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## Motivational techniques

### Motivational versus control; motivational versus other intervention

**Treatment types:** motivational techniques: motivational enhancement therapy with/without relapse prevention, drinker's check-up, FRAMES (feedback, responsibility, advice, menu, empathy, self efficacy)

Other: broad spectrum treatment, CBT, TSF, non-directive reflective listening (counselling)

Control: wait list control, information and referral, feedback

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting, treatment characteristics and assessment points
DAVIDSON2007 (USA)	Motivational versus other 1. MET: n = 76 2. Broad spectrum treatment (BST): n = 73	DSM-IV alcohol dependent PDA: approximately 30% Percentage heavy drinking days: approximately 63% Abstinent 3 to 21 days before treatment initiation <b>Treatment goal:</b> abstinence or drinking reduction	<b>Continuous:</b> PDA Percentage days heavy drinking (at least four drinks per single occasion for women; at least five for men) <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment centre <b>Treatment characteristics:</b> MET: Four monthly sessions. Session one lasted 90 minutes. The remaining three sessions lasted 30 minutes each BST: Sessions one and two are MET sessions. Minimum of eight sessions in total. The first four sessions are weekly. The remaining four are bi-weekly. The first session lasts 90 minutes. The remaining sessions last 60 minutes All participants also received naltrexone for 12 weeks <b>Assessment points:</b> Post-treatment (3 months)
HESTER2005 (USA)	Motivational versus control 1. Drinker's check-up (DCU): n = 35 2. Waitlist control (CONT): n = 26	Patients included with AUDIT score of 8 or more Baseline DDD from 5 to 8 across treatment groups <b>Treatment goal:</b> abstinence or drinking reduction (moderation)	<b>Continuous:</b> Average drinks per day (log transformed) DDD (log transformed) <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Computer based intervention <b>Treatment characteristics:</b> DCU: Computerised brief (one session) intervention <b>Assessment points:</b> 1-, 2- and 12-month follow-up

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting, treatment characteristics and assessment points
MATCH1997 (USA)	Motivational versus other 1. MET: n = 577 2. CBT: n = 567 3. TSF: n = 582	DSM-III-R diagnosis of alcohol abuse or dependence. Alcohol as primary drug of abuse  Active drinking 3 months prior to treatment entrance  PDA: approximately 30%  DDD: approximately 16 drinks  <b>Treatment goal:</b> abstinence or drinking reduction	<b>Continuous:</b> PDA  DDD  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient clinical research unit  <b>Treatment characteristics:</b> 12-week treatment
ROSENBLUM2005B (USA)	Motivational versus control 1. MET + RP + information and referral (RPME): n = 151 2. Information and referral only (CONT): n = 139	All DSM-IV alcohol dependent/abuse  <b>Treatment goal:</b> drinking reduction	<b>Continuous:</b> Number of days any alcohol used  Number of days of heavy alcohol use (>4 drinks)  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Soup kitchen  <b>Treatment characteristics:</b> MET with relapse prevention: three sessions per week over 4 weeks held in small groups, followed by three sessions per week for 12 weeks of CBT  <b>Assessment points</b> 5 months
SELLMAN2001 (New Zealand)	Motivational versus other Motivational versus control 1. MET: n = 42 2. Non-directive reflective listening (NDRL): n = 40 3. No further treatment - control (CONT): n = 40	All alcohol-dependent (based on DSM-IV)  Unequivocal heavy drinking six or more times in the 6 months prior to treatment: 90.2%	<b>Continuous:</b> Exceeded national guidelines at least once  Exceeded national guidelines six or more times  Drank more than ten standard drinks at least once  Drank more than ten standard drinks six or more times  <b>Dichotomous:</b> Number of participants lapsed  Number of participants relapsed	<b>Setting:</b> Outpatient treatment centre  <b>Treatment characteristics:</b> Four sessions in 6-week period  <b>Assessment points:</b> 6-month and 5-year follow-up

