one occasio	n) Post Treatment							,	
			,								
1	randomised	no serious	no serious	no serious	serious ¹²	none		5/21		317 more per 1000	
	trials	limitations	inconsistency	indirectness				(23.8%)		(from 2 more to 1043	
							15/27 (55.6%)	(23.6 %)	RR 2.33 (1.01	more)	
							15/2/ (55.6%)		to 5.38)		MODERATE
										317 more per 1000	
								23.8%		(from 2 more to 1042	
										more)	
Attrition	(Drop-Out) P	ost Treatment									
	1		Т.	<u> </u>	1	1	T	T	F		T T
/	randomised	no serious	no serious	no serious	serious ¹⁴	none		95/1423		3 more per 1000	
	trials	limitations	inconsistency ¹³	indirectness				(6.7%)	DD 1 05 (0 (1	(from 26 fewer to 53	
							98/844 (11.6%)		RR 1.05 (0.61	more)	MODERATE
									to 1.8)	6 more per 1000	MODEKATE
								12.2%		(from 48 fewer to 98	
								12,2/0		more)	
Attrition	(Dron-Out) -	un to 6 month	follow-up - at 3 me	onth follow-un						niore)	
Attition	(Diop-Out) -	up to o month	10110W-up - at 3 110	onth follow-up							
3	randomised	no serious	no serious	no serious	serious ¹⁵	none				30 more per 1000	
	trials	limitations	inconsistency	indirectness				13/125		(from 42 fewer to 185	
							1.5 ((1.50))	(10.4%)	RR 1.29 (0.6	more)	
							12/75 (16%)		to 2.78)	·	MODERATE
]	35 more per 1000	
								12.1%		(from 48 fewer to 215	
										more)	
Attrition	(Drop-Out) -	up to 6 month	follow-up - at 6 m	onth follow-up							
10	1 1		L		:16	1	F0 (00F (F4.8))			4.6 1000	
10	randomised	no serious	no serious	no serious	serious ¹⁶	none	59/827 (7.1%)	79/1469	RR 0.93 (0.59	4 fewer per 1000	
					1					(from 22 fewer to 26	

	trials	limitations	:	indirectness			1	(F 40/)	1- 1 40)		MODERATE
	triais	limitations	inconsistency	indirectness				(5.4%)	to 1.48)	more)	MODERATE
									1	3 fewer per 1000	
								4.9%		(from 20 fewer to 24	
								4.9%		`	
										more)	
Attrition	(Drop-Out) -	7 -12 month fo	llow-up - at 9 mon	th follow-up							
4	randomised	no serious	no serious	no serious	serious ¹⁷	none	Τ			9 more per 1000	
	trials	limitations	inconsistency	indirectness				18/1196		(from 4 fewer to 36	
								(1.5%)	RR 1.61 (0.76	more)	
							14/592 (2.4%)		to 3.4)		MODERATE
									10 3.1)	13 more per 1000	WODERTIE
								2.1%		(from 5 fewer to 50	
								2.170		more)	
A	(Duan Out)	7 10 th. f	 llow-up - at 12 mo	ath Calless						more	
Attrition	(Drop-Out) -	/ -1 2 monun 10	110w-up - at 12 1110	nin ronow-up							
8	randomised	no serious	no serious	no serious	serious ¹⁸	none		24/4200		5 more per 1000	
	trials	limitations	inconsistency	indirectness				24/1289		(from 10 fewer to 45	
								(1.9%)	RR 1.27 (0.47	more)	
							16/699 (2.3%)		to 3.41)		MODERATE
									1 ′	0 more per 1000	
								0%		(from 0 fewer to 0	
										more)	
Attrition	(Drop-Out) -	>12 month fol	low up - at 15 mon	th follow up						,	
	<u> </u>										
3	randomised	no serious	no serious	no serious	serious ¹⁹	none		14/1089		8 more per 1000	
	trials	limitations	inconsistency	indirectness				(1.3%)		(from 3 fewer to 32	
							10 (554 (0.00))	(1.5%)	RR 1.65 (0.77	more)	
							13/554 (2.3%)		to 3.52)		MODERATE
]	10 more per 1000	
								1.5%		(from 3 fewer to 38	
										more)	
Attrition	(Drop-Out) -	>12 month fol	low up - at 18 mon	th follow-up	1	1	1	•			
	1	T .		1 .			1		1		
٦.	randomised	no serious	no serious	no serious	no serious	none	2/64 (3.1%)	0/66 (0%)	RR 4.29 (0.21	0 more per 1000	
2							_, == (=:=:-)	-, (,	IRR 4.29 (0 21)	(from 0 fewer to 0	

Alcohol Use Disorders – Psychological interventions GRADE profiles

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

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

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

			Quality asses	ssment				Sui	nmary of fin	dings		
							No of I	patients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Cognitive behavioural	Cognitive Behavioural	Relative (95% CI)	Absolute	Quality	
Abstinen	ce Post Treatr	nent - Proporti	on days abstinen	t (Better indicate	ed by lower val	ues)						
1	randomised	no serious	no serious	no serious	no serious	none	53	57	-	SMD 0.39 higher		

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

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

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

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

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

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

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

^{95%} confidence interval includes no effect. Upper confidence limit crosses an effect size of 0.5

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

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

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

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

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

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

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

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

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

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

	trials	limitations	inconsistency	indirectness	imprecision					(0.01 to 0.77 higher)	HIGH	
Abstiner	nce up to 6 mo	nth follow up	- % possible drir	nking days (any	day not in inpat	ient treatment or j	jail) abstinent a	t 6 month follow	v up (Better i	ndicated by lower v	alues)	
3		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	
Abstiner	nce up to 6 mo	nth follow up	- at 15 week follo	ow-up (Better in	dicated by lowe	r values)			•			
1		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	
Abstiner	nt/Light (1-3 sta	andard drinks	s) Drinking Days	up to 6 month f	ollow up - at 6 n	nonth follow up (l	Better indicated	by lower value	s)			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	29	32	-	SMD 0.39 lower (0.9 lower to 0.12 higher)	MODERATE	
Abstiner	nt/Light (1-3 st	andard drinks) Drinking Days	7-12 month follo	ow up - at 12 mo	nth follow up (Be	tter indicated b	y lower values)	L			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	29	32	-	SMD 0.65 lower (1.21 to 0.09 lower)	HIGH	
Abstiner	nt/Light (1-3 st	andard drinks	s) Drinking Days	>12 month follo	w up - at 18 mo	nth follow up (Be	tter indicated by	y lower values)				
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	29	32	-	SMD 0.38 lower (0.96 lower to 0.2 higher)	MODERATE	
Lapsed -	up to 6 month	follow-up - a	t 6 months	•	1	'	1		1			
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	18/31 (58.1%)	17/32 (53.1%)	RR 1.09 (0.7 to 1.7)	48 more per 1000 (from 159 fewer to 372 more)	MODERATE	
								53.1%		48 more per 1000		

										(from 159 fewer to 372 more)		
elapse -	up to 6 mont	h follow-up -	at 6 months									
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	11/31 (35.5%)	11/32 (34.4%)	RR 1.03 (0.53 to	10 more per 1000 (from 162 fewer to 354 more)	□□□□ MODERATE	
								34.4%	2.03)	10 more per 1000 (from 162 fewer to 354 more)		
ites of (Consumption	Post Treatme	nt - Proportion of	heavy drinking	; days (men>6, v	vomen>4 drinks)	(Better indicated	d by lower value	es)			
	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	
ites of (L Consumption	up to 6 month	n follow up - % of	f possible days (any day not in i	npatient treatmer	nt or jail) heavy ((>6) drinking at	6 month foll	ow up (Better indica	ted by lower	values)
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	47	47	-	SMD 0.22 lower (0.65 lower to 0.2 higher)	MODERATE	
ites of (Consumption	>12 month fo	llow-up - Numbe	er of Drinking D	ays at 15 month	Follow-up (Bette	r indicated by lo	ower values)				
	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	
ates of (Consumption	>12 month fo	llow-up - Numbe	r of Problem Dr	inking days at 1	15 month follow-u	ıp (Better indica	ted by lower val	lues)			
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	55	51	-	SMD 0.24 higher (0.14 lower to 0.62 higher)	MODERATE	
tes of	 Consumption	>12 month fo	llow-up - Numbe	er of Heavy Drin	king Days at 15	month follow-up	(Better indicate	d by lower valu	es)			

1	trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	55	51	-	SMD 0.37 higher (0.01 lower to 0.75 higher)	MODERATE	
Amount lower val		nsumed up ur	itil 6 month follo	w up - Number	of drinks per po	ossible drinking d	lay (any day not	in inpatient tre	atment or jai	l) at 6 month follow	up (Better indi	cated by
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	47	47	-	SMD 0.3 lower (0.73 lower to 0.13 higher)	MODERATE	
Amount	of Alcohol Co	nsumed up ur	itil 6 month follo	w up - Number	of drinks per ac	tual drinking day	at 6 month follo	ow up (Better in	dicated by l	ower values)		
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	47	47	-	SMD 0.49 lower (1.44 lower to 0.47 higher)	MODERATE	
Number	of days to 1st	drink (lapse) u	ip until 6 month 1	follow up - at 6 i	month follow u	p (Better indicated	d by lower value	es)				
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	47	47	-	SMD 0.19 higher (0.23 lower to 0.61 higher)	MODERATE	
Number	of days to firs	t heavy drink	(relapse) up until	6 month follow	up - at 6 month	n follow up (Bette	r indicated by lo	ower values)				
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	47	47	-	SMD 0.11 higher (0.31 lower to 0.53 higher)	MODERATE	
Number	Heavy Drinke	ers >20 drinks/	wk and >10% hea	avy days (>=5 di	rinks/occasion)	at 15 month follow	w-up				<u> </u>	
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	21/55 (38.2%)	6/45 (13.3%)	RR 2.86 (1.26 to 6.48)	248 more per 1000 (from 35 more to 731 more)	MODERATE	
								13.3%		247 more per 1000 (from 35 more to		

										729 more)		
A 11 11 -	(D O \ B	1 T 1 1	1							729 Hore)		
Attrition	(Drop-Out) P	ost Treatment										
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	none	15/100 (15%)	18/104 (17.3%)	RR 0.87 (0.44 to	22 fewer per 1000 (from 97 fewer to 123 more)	MODERATE	
								16.7%	1.71)	22 fewer per 1000 (from 94 fewer to 119 more)		
Attrition	(Drop-Out) u	p to 6 month f	ollow-up - at 15 v	veek follow-up								
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁵	none	23/114 (20.2%)	21/116 (18.1%)	RR 1.11 (0.65 to 1.9)	20 more per 1000 (from 63 fewer to 163 more)	MODERATE	
								18.1%	,	20 more per 1000 (from 63 fewer to 163 more)		
Attrition	(Drop-Out) u	p to 6 month f	ollow-up - at 6 m	onths								
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁶	none	12/151 (7.9%)	11/134 (8.2%)	RR 0.99 (0.44 to	1 fewer per 1000 (from 46 fewer to 101 more)	MODERATE	
								7.9%	2.23)	1 fewer per 1000 (from 44 fewer to 97 more)		
Attrition	(Drop-Out) 7-	-12 month follo	ow up - at 12 mor	nth follow up								
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁷	none	1/72 (1.4%)	1/60 (1.7%)	RR 0.89 (0.06 to 13.57)	2 fewer per 1000 (from 16 fewer to 210 more)	MODERATE	
								1.6%		2 fewer per 1000 (from 15 fewer to		

										201 more)		
Attrition	(Drop-Out) >	12 month follo	w up - at 15 mon	th follow up								
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁸	none	23/78 (29.5%)	26/77 (33.8%)	RR 0.87 (0.55 to 1.39)		□□□ MODERATE	
								33.8%	1.39)	44 fewer per 1000 (from 152 fewer to 132 more)		
Attrition	(Drop-Out) >	12 month follo	w up - at 18 mon	th follow up								
	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	0 more per 1000 (from 0 fewer to 0 more)	HIGH	
05.0/	6.1					66.1.1.1.10.5		0%	88.74)	0 more per 1000 (from 0 fewer to 0 more)		

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

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

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

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

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

^{695%} confidence interval does not include an effect. Lower confidence limit crosses an effect size of 0.5

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

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

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

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

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

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

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

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

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

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

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

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

3 Contingency Management

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

			Quality asses	ssment				9	Summary of	findings		
							No of patie	ents		Effect	0111	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency Management	Control	Relative (95% CI)	Absolute	Quality	
Abstinen	ce Post Treatn	nent - Percent I	Days Abstinent Po	ost Treatment (Bo	etter indicated b	y lower values)		1				
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	
Abstinen	ce up to 6 mor	nth follow up -	at 6 month follow	up (Better indic	cated by lower v	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	
Abstinen	ce 7-12 month	Follow Up - at	9 month follow u	p (Better indicat	ted by lower val	ues)		1				
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	
Abstinen	ce 7-12 month	Follow Up - at	12 month follow	up (Better indica	ated by lower va	alues)						
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	
Abstinen	ce > 12 month	Follow Up - at	15 month follow	up (Better indica	ated by lower va	alues)						
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	54	60	-	SMD 0.5 lower (0.87 to 0.12 lower)	MODERATE	

stir	ence > 12 month	Follow Up -	at 18 month follow	v up (Better indi	cated by lower	values)				
	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
stin	ence > 12 month	Follow Up -	at 21 month follow	w up (Better indi	cated by lower	values)				
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	54	60	-	SMD 0.15 lower (0.52 Lower to 0.22 higher) MODERATE
stir	ence > 12 month	Follow Up -	at 24 month follow	w up (Better indi	cated by lower	values)				
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	54	60	-	SMD 0.24 lower (0.61 LILL lower to 0.12 higher) MODERATE
bstir	ence > 12 month	Follow Up -	at 27 month follow	v up (Better indi	cated by lower	values)				
	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)
nou	nt of Alcohol Co	nsumed (DDI	D) Post Treatment	t (Better indicate	d by lower valu	es)				
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	54	60	-	SMD 0.25 lower (0.61 DODERATE MODERATE
mou	nt of Alcohol Co	nsumed (DDI	D) up to 6 Month	Follow Up - at 6	month follow u	p (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
mou	nt of Alcohol Co	nsumed (DDI	D) 7-12 Month Fol	llow Up - at 9 mo	onths (Better ind	licated by lower va	lues)	,		
	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

lim nol Consum nol Consum nised no lim nol Consum nol Consum nol Consum nised no no nol Consum nised no no	serious nitations amed (DDD) serious nitations	no serious inconsistency) >12 Month Follows inconsistency	no serious indirectness ow Up - at 18 mo no serious indirectness	no serious imprecision onth follow up (none Better indicated none Better indicated	54	60	-	SMD 0.1 lower (0.47 lower to 0.26 higher) SMD 0.11 lower (0.48 lower to 0.26 higher) SMD 0.26 lower (0.63 lower to 0.11 higher)	HIGH	
nol Consumation of Co	amed (DDD) serious nitations amed (DDD) serious nitations amed (DDD) serious nitations	no serious inconsistency) >12 Month Follows inconsistency	no serious indirectness ow Up - at 15 mo no serious indirectness ow Up - at 18 mo no serious indirectness	no serious imprecision onth follow up (no serious imprecision onth follow up (serious6	Better indicated none Better indicated none Better indicated	by lower values) 54 by lower values) 54	60	-	SMD 0.11 lower (0.48 lower to 0.26 higher) SMD 0.26 lower (0.63	HIGH	
nol Consumate no limited no limited no limited no limited no noil consumate noil	serious nitations amed (DDD) serious nitations amed (DDD)	no serious inconsistency >12 Month Follo no serious inconsistency >12 Month Follo no serious inconsistency >12 Month Follo no serious	no serious indirectness ow Up - at 18 mo no serious indirectness ow Up - at 21 mo	no serious imprecision onth follow up (serious ⁶ onth follow up (none Better indicated none Better indicated	by lower values) 54 by lower values) 54	60	-	SMD 0.11 lower (0.48 lower to 0.26 higher) SMD 0.26 lower (0.63	HIGH	
nised no liminol Consumised no liminol Consumised no no liminol Consumised no no liminol Consumised no liminol	serious mitations med (DDD) serious mitations med (DDD)	no serious inconsistency) >12 Month Follono serious inconsistency) >12 Month Follono serious	no serious indirectness ow Up - at 18 mo no serious indirectness ow Up - at 21 mo	no serious imprecision onth follow up (serious ⁶ onth follow up (none Better indicated none Better indicated	54 by lower values) 54		-	lower to 0.26 higher) SMD 0.26 lower (0.63	HIGH	
lim nol Consum nised no lim nol Consum nised no	amed (DDD) serious nitations amed (DDD) serious	no serious inconsistency >12 Month Foll no serious inconsistency >12 Month Foll no serious	ow Up - at 18 mo no serious indirectness ow Up - at 21 mo	imprecision onth follow up (serious6 onth follow up (none Better indicated	by lower values) 54		-	lower to 0.26 higher) SMD 0.26 lower (0.63	HIGH	
nol Consumised no liminol Consumised no	serious nitations amed (DDD)	no serious inconsistency >12 Month Foll no serious	no serious indirectness ow Up - at 21 mo	serious6	none Better indicated	by lower values) 54		-	lower to 0.26 higher) SMD 0.26 lower (0.63	HIGH	
nised no lim	serious nitations umed (DDD)	no serious inconsistency) >12 Month Folk no serious	no serious indirectness ow Up - at 21 mo	serious ⁶	none Better indicated	54	60	-	`	l I	
lim nol Consum	nitations med (DDD) serious	inconsistency) >12 Month Folk no serious	indirectness ow Up - at 21 mo	onth follow up (Better indicated		60	-	`	l I	
nol Consu	serious) >12 Month Follows	ow Up - at 21 mo		1		60	-	lower to 0.11 higher)	MODERATE	
nised no	serious	no serious			1	by lower values)					
			no serious	no serious							
lim	nitations	linconsistency	la da .		none	54	60	_	SMD 0.53 lower (0.9		
		Theorioiotericy	indirectness	imprecision					to 0.16 lower)	HIGH	
nol Consu	med (DDD)) >12 Month Foll	ow Up - at 24 mo	onth follow up (Better indicated	by lower values)					
nised no	serious	no serious	no serious	no serious	none	F4	(0)		SMD 0.1 lower (0.47		
lim	nitations	inconsistency	indirectness	imprecision		54	60	-	lower to 0.27 higher)	HIGH	
nol Consu	med (DDD)) >12 Month Foll	ow Up - at 27 mo	onth follow up (Better indicated	by lower values)					
nised no	serious	no serious	no serious	no serious	none	1			SMD 0.13 higher		
lim	nitations	inconsistency	indirectness	imprecision		54	60	-	(0.23 lower to 0.5		
									higher)	riigir	
out) Post T	Γreatment										
nised no	serious	no serious	no serious	serious ⁷	none		1/60	RR 1 23 (0.35	13 more per 1000		
lim	nitations	inconsistency	indirectness			5/70 (7.1%)	(5.8%)	to 4.4)	(trom 38 fewer to 197	MODERATE	
1	ol Consuised no lin	no serious limitations ut) Post Treatment	ol Consumed (DDD) >12 Month Foll ised no serious inconsistency ut) Post Treatment ised no serious no serious	ol Consumed (DDD) >12 Month Follow Up - at 27 m ised no serious no serious inconsistency indirectness ut) Post Treatment ised no serious no serious no serious	ol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (ised no serious inconsistency indirectness imprecision ut) Post Treatment ised no serious no serious no serious ised no serious in serious serious serious serious serious	ol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated ised no serious inconsistency indirectness imprecision none imprecision ut) Post Treatment ised no serious no serious no serious serious none	limitations inconsistency indirectness imprecision ol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated by lower values) ised no serious no serious no serious inconsistency indirectness imprecision 54 ut) Post Treatment ised no serious no serious serious serious no	limitations inconsistency indirectness imprecision ol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated by lower values) ised no serious no serious inconsistency indirectness imprecision for a serious inconsistency indirectness imprecision for a serious inconsistency indirectness imprecision for a serious inconsistency indirectness in serious in serio	limitations inconsistency indirectness imprecision ol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated by lower values) ised no serious no serious inconsistency indirectness imprecision for a serious inconsistency indirectness imprecision ised no serious no serious no serious indirectness imprecision for a serious no serious inconsistency indirectness in one ised no serious no serious inconsistency indirectness indirectness indirectness in one for a serious no serious inconsistency indirectness ind	limitations inconsistency indirectness imprecision lower to 0.27 higher) ol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated by lower values) ised no serious inconsistency indirectness in o serious inconsistency indirectness imprecision 54 60 - (0.23 lower to 0.5 higher) ut) Post Treatment ised no serious no serious no serious inconsistency indirectness in o serious no serious	limitations linconsistency lindirectness limprecision lower to 0.27 higher) HIGH ol Consumed (DDD) >12 Month Follow Up - at 27 month follow up (Better indicated by lower values) ised no serious no serious no serious inconsistency limitations limitatio

		1	1				1	ı	1	1	-	
										13 more per 1000		
								5.8%		(from 38 fewer to 197		
										more)		
Attrition	(Drop-out) up	to 6 month fo	ollow up - at 6 mo	nths			•					
			•									
1	randomised	no serious	no serious	no serious	serious ⁸	none		1 //5		15 more per 1000		
	trials	limitations	inconsistency	indirectness				1/65		(from 12 fewer to 316		
								(1.5%)	RR 2 (0.19 to	more)		
							2/65 (3.1%)		21.52)		MODERATE	
									,	15 more per 1000		
								1.5%		(from 12 fewer to 308		
										more)		
Attrition	(Drop-out) 7-1	 2 month Follo	ow Up - at 9 mont	16					<u> </u>			
231111011	(Diop-out) 7-1	i month roll	or op-at anomi	.10								
1	randomised	no serious	no serious	no serious	no serious	none				0 more per 1000		
	trials	limitations	inconsistency	indirectness	imprecision			0/64		(from 0 fewer to 0		
								(0%)	RR 7.11 (0.37	`		
							3/63 (4.8%)		to 134.89)		HIGH	
									ĺ	0 more per 1000		
								0%		(from 0 fewer to 0		
										more)		
Attrition	(Drop-out) 7-1	12 month Follo	ow Up - at 12 mon	ths	_ L	1	<u> </u>		Į.			
	` ' '		•									
1	randomised	no serious	no serious	no serious	no serious	none		0/64				
	trials	limitations	inconsistency	indirectness	imprecision		0/60 (0%)	(0%)	not pooled	not pooled		
							, , ,	, ,	1		HIGH	
								0%		not pooled		
Attrition	(Drop-out) > 1	12 Month Foll	ow Up - at 18 mon	ths		1				*		
	· · · · · · · ·		r									
1	randomised	no serious	no serious	no serious	serious ⁹	none		1/64		1 more per 1000		
	trials	limitations	inconsistency	indirectness				1/64		(from 15 fewer to 249		
								(1.6%)	RR 1.08 (0.07	,		
							1/59 (1.7%)		to 16.95)		MODERATE	
									1	1 more per 1000		
								1.6%		(from 15 fewer to 255		
										more)		
L	L	i							i	,		

Attritio	n (Drop-out) >	12 Month Follo	ow Up - at 27 mon	ths								
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	very serious ¹⁰	none	2/56 (3.6%)	1/61 (1.6%)	RR 2.18 (0.2 to 23.37)	19 more per 1000 (from 13 fewer to 367 more) 19 more per 1000 (from 13 fewer to 358 more)	LOW	

¹ SMD=0.80, p<0.0001

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

			Quality assess	ment				Su	mmary of fi	ndings		
							No of pa	tients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Contingency Management	Standard Care (TAU)	Relative (95% CI)	Absolute	Quality	
Abstiner	nce Post Treatn	nent - Longest	duration abstinen	t (weeks) Post T	reatment (Be	tter indicated by	lower values)					
1	randomised trials		no serious inconsistency	no serious indirectness	serious¹	none	46	57	-	SMD 0.27 lower (0.66 lower to 0.12 higher)		
Number	Relapsed To I	leavy Drinking	g Post Treatment	Number relaps	ed to heavy o	Irinking at end of	treatment					
1	randomised	no serious	no serious	no serious	serious ²	none	5/19 (26.3%)	14/23	RR 0.43	347 fewer per 1000		

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

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

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

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

^{695%} confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

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

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

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

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

	trials limitations i	inconsistency	indirectness				(60.9%)	(0.19 to 0.98)	(from 12 fewer to 493 fewer)	MODERATE	
								60.9%		347 fewer per 1000 (from 12 fewer to 493 fewer)	
ımber	Lapsed (non-a	bstinent) Post	Treatment - Nun	iber Lapsed (non	-abstinent) a	t the end of treatr	nent				
	randomised no serious no serious trials limitations inconsistence	no serious inconsistency	no serious indirectness	serious ³	none	6/19 (31.6%)	14/23 (60.9%)	RR 0.52 (0.25 to	292 fewer per 1000 (from 457 fewer to 55 more)	□□□□ MODERATE	
							60.9%	1.09)	292 fewer per 1000 (from 457 fewer to 55 more)		
trition	(Drop-out) ab	stinence Post	Treatment								
	randomised no ser	no serious limitations		no serious indirectness	serious ⁴	none	3/65 (4.6%)	24/80 (30%)	RR 0.19 (0.07 to	243 fewer per 1000 (from 144 fewer to 279 fewer)	
								43.1%	0.52)	349 fewer per 1000 (from 207 fewer to 401 fewer)	

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

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

			Quality asses	sment					Summary of	findings		
							No of patier	nts		Effect	Quality	Importance
No of	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other	Contingency		Relative	Absolute		

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

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

⁴ relative risk reduction greater than 25%

studies						considerations	Management		(95% CI)	
A 11	D T	D	Description of B	To a Community of the C		111				
Abstinen	ce Post Treatn	nent - Percent	Days Abstinent P	ost Treatment (E	setter indicated i	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
Abstinen	ce up to 6 Mo	nth Follow Up	o - at 6 month follo	ow up (Better inc	licated 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
Abstinen	ce 7-12 month	Follow Up - a	nt 9 month follow	up (Better indica	ated by lower va	lues)				
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	54	58	-	SMD 0.19 higher (0.18 DITT) lower to 0.56 higher) MODERATE
Abstinen	ce 7-12 month	Follow Up - a	nt 12 month follow	up (Better indic	cated by lower v	alues)		l		
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
Abstinen	ce > 12 month	Follow Up - a	nt 15 month follow	up (Better indic	cated by lower v	alues)		L		
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	54	58	-	SMD 0.35 higher (0.02 DID lower to 0.72 higher) MODERATE
Abstinen	ce > 12 month	Follow Up - a	at 18 month follow	up (Better indic	cated by lower v	alues)				
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
Abstinen	ce > 12 month	Follow Up - a	nt 21 month follow	up (Better indic	cated by lower v	alues)				
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	58	-	SMD 0.37 higher (0.01

	randomised	no serious	no serious	no serious	no serious	none	F 4	EO		SMD 0.48 higher (0.11	
	trials	limitations	inconsistency	indirectness	imprecision		54	58	-	to 0.86 higher)	HIGH
tine	ence > 12 month	Follow Up - a	at 27 month follow	v up (Better indic	cated by lower v	values)					
	randomised	no serious	no serious	no serious	no serious	none	54	58		SMD 0.84 higher (0.45	
	trials	limitations	inconsistency	indirectness	imprecision		54	36	-	to 1.22 higher)	HIGH
noun	t of Alcohol Co	onsumed (DDI	D) Post Treatment	(Better indicated	l by lower value	es)		<u> </u>			
	randomised	no serious	no serious	no serious	no serious	none	54	60		SMD 0.36 lower (0.73	
	trials	limitations	inconsistency	indirectness	imprecision		34	60	-	lower to 0.01 higher)	HIGH
noun	t of Alcohol Co	nsumed (DDI	D) up to 6 Month l	Follow Up - at 6 r	nonth follow uj	(Better indicated	d by lower values)				
	randomised	no serious	no serious	no serious	serious ³	none	54	60		SMD 0.25 lower (0.62	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	54	60	-	SMD 0.25 lower (0.62 lower to 0.12 higher)	
moun	trials	limitations		indirectness				60	-		
noun	trials	limitations	inconsistency	indirectness			by lower values)		-	lower to 0.12 higher) SMD 0.49 higher (0.12	MODERATE
noun	trials t of Alcohol Co	limitations	inconsistency D) >12 Month Foll	indirectness ow Up - at 15 mo	onth follow up (Better indicated b		60	-	lower to 0.12 higher)	MODERATE
	trials t of Alcohol Co randomised trials	nsumed (DDI no serious limitations	inconsistency D) >12 Month Foll no serious	no serious indirectness	serious ⁴	Better indicated b	by lower values)		-	lower to 0.12 higher) SMD 0.49 higher (0.12	MODERATE
	trials t of Alcohol Co randomised trials	nsumed (DDI no serious limitations	inconsistency D) >12 Month Foll no serious inconsistency	no serious indirectness	serious ⁴	Better indicated b	by lower values) 54 by lower values)	60	-	lower to 0.12 higher) SMD 0.49 higher (0.12	MODERATE DITE
	trials t of Alcohol Co randomised trials t of Alcohol Co	no serious limitations	inconsistency D) >12 Month Foll no serious inconsistency D) >12 Month Foll	no serious indirectness ow Up - at 15 mo no serious indirectness ow Up - at 18 mo	serious ⁴	none Better indicated b	by lower values)		-	SMD 0.49 higher (0.12 to 0.87 higher)	MODERATE MODERATE
noun	trials t of Alcohol Co randomised trials t of Alcohol Co randomised trials	no serious limitations no serious limitations no serious limitations	inconsistency D) >12 Month Foll no serious inconsistency D) >12 Month Foll no serious	no serious indirectness ow Up - at 15 mo no serious indirectness ow Up - at 18 mo no serious indirectness	serious ⁴ onth follow up (serious ⁵	none Better indicated be none	54 Dy lower values) 54 Dy lower values)	60	-	SMD 0.49 higher (0.12 to 0.87 higher) SMD 0.17 higher (0.2	MODERATE MODERATE
noun	trials t of Alcohol Co randomised trials t of Alcohol Co randomised trials	no serious limitations no serious limitations no serious limitations	inconsistency D) >12 Month Foll no serious inconsistency D) >12 Month Foll no serious inconsistency	no serious indirectness ow Up - at 15 mo no serious indirectness ow Up - at 18 mo no serious indirectness	serious ⁴ onth follow up (serious ⁵	none Better indicated be none	54 Dy lower values) 54 Dy lower values)	60	-	SMD 0.49 higher (0.12 to 0.87 higher) SMD 0.17 higher (0.2	MODERATE MODERATE