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting, treatment characteristics and assessment points
			Attrition (if available): number of participants who have dropped out for any reason	
SHAKESHAFT2002 (Australia)	Motivational versus other 1. FRAMES: n = 147 2. CBT: n = 148	Weekly consumption of approximately 32 Australian units per week	<b>Continuous:</b> Drinks per week  Binge consumption: occasions in prior 30 days where at least seven (if male) or five (if female) drinks consumed  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Community based drug and alcohol counselling centre  <b>Treatment characteristics:</b> FRAMES: one or more sessions with face-to-face counselling exceeding 90 minutes  CBT: six consecutive weekly 45-minute sessions  <b>Assessment points:</b> 6 months
SOBELL2002 (USA)	Motivational versus other 1. MET: n = 414 2. Bibliotherapy/drinking guidelines (PSYEDU): n = 411	All alcohol abusers (drinking approximately 12 drinks per week and drinking five or more drinks on at least 5 days in the past year)	<b>Continuous:</b> Days drinking per week  DDD  Drinks per week  Days drinking at least five drinks  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Community mail level intervention  <b>Treatment characteristics:</b> Bibliotherapy: participants received alcohol information available to the general public  MET: participants received personalised advice feedback based on responses to an alcohol questionnaire  <b>Assessment points:</b> 1-year follow-up
UKATT2005 (UK)	Motivational versus other 1. MET: n = 422 2. SBNT: n = 320	DSM-IV alcohol dependent/abuse  Alcohol as clients' main problem  Drank alcohol in the last 3 months  PDA: 29.5%  DDD: 26.8	<b>Continuous:</b> DDD  Percentage days abstinent  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment clinic  <b>Treatment characteristics:</b> MET: three 50-minute sessions over 8 to 12 weeks  SBNT: eight 50-minutes sessions over 8 to 12 weeks  <b>Assessment points:</b> 3- and 12-month follow-up

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting, treatment characteristics and assessment points
		<b>Treatment goal:</b> abstinence or drinking reduction		

## 12-step facilitation

### 12-step facilitation versus other intervention; different formats of 12-step facilitation

**Treatment types:** TSF: TSF with/without counselling, intensive TSF, directive TSF, motivational TSF

**Other:** CBT, BRT, BCT, psychoeducational control, MET, coping skills

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting, treatment characteristics and assessment points
EASTON2007 (USA)	TSF versus other 1. TSF: n = 38 2. CBT: n = 40	DSM-IV alcohol dependent  Approximately 19 years of alcohol use  Days of alcohol use in past 28: approximately 6  <b>Treatment goal:</b> drinking reduction	<b>Continuous:</b> Percent days abstinent  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient substance-abuse treatment program  <b>Treatment characteristics:</b> Weekly 90-minute sessions over 12 weeks Group sessions had a maximum of ten participants per group  <b>Assessment points:</b> 12 weeks post-treatment and 6 months
FALSSTEWART2005 (USA)	TSF versus other 1. Individual-based TSF and group counselling (TSF): n = 25 2. BCT and group counselling (BCT): n = 25 3. BRT and group counselling (BRT): n = 25 4. Psychoeducational attention control treatment (PACT): n = 25	DSM-IV alcohol dependent % days heavy drinking from 56 to 59% across treatment groups	<b>Continuous:</b> Percentage days heavy drinking (at least six standard drinks)  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment clinic  <b>Treatment characteristics:</b> PACT, BRT, IBT conditions: 18 sessions, 12 weeks, which included weekly 12-step oriented group sessions and condition specific treatment every other week  BCT: 24 sessions (two sessions per week) for 12 weeks; included one group therapy session and one BCT session  All treatments: therapy groups = 90 minutes, condition-specific treatment = 60 minutes  <b>Assessment points:</b> Post-treatment