1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.03 higher (0.34 lower to 0.4 higher)	HIGH	
Amount	of Alcohol Co	nsumed (DDD) >12 Month Follo	ow Up - at 27 mo	onth follow up (I	Better indicated b	y lower values)	•				
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	54	60	-	SMD 0.15 higher (0.22 lower to 0.52 higher)		
Attrition	(Drop-out) Po	st Treatment						1			ļ .	
-	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	5/70 (7.1%)	6/71 (8.5%)	RR 0.85 (0.27 to 2.64)	13 fewer per 1000 (from 62 fewer to 139 more)	MODERATE	
								8.5%		13 fewer per 1000 (from 62 fewer to 139 more)		
Attrition	(Drop-out) up	to 6 month fo	llow up - at 6 moi	nths				•				
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	2/65 (3.1%)	0/65 (0%)	RR 5 (0.24 to 102.16)	0 more per 1000 (from 0 fewer to 0 more)	HIGH	
								0%		0 more per 1000 (from 0 fewer to 0 more)		
mount	of Alcohol Co	nsumed (DDE) 7-12 Month Foll	ow Up - at 9 mo	nths (Better indi	cated by lower va	lues)					
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	60	-	SMD 0.05 lower (0.42 lower to 0.31 higher)	HIGH	
Attrition	(Drop-out) 7-1	12 month Follo	ow Up - at 9 montl	ns							<u> </u>	
-	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	3/63 (4.8%)	1/65 (1.5%)	RR 3.1 (0.33 to 28.97)	32 more per 1000 (from 10 fewer to 430 more)	MODERATE	

mount	of Alcohol Co	nsumed (DDI	D) 7-12 Month Follo	low Up - at 12 m	onth follow up (Better indicated	by lower values)	1.5%		31 more per 1000 (from 10 fewer to 420 more)		
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	54	60	-	SMD 0.32 higher (0.05 lower to 0.69 higher)		
trition	(Drop-out) > 1	12 Month Foll	ow Up - at 18 mon	ths						<u>I</u>		
	randomised no serious trials limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	1/59 (1.7%)	0/63 (0%)	RR 3.2 (0.13 to 77.04)	0 more per 1000 (from 0 fewer to 0 more)	HIGH		
								0%		0 more per 1000 (from 0 fewer to 0 more)		
ttrition	(Drop-out) > 1	12 Month Foll	ow Up - at 27 mon	ths		<u> </u>			<u> </u>			
	randomised no s	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	2/56 (3.6%)	3/61 (4.9%)	RR 0.73 (0.13 to 4.19)	13 fewer per 1000 (from 43 fewer to 157 more)	MODERATE	
								4.9%		13 fewer per 1000 (from 43 fewer to 156 more)		

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

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

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

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

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

^{30 %} confidence mervar merades no effect and apper confidence mint crosses are effect size of old

 $^{^6\,95\%}$ confidence interval includes no effect and lower confidence limit crosses an effect size of $0.5\,$

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

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

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

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

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

4 Counselling

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

			Quality asse	ssment					Summary of	findings		
							No of p	atients		Effect	0111	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Counselling	Other Treatment	Relative (95% CI)	Absolute	Quality	
Abstinen	ce (Percentage	Post Treatme	nt (Better indicate	ed by lower valu	es)		<u> </u>					
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)		
Abstinen	ce (Percentage	or Proportion)	Up to 6 Months	- PDA at 2 month	n Follow Up (Be	tter indicated by 1	ower 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)		
Abstinen	ce (Percentage	e or Proportion)	Up to 6 Months	- PDA at 3 month	n Follow Up (Be	tter indicated by l	ower 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	
Abstinen	ce (Percentage	or Proportion)	Up to 6 Months	- PDA at 6 month	n Follow Up (Be	tter indicated by l	ower values)					
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	71	91	-	SMD 0.25 higher (0.06 lower to 0.56 higher)	MODERATE	
Abstinen	ce (Percentage	e or Proportion)	at 7-12 Month Fo	llow Up - Sober	Days at 12 mon	th follow up (Bett	er indicated by	y lower value	es)	'		
1	randomised	no serious	no serious	no serious	no serious	strong	12	11	-	SMD 1.67 higher (0.7		

	trials	limitations	inconsistency	indirectness	imprecision	association ⁴				to 2.65 higher) HIGH
bstine	nce (Percentage	e or Proportio	n) at 7-12 Month F	ollow Up - PDA	at 9 months Fol	low Up (Better inc	licated by lowe	er values)		
	randomised	no serious	no serious	no serious	serious ⁵	none	50	(0)		SMD 0.24 higher (0.11
	trials	limitations	inconsistency	indirectness			59	69	-	lower to 0.58 higher) MODERATE
stine	nce (Percentage	e or Proportion	n) at 7-12 Month F	ollow Up - PDA	at 12 month Fol	low Up (Better inc	licated by lowe	er values)		
	randomised	no serious	no serious	no serious	serious ⁶	none				SMD 0.28 higher (0.03
	trials	limitations	inconsistency	indirectness	scrious	Hone	71	91	-	lower to 0.59 higher) MODERATE
stine	nce (Percentage	e or Proportio	n) >12 Month Foll	ow Up - PDA at	15 month Follov	v Up (Better indica	l ated by lower v	alues)		
	randomised	no serious	no serious	no serious	serious ⁷	none				SMD 0.28 higher (0.07
	trials	limitations	inconsistency	indirectness			59	69	-	lower to 0.63 higher) MODERATE
stine	nce (Percentage	e or Proportion	n) >12 Month Foll	ow Up - PDA at	18 month Follov	v Up (Better indica	ited by lower v	alues)		
	randomised	no serious	no serious	no serious	serious ⁸	none		04		SMD 0.3 higher (0.01
	trials	limitations	inconsistency	indirectness			71	91	-	lower to 0.61 higher) MODERATE
stine	nce (Percentage	e or Proportio	n) >12 Month Foll	ow Up - PDA at	24 month Follov	v Up (Better indica	nted by lower v	alues)		
	randomised	no serious	no serious	no serious	serious ⁹	none	10			SMD 0.34 higher (0.37
	trials	limitations	inconsistency	indirectness			12	22	-	lower to 1.05 higher) MODERATE
noun	of Alcohol Co	nsumed at 7-1	2 month Follow U	Jp - cl pure alcoh	ol at 12 month f	ollow up (Better i	ndicated by low	ver values)		
	randomised	no serious	no serious	no serious	no serious	strong	10			SMD 1.15 higher (0.26
	trials	limitations	inconsistency	indirectness	imprecision	association ¹⁰	12	11	-	to 2.05 higher) HIGH
ne to	First Drink As	sessed at 18 M	Ionth Follow Up (Better indicated	by lower values)				
			no serious	no serious	no serious	none				SMD 0.15 higher (0.2
	randomised	no serious	no serious	no senous	110 SCITOUS	HOHE	59	69		SIVID 0.15 Higher (0.2

ne to	First Heavy Dr	ink Assessed	at 18 Month Follo	w Up (Better inc	licated by lower	values)					
	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)	
tes of	Consumption	Up to 6 Mont	h Follow Up - Proj	portion Days He	avy Drinking (>	= 6 men, 4 women	n) at 3 months I	Follow Up (B	etter indicat	ted by lower values)	
	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)	
ates of	Consumption	Up to 6 Mont	h Follow Up - Proj	portion Days He	avy Drinking (>	e= 6 men, 4 women	n) at 6 months I	Follow Up (B	etter indicat	ted by lower values)	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	59	69	-	SMD 0.2 higher (0.15 lower to 0.55 higher)	
ates of	Consumption	7-12 Month Fo	ollow Up - Propor	tion Days Heavy	Drinking (>= 6	men, 4 women) a	t 9 month Follo	w Up (Better	indicated b	y lower values)	
	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)	
ates of	Consumption	7-12 Month Fo	ollow Up - Propor	tion Days Heavy	Drinking (>= 6	men, 4 women) a	t 12 months Fol	llow Up (Bet	ter indicated	l by lower values)	
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	59	69	-	SMD 0.17 higher (0.18 lower to 0.52 higher)	
ates of	Consumption	 >12 Month Fo	ollow Up - Proport	ion Days Heavy	Drinking (>= 6	men, 4 women) at	t 15 months Fol	low Up (Bett	er indicated	by lower values)	<u> </u>
		no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	59	69	-	SMD 0.07 higher (0.22 lower to 0.42 higher)	
ates of	Consumption	>12 Month Fo	ollow Up - Proport	ion Days Heavy	Drinking (>= 6	men, 4 women) at	t 18 months Fol	low Up (Bett	er indicated	by lower values)	<u> </u>
	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)	
ipse uj	to 6 month Fo	llow Up - Bro	ke Abstinence (la	pse) at 6 month	Follow Up						

		ised no serious limitations			serious ¹³	none	150/201 (74.6%)	128/203 (63.1%)	RR 1.15 (1.01 to 1.32)		MODERATE	
								70.6%		106 more per 1000 (from 7 more to 226 more)		
Lapsed - 7	7-12 month fo	llow-up - at 12	month follow-up									
		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	
								77.6%		62 fewer per 1000 (from 147 fewer to 39 more)		
Lapse >12	month Follo	w Up - Broke A	Abstinence (lapse)	at 5 year Follow	Up							
			no serious inconsistency	no serious indirectness	serious ¹⁴	none	16/21 (76.2%)	21/27 (77.8%)	RR 0.98 (0.72 to 1.34)	16 fewer per 1000 (from 218 fewer to 264 more)	MODERATE	
								77.8%		16 fewer per 1000 (from 218 fewer to 265 more)		
Rates of C	Consumption	up to 6 Month	Follow Up - Exce	eded National G	uidelines at lea	st once (at 6 mor	nths)		•			
		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	
								64.3%		135 more per 1000 (from 58 fewer to 386 more)		
Rates of C	Consumption	up to 6 Month	Follow Up - Exce	eded National G	uideline >=6 tii	nes (at 6 months)					

		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	
								64.3%		135 more per 1000 (from 58 fewer to 386 more)		
Rates of C	Consumption 1	up to 6 Month	Follow Up - Dran	k >=10 standard	drinks at least o	once (at 6 months))					
		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	
								61.9%		155 more per 1000 (from 37 fewer to 415 more)		
Rates of C	Consumption	up to 6 Month	Follow Up - Dran	k >=10 standard	drinks >= 6 tim	es (at 6 months)						
			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	
								42.9%		197 more per 1000 (from 21 fewer to 528 more)		
Rates of C	Consumption :	>12 Months Fo	llow up - Exceede	d National Guid	delines at least o	nce (at 5 years)	·					
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁵	none	13/21 (61.9%)	16/27 (59.3%)	RR 1.04 (0.66 to 1.65)	24 more per 1000 (from 201 fewer to 385 more)	MODERATE	
								59.3%		24 more per 1000 (from 202 fewer to 385 more)		
lates of C	Consumption :	>12 Months Fo	ollow up - Exceede	d National Guid	delines >= 6 time	es (at 5 years)					•	

tr	rials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁶	none	11/21 (52.4%)	12/27 (44.4%) 44.4%	RR 1.18 (0.66 to 2.12)	80 more per 1000 (from 151 fewer to 498 more) 80 more per 1000 (from 151 fewer to 497 more)	MODERATE
Kates of Co	nsumption .	>12 Months FC	ollow up - Drank >	=10 Standard di	inks at least one	e (at 5 years)					
	andomised rials	d no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁷	none	8/21 (38.1%)	9/27 (33.3%)) RR 1.14 (0.53 to 2.45)	47 more per 1000 (from 157 fewer to 483 more)	MODERATE
								33.3%		47 more per 1000 (from 157 fewer to 483 more)	
Rates of Co	onsumption :	>12 Months Fo	ollow up - Drank >	>=10 standard dr	inks >=6 times	(at 5 years)					
	andomised rials	no serious limitations			serious ¹⁸	none	4/21 (19%)	6/27 (22.2%)	RR 0.86 (0.28 to 2.65)	31 fewer per 1000 (from 160 fewer to 367 more)	MODERATE
								22.2%		31 fewer per 1000 (from 160 fewer to 366 more)	THE BERGINE
Attrition (E	Orop-Out) up	to 6 months f	ollow-up - at 3-6 r	nonth follow-up		1		'			'
	andomised rials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁹	none	50/161 (31.1%)	49/161 (30.4%)	RR 1.02 (0.74 to 1.42)	6 more per 1000 (from 79 fewer to 128 more)	
							(5 = 1 = 7 = 7	30.4%	` /	6 more per 1000 (from 79 fewer to 128 more)	
Attrition (E	Orop-out) 7-1	2 Month Follo	w Up - at 12 mont	h follow up							
ra	andomised	no serious	no serious	no serious	serious ²⁰	none	56/123	67/124	RR 0.85	81 fewer per 1000 (from 178 fewer to 43	

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	trials	limitations	inconsistency	indirectness			(45.5%)	(54%)	(0.67 to 1.08)	more)	MODERATE	
								33.6%		50 fewer per 1000 (from 111 fewer to 27 more)		
Attrition	(Drop-out) >1	2 month Follow	Up - at 5 year fol	low up								
		no serious limitations	no serious inconsistency	no serious indirectness	serious ²¹	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)	□□□□ MODERATE	
								35.7%		118 more per 1000 (from 75 fewer to 443 more)		

¹ No explanation was provided

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

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

⁴ SMD=1.67, p=0.0008

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

^{695%} confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

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

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

^{95%} confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

¹⁰ SMD=1.15, p=0.01

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

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

¹³ Relative risk increase greater than 25%

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

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

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

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

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

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

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

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

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

			Quality asses	ssment				s	ummary of f	indings		
			~ ,				No of	patients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Counselling	Control (No Treatment)	Relative (95% CI)	Absolute	Quality	
Lapse up	to 6 month Fo	l ollow Up - Brok	ce Abstinence (lap	ose) at 6 months			ļ					
	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	28 fewer per 1000 (from 139 fewer to 102 more)	□□□ MODERATE	
								92.5%	1.11)	28 fewer per 1000 (from 139 fewer to 102 more)		
Lapse >12	2 month Follo	w Up - Broke A	Abstinence (lapse)	at 5 years								
	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)	MODERATE	
								75.9%	,	0 more per 1000 (from 205 fewer to 288 more)		
Rates of 0	Consumption	up to 6 month	follow up - Excee	ded National G	aidelines at leas	t once (at 6 montl	ıs)					
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	31/40 (77.5%)	29/40 (72.5%)	RR 1.07 (0.83 to	51 more per 1000 (from 123 fewer to 275 more)	□□□□ MODERATE	
								72.5%	1.38)	51 more per 1000 (from 123 fewer to 275 more)		

ates of Cons	sumption (up to 6 month	follow up - Exce	eded National G	uideline >=6 tin	nes (at 6 months)					
ranc trial		no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	31/40 (77.5%)	29/40 (72.5%)	RR 1.07 (0.83 to 1.38)	51 more per 1000 (from 123 fewer to 275 more)	MODERATE
								72.5%	1.36)	51 more per 1000 (from 123 fewer to 275 more)	
tes of Cons	sumption (ap to 6 month	ı follow up - Dran	k >=10 standard	drinks at least o	once (at 6 months)					
ranc trial		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	24 fewer per 1000 (from 184 fewer to 176 more)	HIGH
								80%	1.22)	24 fewer per 1000 (from 184 fewer to 176 more)	
tes of Cons	sumption t	ap to 6 month	ı follow up - Dran	k >=10 standard	drinks >= 6 tim	es (at 6 months)					
ranc trial		no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	25/40 (62.5%)	26/40 (65%)	RR 0.96 (0.69 to	26 fewer per 1000 (from 201 fewer to 221 more)	MODERATE
								65%	1.34)	26 fewer per 1000 (from 201 fewer to 221 more)	
tes of Cons	sumption >	>12 month fo	llow-up - Exceede	d National Guid	lelines at least o	nce (at 5 years)					
	randomised no	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	13/21 (61.9%)	19/29 (65.5%)	RR 0.94 (0.62 to	39 fewer per 1000 (from 249 fewer to 295 more)	MODERATE
								65.5%	1.45)	39 fewer per 1000 (from 249 fewer to 295 more)	

tes of C	onsumption	>12 month fo	llow-up - Exceede	d National Guid	delines >= 6 tim	ies (at 5 years)					
	andomised rials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	11/21 (52.4%)	14/29 (48.3%)	RR 1.09 (0.62 to 1.89)	43 more per 1000 (from 183 fewer to 430 more)	□□□ MODERATE
								48.3%	1.09)	43 more per 1000 (from 184 fewer to 430 more)	
es of C	onsumption	>12 month fo	llow-up - Drank >	>=10 standard dr	inks at least on	ce (at 5 years)					
	andomised rials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	8/21 (38.1%)	15/29 (51.7%)	RR 0.74 (0.38 to 1.41)	134 fewer per 1000 (from 321 fewer to 212 more)	□□□ MODERATE
								51.7%	1.41)	134 fewer per 1000 (from 321 fewer to 212 more)	
es of C	onsumption	>12 month fo	llow-up - Drank >	>=10 standard dr	inks >=6 times	(at 5 years)					
	andomised rials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	4/21 (19%)	9/29 (31%)	RR 0.61 (0.22 to	121 fewer per 1000 (from 242 fewer to 227 more)	MODERATE
								31%	1.73)	121 fewer per 1000 (from 242 fewer to 226 more)	
rition (Drop-out) >1	2 month Follo	ow Up - at 5 year f	ollow up							
	randomised no	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	19/40 (47.5%)	11/40 (27.5%)	RR 1.73 (0.95 to	201 more per 1000 (from 14 fewer to 591 more)	MODERATE
								27.5%	3.15)	201 more per 1000 (from 14 fewer to 591 more)	

5 Couples Therapy

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

			Quality asse	ssment				!	Summary of	findings		
			~ ,				No of	patients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Couples Therapy	Other Intervention	Relative (95% CI)	Absolute	Quality	
Abstiner	nce (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	
Abstiner	nce (Percentage	or Proportion)	Up to 6 month Fo	ollow Up - at 2 n	onth follow-up	(Better indicated	by lower va	lues)				
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)		
Abstiner	nce (Percentage	or Proportion)	Up to 6 month Fo	ollow Up - at 3 n	onth follow-up	(Better indicated	by lower va	lues)				
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	

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

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

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

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

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

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

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

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

^{995%} confidence interval includes no effect and relative risk reduction and relative risk increase greater than 25%

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

		1	1 .	T	T	1			1	T	
		no serious	no serious	no serious	no serious	none	88	114	_	SMD 0.47 lower (0.77	
t	rials	limitations	inconsistency	indirectness	imprecision					to 0.18 lower)	HIGH
stinence	e (Percentago	e or Proportio	n) 7 - 12 Month Fo	llow Up - at 9 m	onth follow-up	(Better indicated	l by lower value	es)			
r	andomised	no serious	no serious	no serious	no serious	none	16	02		SMD 0.6 lower (0.96	
t	rials	limitations	inconsistency	indirectness	imprecision		46	92	-	to 0.24 lower)	HIGH
stinence	e (Percentago	e or Proportio	n) 7 - 12 Month Fo	llow Up - at 12 r	nonth follow-up	(Better indicate	ed by lower valu	ies)			
r	andomised	no serious	no serious	no serious	no serious	none	405	120		SMD 0.54 lower (0.81	
t	rials	limitations	inconsistency	indirectness	imprecision		107	138	-	to 0.27 lower)	HIGH
r	andomised	no serious limitations	n) >12 month Foll no serious inconsistency	no serious indirectness	serious ²	none	22	12	-	SMD 0.26 lower (0.97 lower to 0.45 higher)	MODERATE
stinence	e (Percentago	e or Proportio	n) >12 month Foll	ow Up - at 24 mo	onths (Better ind	licated by lower	values)				
		no serious	no serious	no serious	serious ³	none	22	10		SMD 0.34 lower (1.05	
r	andomised	no scrious					22	12	-	lower to 0.37 higher)	MODERATE
	andomised rials	limitations	inconsistency	indirectness							
t	rials	limitations	inconsistency Treatment - Units		r indicated by lo	ower values)					
nount of	rials	limitations			serious ⁴	ower values)	27	21		SMD 0.38 lower (0.95	
nount of	rials f Alcohol Co	limitations nsumed Post	Treatment - Units	Per Week (Bette		1	27	21	-	,	MODERATE
nount of	f Alcohol Co andomised rials	nsumed Post no serious limitations	Treatment - Units	Per Week (Betterno no serious indirectness	serious ⁴	none			-	,	
nount of	f Alcohol Co andomised rials	nsumed Post no serious limitations	no serious inconsistency	Per Week (Betterno no serious indirectness	serious ⁴	none	er indicated by	lower values)	-	,	MODERATE
nount of	rials f Alcohol Co randomised rials f Alcohol Co	nsumed Post no serious limitations nsumed Up to	no serious inconsistency 6 month Follow	Per Week (Bette no serious indirectness Up - Units Per W	serious ⁴ //eek at 6 month	none Follow Up (Bett			-	lower to 0.2 higher)	MODERATE

	randomised	no serious	no serious	no serious	serious ⁶	none	19	24	-	SMD 0.11 lower (0.71
	trials	limitations	inconsistency	indirectness						lower to 0.49 higher) MODERATE
Rates of C	Consumption	Post Treatmer	nt - % Days Heavy	Drinking Post	Γreatment (Bette	er indicated by lov	ver values)	<u>I</u>		
	randomised	no serious	no serious	no serious	no serious	none	52	100		SMD 0.01 higher (0.33
	trials	limitations	inconsistency	indirectness	imprecision		32	100	_	lower to 0.35 higher) HIGH
√ Days A	L Abstinent/Ligh	t (no alcohol o	or 1-3 drinks) at 3	Month Follow U	Jp (Better indica	ted by lower valu	es)			
.	randomised	no serious	no serious	no serious	no serious	strong	41	22		SMD 0.77 lower (1.31
	trials	limitations	inconsistency	indirectness	imprecision	association ⁷	41	22	-	to 0.23 lower) HIGH
Rates of C	Consumption	Up to 6 Month	ı Follow Up - % D	Days Abstinent/L	ight (no alcohol	or 1-3 drinks) at 6	Month Follo	ow Up (Better i	ndicated by	lower values)
.	randomised	no serious	no serious	no serious	no serious	none	41	22		SMD 0.52 lower (1.04
	trials	limitations	inconsistency	indirectness	imprecision		41	22	-	lower to 0.01 higher) HIGH
Rates of C	Consumption	Up to 6 Month	ı Follow Up - % D	Days Heavy Drin	king(>6 drinks	per day) at 3 Mon	th Follow Up	(Better indicat	ed by lower	values)
	randomised	no serious	no serious	no serious	no serious	none	93	122		SMD 0.5 lower (0.79
	trials	limitations	inconsistency	indirectness	imprecision		93	122	_	to 0.22 lower) HIGH
lates of C	Consumption	Up to 6 Month	n Follow Up - % D	Days Heavy Drin	king (>6 drinks	per day) at 6 Mon	th Follow Up	Better indica	ted by lower	r values)
	randomised	no serious	no serious	no serious	no serious	none	02	122		SMD 0.57 lower (0.86
	trials	limitations	inconsistency	indirectness	imprecision		93	122	-	to 0.29 lower) HIGH
Lates of C	Consumption	 7 - 12 Month I	Follow Up - Days	Light Drinking ((Proportion) at 1	2 Month Follow U	Jp (Better inc	licated by lowe	er values)	
	randomised	no serious	no serious	no serious	serious ⁸	none	10	2.1		SMD 0.08 lower (0.68
	trials	limitations	inconsistency	indirectness			19	24	-	lower to 0.52 higher) MODERATE
Lates of C	Consumption	 7 - 12 Month I	Follow Up - % Day	ys Abstinent/Lig	ht (no alcohol o	r 1-3 drinks) at 9 M	Month Follow	Up (Better inc	licated by lo	ower values)
	randomised	no serious	no serious	no serious	no serious	none	41	20	-	SMD 0.6 lower (1.15
	1	1		I				ĺ		0.0 10 W C1 (1.10

	trials	limitations	inconsistency	indirectness	imprecision					to 0.05 lower)	HIGH	
Rates of	 Consumption	 7 - 12 Month	 Follow Up - % Day	ys Abstinent/Lig	ht (no alcohol o	1-3 drinks) at 12 N	Aonth Follo	W Up (Better in	l idicated by lo	wer 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	
D-1					1) - (10 m - m) - F - H -	II /D		11	0 /	IIIGII	
Rates of	Consumption	/ - 12 Month 1	Follow Up - Days	Drinking 5-9 Dr	inks (Proportion) at 12 month Follo	ом Ор (вен	er indicated by	lower values)		
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	19	24	-	SMD 0.05 higher (0.56 lower to 0.65 higher)		
Rates of	Consumption	7 - 12 Month I	Follow Up - % Day	ys Heavy Drinki	ng (>6 drinks pe	er day) at 9 Month	Follow Up (Better indicated	d by lower va	lues)		
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	93	120	-	SMD 0.7 lower (0.99 to 0.41 lower)	HIGH	
Rates of	Consumption	7 - 12 Month I	Follow Up - % Day	ys Heavy Drinki	ng (>6 drinks pe	r day) at 12 Month	Follow Up	(Better indicate	ed by lower v	alues)		
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	93	120	-	SMD 0.71 lower (1.01 to 0.42 lower)	HIGH	
Rates of	Consumption	7 - 12 Month I	Follow Up - Days	Drinking >= 10	drinks(proportio	on) at 12 Month Fol	low Up (Be	tter indicated b	y lower value	es)		
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	19	24	-	SMD 0.25 lower (0.86 lower to 0.35 higher)	MODERATE	
Relapse (>6 units most	days of the w	eek) Post Treatme	nt								
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	12/21 (57.1%)	6/27 (22.2%)	RR 2.57 (1.16 to 5.71)		□□□ MODERATE	
							(/	22.2%		349 more per 1000 (from 36 more to 1046 more)		

1	randomised	no serious	no serious	no serious	serious ¹²	none				80 fewer per 1000	
t	rials	limitations	inconsistency	indirectness				6/27 (22.2%)		(from 182 fewer to	
							3/21		RR 0.64 (0.18	282 more)	
							(14.3%)		to 2.27)		MODERATE
										80 fewer per 1000	
								22.2%		(from 182 fewer to	
										282 more)	
lap	ose (>6 units	on one occasio	on) Post Treatmen	t							
1	randomised	no serious	no serious	no serious	serious ¹³	none				316 more per 1000	
t	rials	limitations	inconsistency	indirectness				12/27 (44.4%)		(from 27 more to 791	
							16/21	. ,	RR 1.71 (1.06	,]
							(76.2%)		to 2.78)		
]	315 more per 1000	1
								44.4%		(from 27 more to 790	
										more)	
10n (Drop-out) Po	st Treatment									
	andomicad	ma annious	ma comiossa	ma comiossa	nomi ossa14	mana .		Ι		21 mars mar 1000	T
	randomised	no serious	no serious	no serious	serious ¹⁴	none		25 / 175 / 14 3%)		31 more per 1000 (from 37 foregree to 146	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	none	25 /129	25/175 (14.3%)		(from 37 fewer to 146	
					serious ¹⁴	none	25/138	, ,	RR 1.22 (0.74	(from 37 fewer to 146	
					serious ¹⁴	none	25/138 (18.1%)	, ,		(from 37 fewer to 146 more)	
					serious ¹⁴	none	,		RR 1.22 (0.74	(from 37 fewer to 146 more) 22 more per 1000	
					serious ¹⁴	none	,	, ,	RR 1.22 (0.74	(from 37 fewer to 146 more) 22 more per 1000 (from 25 fewer to 100	
t	rials	limitations	inconsistency	indirectness	serious ¹⁴	none	,		RR 1.22 (0.74	(from 37 fewer to 146 more) 22 more per 1000	
ion (rials Drop-out) up	limitations		indirectness		none	,		RR 1.22 (0.74 to 2.02)	(from 37 fewer to 146 more) 22 more per 1000 (from 25 fewer to 100 more)	MODERATE
ion (Drop-out) up	limitations to 6 Month F	inconsistency	indirectness onth Follow Up no serious	serious ¹⁴	none	,	9.8%	RR 1.22 (0.74 to 2.02)	(from 37 fewer to 146 more) 22 more per 1000 (from 25 fewer to 100 more) 0 more per 1000 (from	MODERATE
ion (rials Drop-out) up	limitations to 6 Month F	inconsistency Sollow Up - at 3 m	indirectness onth Follow Up			(18.1%)	9.8%	RR 1.22 (0.74 to 2.02)	(from 37 fewer to 146 more) 22 more per 1000 (from 25 fewer to 100 more)	MODERATE
ion (Drop-out) up	limitations to 6 Month F	inconsistency Follow Up - at 3 me	indirectness onth Follow Up no serious	no serious		,	9.8%	RR 1.22 (0.74 to 2.02) RR 1.64 (0.07 to 37.15)	(from 37 fewer to 146 more) 22 more per 1000 (from 25 fewer to 100 more) 0 more per 1000 (from 0 fewer to 0 more)	MODERATE HIGH
ion (Drop-out) up	limitations to 6 Month F	inconsistency Follow Up - at 3 me	indirectness onth Follow Up no serious	no serious		(18.1%)	9.8%	RR 1.22 (0.74 to 2.02) RR 1.64 (0.07 to 37.15)	(from 37 fewer to 146 more) 22 more per 1000 (from 25 fewer to 100 more) 0 more per 1000 (from	MODERATE HIGH