				3-, 6-, 9- and 12-month follow-up
FALSSTEWART2006 (USA)	<p>TSF versus other</p> <ol style="list-style-type: none"> <li>1. Individual based TSF only (TSF) n = 46</li> <li>2. BCT and IBT (BCT) n = 46</li> <li>3. PACT: n = 46</li> </ol>	<p>DSM-IV alcohol dependent/abuse</p> <p>PDA from 40 to 44% across treatment groups</p> <p><b>Treatment goal:</b> abstinence</p>	<p><b>Continuous:</b> PDA (in last 90 days)</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> BCT: 32 sessions, 12 of which were attended with the participant's partner. The remaining 20 sessions were individual TSF</p> <p>TSF: 32 individual sessions</p> <p>PACT: 20 sessions of individual treatment and 12 lectures on substance misuse which were attended with a partner</p> <p>All sessions were 60 minutes</p> <p><b>Assessment points:</b> Post-treatment</p> <p>3-, 6-, 9- and 12-month follow-up</p>
MATCH1997 (USA)	<p>TSF versus other</p> <ol style="list-style-type: none"> <li>1. TSF: n = 582</li> <li>2. MET: n = 577</li> <li>3. CBT: n = 567</li> </ol>	<p>DSM-III-R alcohol dependent/abuse</p> <p>Alcohol as primary drug of abuse</p> <p>Active drinking 3 months prior to treatment entrance</p> <p>PDA: approximately 30%</p> <p>DDD: approximately 16 drinks</p> <p><b>Treatment goal:</b> abstinence or drinking reduction</p>	<p><b>Continuous:</b> PDA</p> <p>DDD</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient clinical research unit</p> <p><b>Treatment characteristics:</b> 12-week treatment</p> <p><b>Assessment points:</b> Post-treatment (3 month)</p> <p>6-, 9-, 12- and 15-month follow-up</p>
TIMKO2007 (USA)	<p>Different formats of TSF</p> <ol style="list-style-type: none"> <li>1. Intensive TSF (I-TSF): n = 181</li> <li>2. Standard TSF (S-TSF): n = 164</li> </ol>	<p>Substance-use disorder outpatients</p> <p>ASI alcohol score: approximately 0.28</p>	<p><b>Continuous:</b> Percentage of participants abstinent</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment clinic</p> <p><b>Treatment characteristics:</b> Standard: patient given AA schedule and encouraged to attend sessions. Counsellors and patients reviewed relapse prevention, but treatment was more focused on psychoeducation</p>

				<p>Intensive: Standard treatment plus active arrangement of AA meeting attendance by the counsellor. Participants were encouraged to keep an AA attendance journal</p> <p><b>Assessment points:</b> 6- and 12-month follow-up</p>
<p>WALITZER2009 (USA)</p>	<p>TSF versus other</p> <p>Different formats of TSF</p> <p>1. TSF – directive approach and coping skills (TSFdire) n = 53</p> <p>2. TSF – motivational approach and coping skills (TSFmot) n = 58</p> <p>3. Coping skills alone (CS) n = 58</p>	<p>Outpatient alcoholics</p> <p>PDA: 35.4%</p> <p>Percentage days heavy drinking: 32.7</p> <p>DrInC score: 41.3</p>	<p><b>Continuous</b> PDA</p> <p>Percent days heavy drinking</p> <p><b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> 12 sessions (initial session lasted 90 minutes, subsequent sessions lasted 60 minutes) with weekly encouragement to attend AA meetings</p> <p><b>Assessment points:</b> Post-treatment</p> <p>3-, 6-, 9- and 12-month follow-up</p>