	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁵	none	0/62 (0%)	13/49 (26.5%)	RR 0.05 (0 to 0.75)	252 fewer per 1000 (from 66 fewer to 265 fewer)	MODERATE	
								0%		0 fewer per 1000 (from 0 fewer to 0 fewer)		
Attrition	(Drop-out) 7-1	2 month Follo	ow Up - at 9 mont	n Follow Up								
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁶	none	1/41 (2.4%)	4/22 (18.2%)	RR 0.19 (0.03 to 1.17)		MODERATE	
								18.2%	,	147 fewer per 1000 (from 177 fewer to 31 more)		
Attrition	(Drop-out) 7-1	2 month Follo	ow Up - at 12 mon	th Follow Up			,				'	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁷	none	25/111 (22.5%)	18/131 (13.7%)	RR 2.26 (1.33 to 3.84)	173 more per 1000 (from 45 more to 390 more)	□□□ MODERATE	
							(14.3%		180 more per 1000 (from 47 more to 406 more)	,e 2 2 1 4 1 1 2	

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

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

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

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

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

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

⁷ SMD =-0.77, p=0.005

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

^{995%} confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

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

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

 $^{^{12}\,95\%}$ confidence interval includes no effect and relative risk increase greater than 25%

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

			Quality asses	ssment					Summary	of findings		
			Quanty 115500	,			No	of patients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	ВСТ	Other Couples Therapy	Relative (95% CI)	Absolute	Quality	
Abstinen	ce (Percentage	or Proportion)	Post Treatment (Be	etter indicated by	lower values)							
1		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	
Abstinen	ce (Percentage	or Proportion)	Up to 6 month Fol	low Up - at 2 mor	nth Follow Up (E	Better indicated by	lower va	alues)		<u>'</u>		
1		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	
Abstinen	ce (Percentage	or Proportion)	Up to 6 month Fol	low Up - at 6 moi	nth Follow Up (E	l Setter indicated by	lower va	alues)				
1		no serious limitations	no serious inconsistency	no serious indirectness	serious³	none	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)	□□□ MODERATE	
Abstinen	ce (Percentage	or Proportion)	7 - 12 Month Follo	w Up - at 12 mon	th Follow Up (B	etter indicated by	lower va	lues)		<u>'</u>		
1		no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	10	12	-	SMD 0.11 higher (0.73 lower to 0.95 higher)	MODERATE	
Abstinen	ce (Percentage	or Proportion)	>12 month Follow	Up - at 18 month	s Follow Up (Be	tter indicated by l	ower val	ues)		1		1

 $^{^{13}}$ 95% confidence interval includes no effect and relative risk increase greater than 25%

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

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

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

 $^{^{17}}$ 95% confidence intervals around absolute effects from 45 more to 390 more events

l	randomised	no serious	no serious	no serious	serious ⁵	none				SMD 0.1 higher (0.74	
L	trials	limitations	inconsistency	indirectness	Scrious	none	10	12	-	,	MODERATE
	triais	IIIIIIIIIIIIII	inconsistency	muncetiess						lower to 0.74 Higher)	WODERTIE
Abstinen	ce (Percentage	or Proportion) >12 month Follow	w Up - at 24 mon	th Follow Up (B	etter indicated by	y lower valu	es)		1	<u> </u>
										-	
1	randomised	no serious	no serious	no serious	serious ⁶	none	10	12		SMD 0.26 higher (0.58	
	trials	limitations	inconsistency	indirectness			10	12		lower to 1.1 higher)	MODERATE
Rates of	 Consumption	 Post Treatmen	t - % Days Heavy 1	 Drinking (Better	indicated by lov	ver values)					
									,		
1	randomised	no serious	no serious	no serious	serious ⁷	none	25	25		SMD 0.02 higher (0.54	
	trials	limitations	inconsistency	indirectness			23	23		lower to 0.57 higher)	MODERATE
Rates of (Consumption	Un to 6 Month	 ı Follow Up - % Da	vs Abstinent/Lig	tht (no alcohol o	r 1-3 drinks) at 3	month Follo	ow Un (Retter	indicated by	lower values)	
tures or	consumption	op to o Month	70 Du	. 9 0 1 1 0 0 1 1 1 0 1 1 9 2 1 8	,iii (iio uicolioi o	i i o diffico, de o	month rom	on op (bener	marcarea by	iower varaes,	
	randomised	no serious	no serious	no serious	serious8	none				SMD 0.13 lower (0.74	
	trials	limitations	inconsistency	indirectness			20	21	-	,	MODERATE
			1							0 /	
Rates of	Consumption	 Up to 6 Month	Follow Up - % Da	ys Abstinent/Lig	tht (no alcohol o	r 1-3 drinks) at 6	month Follo	ow Up (Better	indicated by	lower values)	
Rates of	Consumption	Up to 6 Month	Follow Up - % Da	ys Abstinent/Lig	ght (no alcohol o	r 1-3 drinks) at 6	month Follo	ow Up (Better	indicated by	,	
Rates of (Consumption randomised	Up to 6 Month	no serious	nys Abstinent/Lig	sht (no alcohol o	r 1-3 drinks) at 6		• `	indicated by	lower values) SMD 0.05 lower (0.67	
Rates of	-	1	-		, ,	, 	month Follo	ow Up (Better	indicated by	SMD 0.05 lower (0.67	MODERATE
L	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher)	
L	randomised trials	no serious limitations	no serious	no serious indirectness	serious ⁹	none	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher)	
L	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	20 h Follow Up	21 • (Better indic	-	SMD 0.05 lower (0.67 lower to 0.56 higher)	
L	randomised trials	no serious limitations Up to 6 Month	no serious inconsistency Follow Up - % Da	no serious indirectness ys Heavy Drink	serious ⁹ ing (>6 drinks p	none er day) at 3 mont	20	21	-	SMD 0.05 lower (0.67 lower to 0.56 higher)	MODERATE
L	randomised trials Consumption randomised	no serious limitations Up to 6 Month	no serious inconsistency Follow Up - % Da	no serious indirectness nys Heavy Drink	serious ⁹ ing (>6 drinks p	none er day) at 3 mont	20 h Follow Up	21 • (Better indic	-	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48	MODERATE
Rates of	randomised trials Consumption randomised trials	no serious limitations Up to 6 Month no serious limitations	no serious inconsistency Follow Up - % Da	no serious indirectness ys Heavy Drink no serious indirectness	serious ⁹ ing (>6 drinks poserious imprecision	none er day) at 3 mont	20 h Follow Up	21 • (Better indice) 46	ated by lower	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48 lower to 0.34 higher)	MODERATE
Rates of	randomised trials Consumption randomised trials Consumption	no serious limitations Up to 6 Month no serious limitations Up to 6 Month	no serious inconsistency Follow Up - % Da no serious inconsistency Follow Up - % Da	no serious indirectness ys Heavy Drink no serious indirectness ys Heavy Drink	serious ⁹ ing (>6 drinks poserious imprecision ing (>6 drinks poserious pos	none er day) at 3 mont	20 h Follow Up	21 • (Better indice) 46	ated by lower	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48 lower to 0.34 higher)	MODERATE HIGH
Rates of	randomised trials Consumption randomised trials Consumption randomised	no serious limitations Up to 6 Month no serious limitations Up to 6 Month no serious	no serious inconsistency Follow Up - % Da no serious inconsistency Follow Up - % Da no serious	no serious indirectness ys Heavy Drink no serious indirectness ys Heavy Drink	serious ⁹ ing (>6 drinks poserious imprecision	none er day) at 3 mont	20 th Follow Up 45 th Follow Up	21 21 26 (Better indices 46) 46 (Better indices 1)	ated by lower	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48 lower to 0.34 higher) r values) SMD 0.08 higher (0.33	MODERATE HIGH
Rates of	randomised trials Consumption randomised trials Consumption	no serious limitations Up to 6 Month no serious limitations Up to 6 Month	no serious inconsistency Follow Up - % Da no serious inconsistency Follow Up - % Da	no serious indirectness ys Heavy Drink no serious indirectness ys Heavy Drink	serious ⁹ ing (>6 drinks poserious imprecision ing (>6 drinks poserious pos	none none none er day) at 3 mont	20 h Follow Up	21 • (Better indice) 46	ated by lower	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48 lower to 0.34 higher)	MODERATE HIGH
Rates of (randomised trials Consumption randomised trials Consumption randomised trials	no serious limitations Up to 6 Month no serious limitations Up to 6 Month no serious limitations	no serious inconsistency Follow Up - % Da no serious inconsistency Follow Up - % Da no serious	no serious indirectness no serious indirectness no serious indirectness no serious indirectness no serious indirectness	serious ⁹ no serious imprecision no serious imprecision	none none none none none	20 th Follow Up 45 th Follow Up	21 26 (Better indices 46) 46 (Better indices 46)	ated by lower	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48 lower to 0.34 higher) r values) SMD 0.08 higher (0.33 lower to 0.49 higher)	MODERATE HIGH
Rates of (randomised trials Consumption randomised trials Consumption randomised trials	no serious limitations Up to 6 Month no serious limitations Up to 6 Month no serious limitations	no serious inconsistency no serious inconsistency Follow Up - % Da no serious inconsistency no serious inconsistency	no serious indirectness no serious indirectness no serious indirectness no serious indirectness no serious indirectness	serious ⁹ no serious imprecision no serious imprecision	none none none none none	20 th Follow Up 45 th Follow Up	21 26 (Better indices 46) 46 (Better indices 46)	ated by lower	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48 lower to 0.34 higher) r values) SMD 0.08 higher (0.33 lower to 0.49 higher)	MODERATE HIGH
Rates of (randomised trials Consumption randomised trials Consumption randomised trials	no serious limitations Up to 6 Month no serious limitations Up to 6 Month no serious limitations	no serious inconsistency no serious inconsistency Follow Up - % Da no serious inconsistency no serious inconsistency	no serious indirectness no serious indirectness no serious indirectness no serious indirectness no serious indirectness	serious ⁹ no serious imprecision no serious imprecision	none none none none none	20 th Follow Up 45 th Follow Up	21 26 (Better indices 46) 46 (Better indices 46)	ated by lower	SMD 0.05 lower (0.67 lower to 0.56 higher) r values) SMD 0.07 lower (0.48 lower to 0.34 higher) r values) SMD 0.08 higher (0.33 lower to 0.49 higher)	MODERATE HIGH

	trials	limitations	inconsistency	indirectness						lower to 0.44 higher)	MODERATE	
es of C	Consumption 7	' - 12 Month Fo	ollow Up - % Days	Abstinent or Lig	tht (no alcohol o	r 1-3 drinks) at 12	month Fol	low Up (Bette	r indicated by	lower values)		
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	20	21	-	SMD 0.4 lower (1.02 lower to 0.22 higher)	MODERATE	
tes of C	Consumption 7	- 12 Month Fo	ollow Up - % Days	Heavy Drinking	(>6 drinks per o	day) at 9 month Fo	llow Up (Better indicate	d by lower va	llues)		
	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	
tes of C	Consumption 7	' - 12 Month Fo	ollow Up - % Days	Heavy Drinking	(>6 drinks per o	lay) at 12 month F	ollow Up	(Better indicat	ed by lower v	values)		
	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	
trition	(Drop-Out) up	to 6 Month Fo	ollow Up - at 3 mor	nth follow-up								
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	1/21 (4.8%)	0/21 (0%)	RR 3 (0.13 to 69.7)	0 more per 1000 (from 0 fewer to 0 more)	HIGH	
								0%		0 more per 1000 (from 0 fewer to 0 more)		
trition	(Drop-Out) up	to 6 Month Fo	llow Up - at 9 mor	nth Follow Up								
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	1/21 (4.8%)	1/21 (4.8%)	RR 1 (0.07 to 14.95)	0 fewer per 1000 (from 44 fewer to 664 more)	□□□□ MODERATE	
								4.8%	ĺ	0 fewer per 1000 (from 45 fewer to 670 more)		

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

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

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

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

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

^{695%} confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

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

			Quality asse	ssment				S	Summary of fi	ndings		
			,				No of pa	atients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Intensive Couples Therapy	Brief Couples Therapy	Relative (95% CI)	Absolute	Quality	
Abstinen	ce (Percentage	e or Proportion) Up to 6 month I	Follow Up - at 1	month Follow U	p (Better indicate	d by lower valu	ies)				
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	70	46	-	SMD 0.64 higher (0.26 to 1.02 higher)	□□□□ MODERATE	
Abstinen	ce (Percentage	e or Proportion) Up to 6 month I	Follow Up - at 2	month Follow U	p (Better indicate	d by lower valu	ies)				
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	70	46	-	SMD 0.22 higher (0.15 lower to 0.6 higher)	MODERATE	
Abstinen	ce (Percentage	e or Proportion	Up to 6 month l	Follow Up - at 6	month Follow U	p (Better indicate	d by lower valu	ies)		!		
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	70	46	-	SMD 0.17 higher (0.21 lower to 0.54 higher)	MODERATE	
Abstinen	ce (Percentage	e or Proportion) 7 - 12 Month Fo	llow Up - at 12 1	nonth Follow Up	(Better indicated	by lower value	es)	_			_
1	randomised	no serious	no serious	no serious	serious ⁴	none	70	46	-	SMD 0.26 higher		

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

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

^{995%} confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

 $^{^{10}\,95\%}$ confidence interval includes no effect and lower confidence limit crosses an effect size of 0.5

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

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

	trials	limitations	inconsistency	indirectness						(0.11 lower to 0.63	MODERATE	
										higher)		
Abstinen	ce (Percentag	e or Proportio	n) >12 month Fol	low Up - at 18 m	onth Follow Up	(Better indicated l	y lower values)				
1	randomised	no serious	no serious	no serious	serious ⁵	none				SMD 0.15 higher		
	trials	limitations	inconsistency	indirectness			70	46	-	(0.22 lower to 0.52 higher)	MODERATE	
Rates of	<u> </u> Consumption	Post Treatme	nt - % Days Heav	y Drinking (Bet	ter indicated by	lower values)						
1	randomised	no serious	no serious	no serious	serious ⁶	none				SMD 0.02 higher		
	trials	limitations	inconsistency	indirectness			25	25	-	(0.54 lower to 0.57 higher)	MODERATE	
Rates of	Consumption	Up to 6 Mont	th Follow Up - %	Days Heavy Dri	nking (> 6 drink	s per day) at 1 mor	nth Follow Up (Better indicat	ted by lower v	values)	ļ	
1	randomised	no serious	no serious	no serious	serious ⁷	none				SMD 0.36 higher		
	trials	limitations	inconsistency	indirectness			70	46	-	(0.02 lower to 0.73 higher)	MODERATE	
Rates of	L Consumption	Up to 6 Mont	th Follow Up - %	Days Heavy Dri	nking (> 6 drink	s per day) at 2 moi	nth Follow Up (Better indicat	ted by lower v	values)		
1	randomised	no serious	no serious	no serious	serious ⁸	none				SMD 0.14 lower		
	trials	limitations	inconsistency	indirectness			70	46	-	(0.51 lower to 0.23 higher)	MODERATE	
Rates of	L Consumption	Up to 6 Mont	th Follow Up - %	Days Heavy Dri	nking (> 6 drink	s per day) at 3 mor	nth Follow Up (Better indicat	ted by lower v	values)		
1	randomised	no serious	no serious	no serious	serious ⁹	none				SMD 0.01 lower		
	trials	limitations	inconsistency	indirectness			25	25	-	(0.57 lower to 0.54 higher)	MODERATE	
Rates of	Consumption	Up to 6 Mont	th Follow Up - %	Days Heavy Dri	nking (> =5 drin	ks per day) at 6 mo	onth Follow Up	(Better indic	ated by lower	values)		
2	randomised	no serious	no serious	no serious	no serious	none	95	71	-	SMD 0.02 higher (0.29 lower to 0.32		

	trials	limitations	inconsistency	indirectness	imprecision					higher)	HIGH	
Rates of (Consumption	Up to 6 Montl	h Follow Up - % I	Moderate Drink	ing Days (1-4 dr	inks per day) at 1 1	month Follow U	p (Better ind	icated by low	er values)		
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	70	46	-	SMD 0.57 lower (0.95 to 0.2 lower)	HIGH	
Rates of 0	Consumption	Up to 6 Montl	h Follow Up - % I	Moderate Drink	ing Days (1-4 dr	inks per day) at 2 1	month Follow U	p (Better ind	icated by low	er values)		
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	70	46	-	SMD 0.34 lower (0.71 lower to 0.04 higher)	MODERATE	
Rates of (Consumption	Up to 6 Montl	h Follow Up - % I	Moderate Drink	ing Days (1-4 dr	inks per day) at 6 1	month Follow U	p (Better ind	icated by low	er values)	-	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	70	46	-	SMD 0.15 lower (0.52 lower to 0.22 higher)	MODERATE	
Rates of 0	Consumption	7 - 12 Month I	Follow Up - % Mo	oderate Drinkin	g Days (1-4 drin	ks per day) at 12 m	nonth Follow Up	Better indi	cated by lowe	er values)		
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	70	46	-	SMD 0.3 lower (0.67 lower to 0.07 higher)	MODERATE	
Rates of (Consumption	7 - 12 Month I	Follow Up - % Da	ys Heavy Drink	ing (> 6 drinks p	per day) at 9 montl	h Follow Up (Be	etter indicated	l by lower val	lues)		
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	25	25	-	SMD 0.01 lower (0.57 lower to 0.54 higher)	MODERATE	
Rates of 0	Consumption	7 - 12 Month I	Follow Up - % Da	ys Heavy Drink	ing (>=5 drinks	per day) at 12 mor	nth Follow Up (l	Better indicat	ed by lower v	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	

tes of	Consumption	> 12 month F	ollow Up - % Mo	derate Drinking	Days (1-4 drinks	s per day) at 18 m	onth Follow Up	(Better indica	ated by lower	values)	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁴	none	70	46	-	SMD 0.23 lower (0.6 lower to 0.14 higher)	MODERATE
ates of	Consumption	> 12 month F	ollow Up - % Day	s Heavy Drinki	ng (>=5 drinks p	er day) at 18 mor	nth Follow Up (Be	etter indicate	d by lower va	lues)	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	70	46	-	SMD 0.04 lower (0.42 lower to 0.33 higher)	HIGH
Attrition	(Drop-Out) P	ost Treatment	ŧ								
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision ¹⁵	none	55/139 (39.6%)	0/79 (0%)	RR 63.43 (3.97 to	0 more per 1000 (from 0 more to 0 more)	HIGH
								0%	1012.92)	0 more per 1000 (from 0 more to 0 more)	
ttrition	(Drop-Out) >	· 12 month Fol	low Up - at 1-18 n	nonth Follow Up	,						
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	14/84 (16.7%)	33/79 (41.8%)	RR 0.4 (0.23 to 0.69)	251 fewer per 1000 (from 129 fewer to 322 fewer)	HIGH
								41.8%		251 fewer per 1000 (from 130 fewer to 322 fewer)	

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

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

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

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

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

^{695%} confidence interval includes no effect. Upper and lower confidence limit crosses an effect size of 0.5 in both directions

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

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

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

			Quality assessr	nent			Summary of findings						
			Quality 4 00 4 001				No of patien	ts		Effect	_	Importance	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Parental Skills + BCT (PSBCT)	BCT alone	Relative (95% CI)	Absolute	Quality	•	
Abstinen	ce (PDA) Post	Treatment (Bette	r indicated by low	er values)	<u> </u>								
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	10	10	-	SMD 0.12 higher (0.75 lower to 1 higher)	MODERATE		
Abstinen	ce (PDA) at 6 M	Ionth Follow Up	(Better indicated	by lower values)		l							
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	10	10	-	SMD 0.04 higher (0.84 lower to 0.91 higher)	MODERATE		
Abstinen	ce (PDA) at 12	month follow up	(Better indicated	by lower values)	1				•		<u>'</u>		
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	10	10	-	SMD 0.04 lower (0.92 lower to 0.84 higher)	MODERATE		

¹ No explanation was provided

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

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

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

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

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

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

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

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

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

6 Motivational Techniques

MET compared to Control for Harmful Alcohol Use and Alcohol Dependence

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

Settings:

Intervention: MET Comparison: Control

Outcomes	Illustrativ	ve comparative risks* (95% CI)	Relative	No of	Quality of the	Comments
	Assumed risk	Corresponding risk	effect (95% CI)	Participants (studies)	evidence (GRADE)	
	Control	MET				
Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 1 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 1 month follow up in the intervention groups was 0.67 standard deviations lower (1.2 to 0.15 lower)		61 (1 study)	⊕⊕⊕⊕ high	SMD -0.67 (-1.2 to -0.15)
Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 2 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 2 month follow up in the intervention groups was 0.46 standard deviations lower (0.97 lower to 0.06 higher)		61 (1 study)	⊕⊕⊕⊖ moderate¹	SMD -0.46 (- 0.97 to 0.06)
Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 1 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 1 month follow up in the intervention groups was 0.17 standard deviations lower (0.68 lower to 0.34 higher)		61 (1 study)	⊕⊕⊕⊝ moderate²	SMD -0.17 (- 0.68 to 0.34)
Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 2 month follow up		The mean Amount of Alcohol Consumed up to 6 month follow up - Drinks per drinking day (log transformed) at 2 month follow up in the intervention groups was 0.21 standard deviations higher (0.3 lower to 0.72 higher)		61 (1 study)	⊕⊕⊕⊝ moderate³	SMD 0.21 (-0.3 to 0.72)
Amount of Alcohol consumed 7-12 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 12 month follow up		The mean Amount of Alcohol consumed 7-12 month follow up - Average Drinks Per Day (log transformed) over entire assessment period at 12 month follow up in the intervention groups was		61 (1 study)	⊕⊕⊕⊖ moderate⁴	SMD -0.2 (-0.71 to 0.31)

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

	1000	(464 to 824)			
Rate of consumption up to 6 month follow-up - Drank	Study po	pulation	RR 0.66		$\oplus \oplus \oplus \ominus$
10+ or more drinks 6 or more times at 6 month follow-up	650 per 1000	429 per 1000 (280 to 650)	(0.43 to 1	.) (1 study)	moderate ¹⁰
	Medium	risk population			
	650 per 1000	429 per 1000 (280 to 650)			
Rates of Consumption >12 month follow-up - Exceeded	Study po	pulation	RR 0.9	56	$\oplus \oplus \oplus \ominus$
national drinking guidelines at least once at 5 year follow-up	655 per 1000	589 per 1000 (393 to 891)	(0.6 to 1.36)	(1 study)	moderate ¹¹
	Medium	risk population			
	655 per 1000	589 per 1000 (393 to 891)			
Rates of Consumption >12 month follow-up - Exceeded	Study po	pulation	RR 0.92	56	$\oplus \oplus \oplus \ominus$
national drinking guidelines 6 or more times at 5 year follow-up	483 per 1000	444 per 1000 (251 to 782)	(0.52 to 1.62)	(1 study)	moderate ¹²
	Medium	risk population			
	483 per 1000	444 per 1000 (251 to 782)			
Rates of Consumption >12 month follow-up - Drank 10+	Study po	pulation	RR 0.64	56	$\oplus \oplus \oplus \ominus$
standard drinks at least once at 5 year follow-up	517 per 1000	331 per 1000 (176 to 631)	(0.34 to 1.22)	(1 study)	moderate ¹³
	Medium	risk population			
	517 per 1000	331 per 1000 (176 to 631)			
Rates of Consumption >12 month follow-up - Drank 10+	Study po	pulation	RR 0.72	56	$\oplus \oplus \ominus \ominus$
or more drinks 6 or more times at 5 year follow-up	310 per 1000	223 per 1000 (90 to 539)	(0.29 to 1.74)	(1 study)	moderate ¹⁴
	Medium	risk population			
	310 per 1000	223 per 1000 (90 to 539)			

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

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

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

CI: Confidence interval; RR: Risk ratio;

GRADE Working Group grades of evidence

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

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

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

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

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

7 Multi-Modal Intervention

7.1 Multimodal vs other for harmful alcohol use and alcohol dependence

			Quality asse	ssment					Summa	ary of findings		
							No of pa	atients		Effect		
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Multimodal	Other	Relative (95% CI)	Absolute	Quality	Importance
Length of	f Sobriety (in	n months) Post	Treatment (follo	w-up mean 6 m	onths; Better in	dicated by lowe	er values)				L	
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	44	33	-	SMD 0.48 lower (0.93 to 0.02 lower)	HIGH	
Lapsed P	ost Treatme	nt (follow-up n	nean 6 months; B	etter indicated b	y lower values							
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	30	30	-	MD 0.79 higher (0.6 to 1.03 higher)	MODERATE	
Lapsed u	p 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) 133 more per 1000 (from 23	LOW	
Rates of	Consumptio	n Post Treatme	ent - Days Drinki	ng (follow-up n	nean 6 months: 1	Better indicated	by lower val	57.8% ues)		more to 260 more)		
			,									
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	44	36	-	SMD 0.41 lower (0.85 lower to 0.04 higher)	MODERATE	
Amount	of Alcohol C	Consumed Post	Treatment - oz./o	day (follow-up n	nean 6 months;	Better indicated	l by lower va	lues)				
1	randomised	no serious	no serious	no serious	serious ⁵	none	41	34	-	SMD 0.25 lower (0.71 lower to		

	trials	limitations	inconsistency	indirectness						0.21 higher)	MODERATE	
Lapsed -	7-12 month f	follow-up - at 1	2 month follow-	up (follow-up m	ean 12 months)							
	randomised trials	serious ⁶	no serious inconsistency	no serious indirectness	serious ⁷	none	115/161 (71.4%)	125/161 (77.6%)	RR 0.92 (0.81 to 1.05)	62 fewer per 1000 (from 148 fewer to 39 more) 62 fewer per 1000 (from 147	LOW	
								77.6%		fewer to 39 more)		
Attrition	(Drop-Out)	Post Treatmen	t (follow-up mea	n 6 months)								
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	9/49 (18.4%)	7/40 (17.5%)	RR 1.05 (0.43 to 2.57)	9 more per 1000 (from 100 fewer to 275 more)	MODERATE	
								17.5%		9 more per 1000 (from 100 fewer to 275 more)		
Attrition	(Drop-Out)	up to 6 months	s follow-up - at 3-	6 month follow	up (follow-up i	nean 6 months)						
	randomised trials	serious ⁹	no serious inconsistency	no serious indirectness	serious ¹⁰	none	50/161 (31.1%)	49/161 (30.4%)	RR 1.02 (0.74 to 1.42)	6 more per 1000 (from 79 fewer to 128 more) 6 more per 1000 (from 79 fewer	LOW	
Attrition	(Drop-out) a	nt 7-12 month f	ollow-up - at 12 r	nonth follow-up	(follow-up me	an 12 months)		30.170		to 128 more)		
	randomised trials	serious ¹¹	no serious inconsistency	no serious indirectness	serious ¹²	none	56/111 (50.5%)	66/112 (58.9%)	RR 0.86 (0.67 to 1.09)	82 fewer per 1000 (from 194 fewer to 53 more)	LOW	
							, ,	58.9%	,	82 fewer per 1000 (from 194 fewer to 53 more)		

¹ 95% confidence interval includes no effect.

² Randomisation method (sealed envelope)

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

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

⁵ 95% confidence interval includes no effect.

⁶ Randomisation method (sealed envelope)

8 Psychodynamic Therapy

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

			Quality asses	ssment				Su	mmary of fi	ndings		
							No of patients Effect			Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Psychodynamic Therapy	Other Therapy	Relative (95% CI)	Absolute	Quality	
Abstinen	ce >12 month	follow-up - Da	ys Abstinent at 1	5 month Follow-	up (Better indic	ated by lower val	ues)					
		no serious limitations	no serious inconsistency		no serious imprecision	none	23	21	-	SMD 0.64 lower (1.24 to 0.03 lower)	HIGH	
Amount	of Alcohol Co	nsumed >12 m	onth follow-up - §	g abs.alc/drinkin	g day at 15 Mor	nth Follow-up (Be	tter indicated by lo	wer values)	'		
		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	23	21	-	SMD 0.07 higher (0.53 lower to 0.66 higher)	□□□ MODERATE	
Rate of C	onsumption >	12 month follo	ow-up - Days > 80	g abs.alc (Heavy	Drinking) at 15	month Follow U	p (Better indicated	by lower v	alues)			
		no serious limitations	no serious inconsistency	no serious indirectness	serious²	none	23	21	-	SMD 0.06 lower (0.65 lower to 0.53 higher)		

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

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

⁹ Randomisation method (sealed envelope)

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

¹¹ Randomisation method (sealed envelope).