### Studies not included in meta-analyses but described in evidence summary

Study characteristics and reason for exclusion	Treatment characteristics
<p>KAHLER2004 (USA)</p> <p>Intensive versus brief TSF</p> <p>1. Brief TSF</p> <p>2. Motivatioinal (intensive) TSF</p> <p><b>Reason for exclusion from meta-analyses:</b> No available outcomes for inclusion in meta-analyses</p>	<p><b>Baseline characteristics:</b> Current alcohol dependence diagnosis</p> <p>Mean DDD: approximately 23 drinks</p> <p>ADS score: approximately 23</p> <p>PDA: approximately 15%</p> <p><b>Setting:</b> Inpatient treatment clinic</p> <p><b>Treatment characteristics:</b> Brief TSF – 5-minute session, describe AA, information leaflet</p> <p>Motivational TSF – manual-based 60-minute session, extensive discussion about merits of AA</p> <p><b>Assessment points:</b> 1-,3- and 6-month follow-up</p>

## Cognitive behavioural therapies

### Cognitive behavioural versus treatment as usual; cognitive behavioural versus other intervention; different formats of cognitive behavioural therapies

**Treatment types:** Cognitive behavioural therapy: individual CBT with/without relapse prevention or MET, alcohol-focused coping skills, group CBT, broad-spectrum treatment, group social-skills training, communication skills training with/without family therapy, cognitive behavioural mood-management training, coping skills with/without cue exposure or MET, relapse prevention with MET  
 Other: MET, TSF with/without coping skills, counselling, BCT, psychodynamic therapy, cue exposure, FRAMES  
 Control: non-specific supportive therapy, TAU with a daily craving record, information and referral

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
BURTSCHIEDT 2002 (Germany)	Cognitive behavioural versus TAU  Different formats of cognitive behavioural  1. CBT: n = 31  2. CS: n = 32  3. Non-specific supportive therapy (TAU): n = 40	DSM-III-R/ICD-10 alcohol dependent  Consuming alcohol in an addictive manner for at least 6 months pre-detoxification	<b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason  Abstinent: no subjective or objective (CDT <30 units per litre during last 6 months)  Lapse/improved: in last 6 months no more than three drinking episodes lasting <1 week or <30 g (women) or <60 g (men) alcohol per day on a regular basis; no signs of pathological drinking  Relapse: more than three lapses or regular consumption of >30/60 g alcohol per day; alcohol use disorder or inpatient treatment in last 6 months	<b>Setting:</b> Outpatient treatment clinic  <b>Treatment characteristics:</b> CBT and CS: 100-minute sessions weekly for 26 weeks over the course of 6 months  Group sessions (maximum 6 participants)  <b>Assessment points:</b> 6-, 12-, 18- and 24-month follow-up