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

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

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

9 Psychoeducational Intervention

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

			Quality asse	ssment				Sun	nmary of fin	dings		
			~ ,				No of pati	ents		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Psychoeducational	Other Treatment	Relative (95% CI)	Absolute	Quality	
Length o	f Sobriety (mo	onths) Post Tre	atment - Post Tre	atment (Better i	ndicated by low	er values)						
		no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	33	44	-	SMD 0.48 higher (0.02 to 0.93 higher)	HIGH	
Abstinen	nce Post Treatm	nent - Percenta	ge Days Abstine	nt Post Treatme	nt (Better indica	ited by lower valu	ies)					
	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	

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

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

	1									C) (F) 0.4011.1	
	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
stine	nce up to 6 mo	nth follow up	o - at 6 month foll	ow up (Better in	dicated by lowe	er values)					
	randomised	no serious	no serious	no serious	serious ¹	none				SMD 0.3 higher	
	trials	limitations	inconsistency	indirectness			46	92	-	(0.23 lower to 0.84 higher)	MODERATE
bstine	nce 7-12 month	n follow up - a	at 9 month follow	up (Better indi	cated by lower v	values)					l l
	randomised	no serious	no serious	no serious	serious ²	none				SMD 0.28 higher	
	trials	limitations	inconsistency	indirectness			46	92	-	(0.35 lower to 0.92 higher)	MODERATE
bstine	nce 7-12 montl	follow up - a	at 12 month follow	w up (Better ind	icated by lower	values)					
bstine	randomised	n follow up - a	no serious	w up (Better ind	icated by lower	values)				SMD 0.26 higher	
ostine				• `		,	46	92	-	SMD 0.26 higher (0.43 lower to 0.96 higher)	MODERATE
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	,		92	-	(0.43 lower to 0.96	
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	by lower values)		-	(0.43 lower to 0.96 higher) SMD 0.94 higher	
	randomised trials nt/Light (1-3 st	no serious limitations andard drink	no serious inconsistency s) up to 6 month	no serious indirectness follow up - at 6 i	serious ³	none p (Better indicated		92	-	(0.43 lower to 0.96 higher)	MODERATE
bstine	randomised trials nt/Light (1-3 st randomised trials	no serious limitations andard drink no serious limitations	no serious inconsistency s) up to 6 month in no serious inconsistency	no serious indirectness follow up - at 6 in o serious indirectness	serious ³ month follow up no serious imprecision	none p (Better indicated	by lower values)		-	(0.43 lower to 0.96 higher) SMD 0.94 higher	MODERATE
bstine	randomised trials nt/Light (1-3 st randomised trials	no serious limitations andard drink no serious limitations	no serious inconsistency s) up to 6 month in no serious inconsistency	no serious indirectness follow up - at 6 in o serious indirectness	serious ³ month follow up no serious imprecision	none p (Better indicated strong association4	by lower values) 30 y lower values)	31	-	(0.43 lower to 0.96 higher) SMD 0.94 higher	MODERATE
bstine	randomised trials nt/Light (1-3 standomised trials	no serious limitations andard drink no serious limitations	no serious inconsistency s) up to 6 month inconsistency no serious inconsistency 7-12 month follo	no serious indirectness follow up - at 6 in o serious indirectness ow up - at 12 mo	serious ³ month follow up no serious imprecision onth follow up (none p (Better indicated strong association4 Better indicated by	by lower values)		-	(0.43 lower to 0.96 higher) SMD 0.94 higher (0.4 to 1.48 higher)	MODERATE HIGH

2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	30	31	-	SMD 0.74 higher (0.21 to 1.26 higher)	HIGH	
Number	lapsed (non-a	bstinent) Post	Treatment - at 6	month follow uj	p				'			
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	30/37 (81.1%)	30/47 (63.8%)	RR 1.27 (0.97 to 1.66)	172 more per 1000 (from 19 fewer to 421 more)	□□□ MODERATE	
								63.8%	1.00)	172 more per 1000 (from 19 fewer to 421 more)		
Rate of a	lcohol consun	nption Post Tr	eatment (%Days	Heavy drinking	and days drink	ing over last 6 mo	onths) (Better indica	ted by lower	values)			
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	60	119	-	SMD 0.21 higher (0.11 lower to 0.53 higher)	□□□ MODERATE	
Rate of a	lcohol consum	ption up to 6	 month follow-up	o - % days heavy	drinking at 3 m	onths (Better ind	l icated by lower valu	ies)				
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	24	75	-	SMD 0.19 higher (0.27 lower to 0.65 higher)	□□□ MODERATE	
Rate of a	lcohol consun	ption up to 6	month follow-up	o - % days heavy	drinking at 6 m	onths (Better ind	l icated by lower valu	ies)				
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	24	75	-	SMD 0.37 higher (0.1 lower to 0.83 higher)	MODERATE	
Rate of a	lcohol consun	nption - 7-12 m	onth follow-up	days drinking p	per week at 12 n	nonth follow-up (Better indicated by	lower values	s)			
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	

Rate of a	alcohol consun	nption - 7-12 r	month follow-up	- days drinking	five or more dri	inks at 12 month	follow-up (Better in	dicated by lov	wer values)			
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	336	321	-	SMD 0.08 higher (0.08 lower to 0.23 higher)	HIGH	
Rate of a	alcohol consun	nption - 7-12 r	nonth follow-up	- % days heavy	drinking at 9 m	onths (Better ind	icated by lower valu	ies)				
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	24	75	-	SMD 0.38 higher (0.09 lower to 0.84 higher)	HIGH	
Rate of a	alcohol consun	nption - 7-12 r	nonth follow-up	- % days heavy	drinking at 12 n	nonths (Better inc	dicated by lower val	ues)				
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	24	75	-	SMD 0.5 higher (0.04 lower to 1.04 higher)	HIGH	
Amount	of Alcohol Co	nsumed Post	Treatment - oz./d	 lay (Better indic	ated by lower v	alues)						
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	34	41	-	SMD 0.25 higher (0.21 lower to 0.71 higher)	HIGH	
Amount	of alcohol con	sumed 7-12 n	nonth follow up -	drinks per drin	king day at 12 n	nonth follow-up	(Better indicated by	lower values				
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	336	321	-	SMD 0 higher (0.15 lower to 0.15 higher)	HIGH	
Amount	of alcohol con	sumed 7-12 n	nonth follow up -	drinks per wee	k at 12 month fo	ollow-up (Better i	indicated by lower v	alues)	<u> </u>			
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	

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

10 Self-Help Based Intervention

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

			Quality asses	ssment					Summar	y of findings		
							No of p	oatients		Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Self- Help	Self- Help	Relative (95% CI)	Absolute	Quality	
Amount o	of Alcohol Con	sumed at 7-12 N	onth Follow Up -	Number Standar	rd Drinks Per we	eek at 9 month Foll	ow Up (Be	etter indica	ated by lower	values)		
1		omised no serious no serious			no serious imprecision	none	30	29	-	SMD 0.54 lower (1.06 to 0.02 lower)	HIGH	
Amount o	of Alcohol Con	sumed at 7-12 N	onth Follow Up -	Number of Drin	ks per Drinking	Day at 9 month Fo	ollow-up (Better indi	cated by low	er values)		
1		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	

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

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

 $^{^{3}\,95\%}$ confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

⁴ SMD=0.94, p=0.0006

⁵ SMD=0.84, p=0.004

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

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

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

^{95%} confidence interval includes no effect and upper confidence limit crosses an effect size of 0.5

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

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

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

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

ount (of Alcohol con	sumed >12 Mor	nth Follow Up - Nu	mber of Standar	d Drinks per We	ek at 23 month Fol	llow-up (B	etter indic	ated by lower	values)		
		no serious limitations		no serious indirectness	serious ²	none	30	29	-	SMD 0.45 lower (0.97 lower to 0.07 higher)	MODERATE	
ount	of Alcohol con	sumed >12 Mor	nth Follow Up - Nu	mber of Drinks	per Drinking Da	y at 23 month Follo	ow-up (Be	tter indica	ted by lower v	values)		
		no serious limitations		no serious indirectness	serious ³	none	30	29	-	SMD 0.1 lower (0.61 lower to 0.41 higher)	MODERATE	
trition	at 23 Month Fo	ollow Up										
		no serious limitations		no serious indirectness	serious ⁴	none	16/46 (34.8%)	18/47 (38.3%)	RR 0.91 (0.53 to 1.55)	34 fewer per 1000 (from 180 fewer to 211 more)	□□□ MODERATE	
								38.3%		34 fewer per 1000 (from 180 fewer to 211 more)		

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

11 Social Network & Environment Based Therapies

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

			Quality asses	ssment				Summar	y of finding			
							No of patients			Effect		Importance
No o	Decign	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Social Network/Environment Based Therapies	Control	Relative (95% CI)	Absolute	Quality	

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

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

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

Abstine	ence Post Treat	ment - Percer	nt days Abstinen	t Post Treatmen	t (Better indica	ted by lower valu	ies)					
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	
Abstine	ence up to 6 mo	onth follow u	p - at 6 month fo	llow up (Better i	ndicated by lo	wer values)				•	*	
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	strong association ²	112	60	-	SMD 0.75 lower (1.08 to 0.43 lower)	HIGH	
Abstine	ence 7-12 mont	h follow up -	at 9 month follo	w up (Better ind	icated by lowe	r 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	
Abstine	ence 7-12 mont	h follow up -	at 12 month follo	ow up (Better in	dicated by low	er 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	
Abstine	ence >12 month	follow up -	at 15 month follo	w up (Better inc	licated by low	er 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	
Abstine	ence >12 month	n follow up -	at 18 month follo	w up (Better inc	licated by low	er values)						
2	randomised trials	no serious limitations	no serious inconsistency	very serious ³	serious ⁴	none	112	60	-	SMD 0.28 lower (1.02 lower to 0.46 higher)	VERY LOW	

Abstine	nce >12 month	n follow up - a	at 21 month follo	w up (Better in	dicated by lowe	er values)						
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	112	60	-	SMD 0.35 lower (0.74 lower to 0.05 higher)		
Abstine	nce >12 month	follow up - a	at 24 month follo	w up (Better in	dicated by lowe	er 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	
Abstine	nce >12 month	n follow up - a	at 27 month follo	w up (Better in	dicated by lowe	er values)					L	
2	randomised trials	no serious limitations	serious ⁶	no serious indirectness	serious ⁷	none	112	60	-	SMD 0.31 lower (1.12 lower to 0.49 higher)	LOW	
Amoun	t of Alcohol Co	onsumed (DE	DD) Post Treatme	ent (Better indic	ated by lower v	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	
Amoun	t of Alcohol Co	onsumed (DE	DD) up to 6 Mont	th Follow Up - a	t 6 month follo	w up (Better indi	cated 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	
Amoun	t of Alcohol Co	onsumed (DE	DD) 7-12 Month I	Follow Up - at 9	months (Better	indicated by low	ver 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	

Amount	t of Alcohol Co	onsumed (DI	DD) 7-12 Month I	Follow Up - at 12	2 month follow	up (Better indica	ited by lower values)			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁸	none	112	60	-	SMD 0.25 lower (0.57 lower to 0.06 higher) MODERATE
Amoun	t of Alcohol Co	onsumed (DI	DD) >12 Month F	ollow Up - at 15	month follow	up (Better indica	ted by lower values)			· · · · · · · · · · · · · · · · · · ·
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁹	none	112	60	-	SMD 0.35 lower (0.83 lower to 0.12 higher) MODERATE
Amoun	t of Alcohol Co	onsumed (DI	DD) >12 Month F	ollow Up - at 18	month follow	up (Better indica	ted 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
Amoun	t of Alcohol Co	 onsumed (DI	 DD) >12 Month F	ollow Up - at 21	month follow	up (Better indica	ted 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
Amoun	t of Alcohol Co	onsumed (DI	DD) >12 Month F	ollow Up - at 24	month follow	up (Better indica	ted by lower values)			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹⁰	none	112	60	-	SMD 0.11 lower (0.43 lower to 0.2 higher) MODERATE
Amoun	t of Alcohol Co	onsumed (DI	DD) >12 Month F	ollow Up - at 27	month follow	up (Better indica	ted by lower values)			· · · · · · · · · · · · · · · · · · ·
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹¹	none	112	60	-	SMD 0.06 higher (0.26 lower to 0.37 higher) MODERATE

Attrition	Attrition (Drop-out) Post Treatment												
2		no serious limitations	no serious inconsistency	no serious indirectness	serious ¹²	none	11/141 (7.8%)	4/70 (5.7%)	RR 1.36 (0.45 to 4.13)		MODERATE		
								5.7%		21 more per 1000 (from 31 fewer to 178 more)			
Attrition	n (Drop-out) u	p to 6 month	follow up - at 6 n	nonths									
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹³	none	2/130 (1.5%)	2/66 (3%)	RR 0.54 (0.08 to 3.59)		MODERATE		
								3%		14 fewer per 1000 (from 28 fewer to 78 more)			
Attrition	n (Drop-out) 7	-12 month fol	low up - at 9 mon	iths									
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)	O HIGH		
								0%		0 more per 1000 (from 0 fewer to 0 more)			
Attrition (Drop-out) >12 month follow up													
4			no serious inconsistency	no serious indirectness	serious ¹⁴	none	6/239 (2.5%)	4/126 (3.2%)	RR 0.78 (0.22 to 2.79)	7 fewer per 1000 (from 25 fewer to 57 more)	MODERATE		
								3.2%		7 fewer per 1000 (from 25 fewer to 57 more)			

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

			Quality asses	ssment				Summary	of findings	3		
							No of patients			Effect		Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	Social Network/Environment Based Therapies	Other Treatment	Relative (95% CI)	Absolute	Quality	
Abstiner	nce up to 6 M	onth Follow U	p - % Days Abst	inent at 3 mont	th Follow-up (l	Better indicated b	y lower values)					
1				no serious indirectness	no serious imprecision	none	293	393	-	SMD 0.02 lower (0.17 lower to 0.13 higher)	HIGH	
Abstiner	nce 7-12 Mont	h Follow Up -	% Days Abstine	ent at 12 month	Follow-up (Be	tter indicated by	lower values)					
1				no serious indirectness	no serious imprecision	none	261	351	-	SMD 0.02 lower (0.18 lower to 0.14 higher)	HIGH	

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

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

³ High Heterogeneity [I-squared = 82%]

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

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

⁶ High Heterogeneity [I-squared =84%]

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

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

^{995%} confidence interval includes no effect and lower bound confidence interval crosses line of minimal important difference.

¹⁰ 95% confidence interval includes no effect

¹¹ 95% confidence interval includes no effect

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

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

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

Amount	of Alcohol C	onsumed Up	to 6 Month Follo	ow Up - Mean (Quantity per da	y at 1 month Fo	llow 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)
Amount	of Alcohol C	onsumed Up	to 6 Month Follo	ow Up - Mean (Quantity/day 6	months Follow-	up (Better indicated by low	er values)	
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	40	39	SMD 0.43 higher (0.02 lower to 0.87 higher) MODERATE
Amount	of Alcohol C	onsumed Up	to 6 Month Follo	ow Up - Numbe	er Drinks per d	rinking day at 3	month Follow-up (Better in	dicated by low	wer 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)
Amount	of Alcohol C	onsumed (me	ean/number drin	ks per day) 7-12	2 Month at Foll	low Up (Better in	ndicated 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)
Rate of (Consumption	Up to 6 Mon	th Follow Up - N	umber Drinkir	ng Days at 1 mo	onth Follow Up	 (Better indicated by lower v	alues)	
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)
Rate of	Consumption	Up to 6 Mon	th Follow Up - N	umber of Drin	king Days 6 m	onth Follow-up	(Better indicated by lower v	alues)	
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	40	39	SMD 0.09 higher - (0.35 lower to 0.54 higher)

e of Co	onsumption	at 7-12 Month	r Follow Up - Nu	ımber of Drink	ing Days 12 m	onth Follow-up (E	Better indicated by lower va	alues)			
		no serious limitations	no serious inconsistency	no serious indirectness	serious ³	none	40	39		SMD 0.15 higher (0.29 lower to 0.6 higher)	
ition ((Drop-out) P	ost Treatmen	t								
		no serious limitations	no serious inconsistency	no serious indirectness	serious ⁴	none	40/92 (43.5%)	47/101 (46.5%)	RR 0.93 (0.68 to	33 fewer per 1000 (from 149 fewer to 130 more)	MODERATE
								46.5%	1.28)	33 fewer per 1000 (from 149 fewer to 130 more)	
ition ((Drop-out) u	p to 6 Month	Follow Up - at 3	month follow	up						
		no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	24/320 (7.5%)	49/442 (11.1%)	RR 0.68 (0.42 to	35 fewer per 1000 (from 64 fewer to 9 more)	□□□ MODERATE
								11.1%	1.08)	36 fewer per 1000 (from 64 fewer to 9 more)	
rition ((Drop-out) 7	-12 month fol	low up - at 12 m	onth follow up							
		no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	31/296 (10.5%)	41/393 (10.4%)	RR 1 (0.65 to 1.56)	0 more per 1000 (from 37 fewer to 58 more)	
								10.4%		0 more per 1000 (from 36 fewer to	

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

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

12 Twelve-Step Facilitation

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

			Quality asses	ssment					Summary	of findings		
							No o	f patients		Effect	0111	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	TSF	Other Treatment	Relative (95% CI)	Absolute	Quality	
Abstinen	ce Post Treatm	ent (Better indi	icated by lower val	lues)								
	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	
Abstinen	ce up to 6 mor	th follow-up - 1	Percent days abstir	nent at 3 month f	ollow-up (Better	indicated by low	er values)					
	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	
Abstinen	ce up to 6 mor	th follow-up - l	Percent days abstir	nent at 6 month f	ollow-up (Better	indicated by low	er values)					
	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	
Abstinen	ce 7-12 month	follow-up - Per	cent days abstiner	t at 9 month foll	ow-up (Better in	dicated by lower	values)					
	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	

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

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

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

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

bstine	nce 7-12 month	follow-up - Po	ercent days abstine	ent at 12 month f	ollow-up (Better	indicated by lo	ower values)					
	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	
stine	nce > 12 month	follow-up - at	15 month follow-	up (Better indica	ted by lower val	ues)				1	<u> </u>	
	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	
ite of	alcohol consum	ption Post Tre	eatment - % days h	eavy drinking at	post-treatment	Better indicate	d by lower valu	ues)			<u>l</u>	
	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	
te of	alcohol consum	ption up to 6 1	nonth follow-up -	Percent days hea	avy drinking at 3	month follow-	up (Better indi	icated by lov	ver values)			
	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	
ite of	alcohol consum	ption up to 6 1	nonth follow-up -	Percent days hea	avy drinking at 6	month follow-	up (Better indi	icated by lov	ver values)			
	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	
te of	alcohol consum	ption - 7-12 m	onth follow-up - P	ercent days heav	y drinking at 9 1	nonth follow-u	p (Better indica	ated by lowe	er values)			
	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	
ate of	alcohol consum	ption - 7-12 m	onth follow-up - P	ercent days heav	y drinking at 12	month follow-	up (Better indi	cated by low	er values)	1		
	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	
noun	t of alcohol con	sumed Post Tr	reatment (Better in	dicated by lower	values)	1						

2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	556	1095	-	SMD 0.01 higher (0.13 lower to 0.15 higher)	HIGH	
Amount	of alcohol cons	sumed up to 6	month follow-up	at 6 month follo	ow-up (Better inc	licated by low	er values)		<u>, </u>			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	554	1086	-	SMD 0.09 lower (0.19 lower to 0.01 higher)	HIGH	
Amount	of alcohol cons	sumed 7-12 mo	onth follow-up - at	9 month follow	up (Better indica	ated by lower v	values)		'			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	550	1065	-	SMD 0.04 lower (0.15 lower to 0.06 higher)	HIGH	
Amount	of alcohol cons	sumed 7-12 mo	onth follow-up - at	12 month follow	v up (Better indic	cated by lower	values)					
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	538	1056	-	SMD 0.09 lower (0.2 lower to 0.01 higher)	HIGH	
Amount	of alcohol cons	sumed > 12 mo	onth follow-up - at	15 month follow	v up (Better indi	cated by lower	values)		!			
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	534	1039	-	SMD 0.04 lower (0.14 lower to 0.07 higher)	HIGH	
Attrition	(Drop-Out) Po	ost 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) 7 more per 1000 (from 18 fewer to 46 more)	□□□□ MODERATE	
Attrition	(Drop-Out) up	to 6 month fo	ollow up - at 3 mor	th 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)		MODERATE	

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

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

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

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

12.2 TSF vs TSF for harmful alcohol use and alcohol dependence

			Quality assess	ment					Summary	of findings		
			~ ,				No of 1	patients		Effect	01:1	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	TSF	TSF	Relative (95% CI)	Absolute	Quality	
Percent D	Days Abstinent up	to 6 months fo	llow up - at 3 mon	th follow-up (Be	tter indicated by	lower values)		'				
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	51	51	-	SMD 0.4 lower (0.79 lower to 0 higher)	HIGH	
Percent D	Days Abstinent up	to 6 months fo	llow up - at 6 mon	th follow-up (Be	etter indicated by	lower values)						
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	48	49	-	SMD 0.41 lower (0.81 to 0.01 lower)	HIGH	
Percent D	Days Abstinent 7-1	12 months follo	w up - at 9 month	follow-up (Bette	r indicated by lo	wer values)						
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	48	-	SMD 0.57 lower (0.98 to 0.16 lower)	HIGH	
Percent D	Days Abstinent 7-1	12 months follo	w up - at 12 month	follow-up (Bett	er indicated by l	ower values)						
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	48	-	SMD 0.58 lower (0.99 to 0.17 lower)	HIGH	
Percent D	ays Heavy Drink	sing up to 6 mor	nth follow up - at 3	3 month follow-u	p (Better indica	ted by lower value	es)					

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

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

 $^{^6\,95\%}$ confidence interval includes no effect and relative risk increase greater than 25%

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

	randomised	no serious	no serious	no serious	serious ¹	none	51	51	-	SMD 0.2 lower (0.59	L CODED A TEL
1	trials	limitations	inconsistency	indirectness						lower to 0.19 higher)	MODERATE
cent Da	ays Heavy Drin	king up to 6 m	onth follow up - at	6 month follow	-up (Better indic	ated by lower valu	ies)				<u> </u>
ŀ	randomised	no serious	no serious	no serious	no serious	none	48	49		SMD 0.07 lower (0.47	
f	trials	limitations	inconsistency	indirectness	imprecision		40	49	_	lower to 0.33 higher)	HIGH
cent Da	ays Heavy Drin	king at 7-12 mo	onth follow up - at	9 month follow-	up (Better indica	ited by lower valu	es)	1			
]:	randomised	no serious	no serious	no serious	serious ²	none	47	40		SMD 0.2 lower (0.6	
f	trials	limitations	inconsistency	indirectness			47	48	-	lower to 0.2 higher)	MODERATE
cent Da	ays Heavy Drin	 king at 7-12 mo	 onth follow up - at	12 month follow	 v-up (Better indic	 cated by lower val	ues)				
1		T .			T .						
	randomised	no serious	no serious	no serious	no serious	none	47	48	_	SMD 0.09 lower (0.5	
		1		. 1							
	trials	limitations	inconsistency	indirectness	imprecision					lower to 0.31 higher)	HIGH
f			inconsistency	indirectness	imprecision					lower to 0.31 higher)	HIGH
rition (trials		no serious	no serious	imprecision serious ³	none		18/164		lower to 0.31 higher) 1 more per 1000 (from	
ition (trials (Drop-out) Post	Treatment			1	none	20/181	,	RR 1.01 (0.55	<u> </u>	
rition (trials (Drop-out) Post randomised	Treatment no serious	no serious	no serious	1	none	20/181 (11%)	,		1 more per 1000 (from	
ition (trials (Drop-out) Post randomised	Treatment no serious	no serious	no serious	1	none		(11%)	RR 1.01 (0.55	1 more per 1000 (from	MODERATE
rition (trials (Drop-out) Post randomised	Treatment no serious	no serious	no serious	1	none		,	RR 1.01 (0.55	1 more per 1000 (from 49 fewer to 92 more)	MODERATE
rition ((Drop-out) Post randomised trials	no serious limitations	no serious	no serious indirectness	1	none		(11%)	RR 1.01 (0.55	1 more per 1000 (from 49 fewer to 92 more) 1 more per 1000 (from	MODERATE
rition ((Drop-out) Post randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	1	none		(11%)	RR 1.01 (0.55	1 more per 1000 (from 49 fewer to 92 more) 1 more per 1000 (from	MODERATE
rition (trials (Drop-out) Post randomised trials (Drop-out) up to	no serious limitations o 6 month follo	no serious inconsistency w up - at 3 month	no serious indirectness	serious ³			(11%)	RR 1.01 (0.55	1 more per 1000 (from 49 fewer to 92 more) 1 more per 1000 (from 49 fewer to 92 more)	MODERATE
rition (trials (Drop-out) Post randomised trials (Drop-out) up to	no serious limitations o 6 month follo	no serious inconsistency w up - at 3 month	no serious indirectness follow-up no serious	serious ³		(11%)	(11%)	RR 1.01 (0.55 to 1.84)	1 more per 1000 (from 49 fewer to 92 more) 1 more per 1000 (from 49 fewer to 92 more) 82 fewer per 1000	MODERATE
rition (trials (Drop-out) Post randomised trials (Drop-out) up to	no serious limitations o 6 month follo	no serious inconsistency w up - at 3 month	no serious indirectness follow-up no serious	serious ³		(11%)	(11%)	RR 1.01 (0.55 to 1.84)	1 more per 1000 (from 49 fewer to 92 more) 1 more per 1000 (from 49 fewer to 92 more) 82 fewer per 1000 (from 113 fewer to 44	MODERATE
rition (trials (Drop-out) Post randomised trials (Drop-out) up to	no serious limitations o 6 month follo	no serious inconsistency w up - at 3 month	no serious indirectness follow-up no serious	serious ³		(11%)	(11%)	RR 1.01 (0.55 to 1.84)	1 more per 1000 (from 49 fewer to 92 more) 1 more per 1000 (from 49 fewer to 92 more) 82 fewer per 1000 (from 113 fewer to 44 more)	MODERATE

	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁵	none	3/51 (5.9%)	2/51 (3.9%)	OR 1.53 (0.24 to 9.57)		MODERATE
								3.9%		19 more per 1000 (from 29 fewer to 241 more)	
ttritio	n (Drop-out) 7-12 r	nonths follow-	up - at 9 month fo	llow-up							
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁶	none	1/48 (2.1%)	1/49 (2%)	RR 1.02 (0.07 to 15.86)		MODERATE
							,	2%	,	0 more per 1000 (from 19 fewer to 297 more)	
tritio	n (Drop-out) 7-12 1	nonths follow-	up - at 12 month f	ollow-up							
	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ⁷	none	16/228 (7%)	14/212 (6.6%)	RR 1.04 (0.52 to 2.06)		MODERATE
								4.3%		2 more per 1000 (from 21 fewer to 46 more)	
ımbe	r of participants N	ON abstinent	7-12 months follow	v-up - at 12 mon	th follow-up (C	opy)					
	no methodology chosen					none	78/161 (48.4%)	87/146 (59.6%)	RR 0.81 (0.66 to 1)	113 fewer per 1000 (from 203 fewer to 0 more)	
								59.6%	,	113 fewer per 1000 (from 203 fewer to 0 more)	

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

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

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

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

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

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

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

Economic profile

Study & countr y	Limitat ions	Appl icabil ity	Other comments	Incrementa 1 cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Slattery , 2002 Scotlan d -UK	Minor Limitat ions ¹	Parti ally appli cable	Effectiveness data based on SIGN meta-analysis and combined with Scottish NHS cost data. Intervention- Coping/Social Skills training.	-412 287 ³	additional patients abstinent	-3379 Dominat e	Coping/Social Skills Training Dominates Standard care to ICER of 82 654/ additional abstinent patient: range in one way sensitivity analysis
Slattery , 2002 Scotlan d -UK	Minor Limitat ions	Parti ally appli cable	Intervention: BSCT	-121 052	86	-1408 Dominat e	BSCT Dominates Standard care to ICER of 219 706/ additional abstinent patient: range in one way sensitivity analysis
Slattery , 2002 Scotlan d -UK	Minor Limitat ions	Parti ally appli cable	Intervention: MET	-228 290	99	-2306 Dominat e	MET Dominates Standard care to ICER of 103 767/ additional abstinent patient: range in one way sensitivity analysis

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

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

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

Slattery	Minor	Parti	Intervention:	-276 548	105	-2634	Marital/Family Therapy Dominates Standard care to ICER of 24 943/ additional abstinent
, 2002	Limitat	ally	Marital/Family Therapy				patient: range in one way sensitivity analysis
	ions	appli				Dominat	
Scotlan		cable				e	
d -UK							

Study & count ry	Limit ation s	Appl icabil ity	Other comments	Incremental cost (£)	Incremental effect (QALYs)	ICER (£/QALY)	Uncertainty
Morti mer, 2005 Austr alia	Poten tially serio us Limit ation s ⁴	Partia lly appli cable 5	Uses QALYs as measure of benefit. Interventions: MOCE vs. BSCT. The use of different effectiveness outcomes results in different results-CEA and CUA conducted with Markov model	1476	0.116	or BSCT dominate s MOCE	353/QALY to BSCT dominates MOCE: range in sensitivity analysis
Morti mer, 2005 Austr	Poten tially serio us Limit	Partia lly appli cable 8	Interventions: MET vs. No further counselling (NFC) after initial assessment and feedback/education	2299	0.116	1984 or MET dominate s NFC	400/QALY to NFC dominates MET: range in sensitivity analysis

⁴ Some uncertainty over applicability of the economic study to the UK due to potential differences in health care settings. Effectiveness data sourced from Healther et al.2000 RCT based in England. Perspective of the department of Health and Ageing adopted. 5% discount rate used which is not in keeping with NICE reference case. Sources of certain data e.g. Unit costs not explicit.

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

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

alia	ation s ⁷						
Morti mer, 2005 Austr alia	Poten tially serio us Limit ation s ¹⁰	Partia lly appli cable	Interventions: Non- directive reflective listening (NDRL) vs. No further counselling after initial assessment and feedback/education	-	-	NFC dominate s	590/QALY to NFC dominates NDRL: range in sensitivity analysis
UKA TT, 2005 UK	Mino r Limit ation s	Direc tly appli cable	MET vs. Social Behaviour Network Therapy. Inflated ICER above NICE threshold.	27912	0.0113	24 652	The cost-effectiveness acceptability curves for MET relative to social behaviour and network therapy demonstrated that the two therapies were equally cost-effective. If decision-makers are willing to pay nothing for an extra QALY gained then social therapy would be preferable to motivational therapy in 747 of the 1,000 samples (i.e. 514 samples where the health gains from motivational therapy have no value and 233 samples where social therapy dominates). If a cost of 100,000 per QALY is considered acceptable, then motivational therapy is preferable to social network therapy in 662 of the 1,000 samples. In the case where an additional QALY is valued at 30,000, motivational therapy has a 57.6% probability of being more cost-effective than social behaviour and network therapy.

CBT versus CBT + Naltrexone		

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

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

⁷ Some uncertainty over applicability of the study to the UK due to potential differences in populations. Effectiveness data sourced from RCT set in New Zealand by Selman et al. 2001. Perspective of the department of Health and Ageing adopted. 5% discount rate used which is not in keeping with NICE reference case. Sources of certain data e.g. Unit costs not explicit.

¹⁰ Some uncertainty over applicability of the study to the UK due to potential differences in populations. Effectiveness data sourced from RCT set in New Zealand by Selman et al. 2001. Perspective of the department of Health and Ageing adopted. 5% discount rate used which is not in keeping with NICE reference case. Sources of certain data e.g. Unit costs not explicit.

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

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

Study	Limitat	Applica	Other comments	Incremental	Incremental	ICER	Uncertainty
&	ions	bility		cost (£)	effect	(£/QALY)	
country					(QALYs)		
Walters,	Potenti	Partially		Unable to	Unable to	Unable to	No Sensitivity analysis conducted. Highly uncertain results as when compared
2009	ally	applicabl		calculate	calculate	calculate	to other studies the results varied.
	serious	e^{14}					
	limitati						
	ons ¹³						

Not a full economic evaluation

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