<p>CONNORS2001 (USA)</p>	<p>Cognitive behavioural versus other</p> <p>Different formats of cognitive behavioural</p> <ol style="list-style-type: none"> <li>1. Alcohol-focused coping skills and life skills (general coping skills) - normal intensity (AFCS+LS+NOR) n = 39</li> <li>2. Alcohol-focused coping skills alone- more intensive and psychoeducational (AFCS+PSY+INT): n = 41</li> <li>3. Alcohol-focused coping skills and life skills (general coping skills) - more intensive (AFCS+LS+INT): n = 33</li> <li>4. Alcohol-focused coping skills alone - normal intensity and psychoeducational (AFCS+PSY+NOR): n = 31</li> </ol>	<p>DSM-III-R lifetime alcohol dependence</p> <p>Dependence - moderate: 66% Dependence - severe: 8.3% Dependence - mild: 18.1% Average monthly abstinence days: 10.1 Light days: 6.1 Moderate days: 8.0 Heavy days: 5.7</p> <p><b>Treatment goal:</b> drinking reduction</p>	<p><b>Continuous:</b> Abstinent/light (one to three standard drinks) drinking days</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient clinical research unit</p> <p><b>Treatment characteristics</b> All received: coping skills over ten weekly 2-hour outpatient group (three to six people) sessions and drinking-Reduction training (13 hours)</p> <p>Divided (according to group): Life skills (general coping skills) - 7 hours</p> <p>Psychoeducational - 7 hours</p> <p>Booster sessions (more intensive) - 8 additional 90-minute sessions at weeks 2, 4, 7, 10, 13, 16, 20 and 24 post-treatment</p> <p><b>Assessment points:</b> 6-,12- and 18-month follow-up</p>
<p>DAVIDSON2007 (USA)</p>	<p>Cognitive behavioural versus other</p> <ol style="list-style-type: none"> <li>1. BST: n = 73</li> <li>2. MET: n = 76</li> </ol>	<p>DSM-IV alcohol dependent</p> <p>PDA: approximately 30</p> <p>Percentage heavy drinking days: approximately 63</p> <p>Abstinent 3 to 21 days before treatment initiation</p> <p><b>Treatment goal:</b> abstinence or drinking reduction</p>	<p><b>Continuous:</b> PDA</p> <p>Percentage days heavy drinking (at least drinks per single occasion for women; at least five for men)</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> BST: Sessions one and two are MET sessions. Minimum of eight sessions in total. The first four sessions are weekly. The remaining four are bi-weekly. The first session lasts 90 minutes. The remaining sessions last 60 minutes</p> <p>MET: 4 monthly sessions. Session 1 lasted 90 minutes. The remaining three sessions lasted 30 minutes each</p> <p>All participants also received naltrexone for 12 weeks</p> <p><b>Assessment points:</b> Post-treatment (3 months)</p>
<p>EASTON2007 (USA)</p>	<p>Cognitive behavioural versus other</p>	<p>DSM-IV alcohol dependent</p>	<p><b>Continuous:</b> PDA</p>	<p><b>Setting:</b> Outpatient substance abuse program</p>

	<p>1. CBT: n = 40</p> <p>2. TSF: n = 38</p>	<p>Approximately 19 years of alcohol use</p> <p>Days alcohol use in past 28: approximately 6</p> <p><b>Treatment goal:</b> drinking reduction</p>	<p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Treatment characteristics:</b> Weekly 90-minute sessions over 12 weeks</p> <p>Group sessions had a maximum of ten participants per group</p> <p><b>Assessment points:</b> 12 weeks post-treatment and 6 months</p>
ERIKSEN1986 (Norway)	<p>Cognitive behavioural versus other</p> <p>1. Social-skills training group (CopSk): n = 12</p> <p>2. Group counselling (COUNS): n = 12</p>	<p>A serious alcohol problem but no drug addiction</p> <p>Previous alcoholism inpatient status: 66.7%</p> <p>No. of alcoholism inpatient treatments: 1.85</p> <p>Years of self-acknowledged problem drinking: 11.95</p> <p><b>Treatment goal:</b> sober days; reduced quantity of alcohol consumed</p>	<p><b>Continuous:</b> Alcohol consumption (centilitres of pure alcohol)</p> <p>Sober days</p> <p>Over the previous 2 weeks</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment program</p> <p><b>Treatment characteristics:</b> Eight weekly 90-minute small group sessions</p> <p><b>Assessment points:</b> 12-month follow-up</p>
LAM2009 (USA)	<p>Cognitive behavioural versus other</p> <p>1. Individual-based coping skills (CS): n = 10</p> <p>2. BCT and parental skills training (PSBCT): n = 10</p> <p>3. BCT: n = 10</p>	<p>DSM-IV alcohol dependent/abuse PDA: approximately 37</p>	<p><b>Continuous:</b> Percentage days abstinent</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> Two 60-minute sessions per week for 12 weeks. Treatment consists of: 12 standard individual treatment sessions plus 12 BCT sessions or 12 PSBCT sessions (including six BCT and parental-skills training) or 12 individual coping skills sessions</p> <p><b>Assessment points:</b> Post-treatment (3 months)</p> <p>6- and 12-month follow-up</p>
LITT2003 (USA)	<p>Cognitive behavioural versus other</p> <p>1. Coping Skills (COPSK): n = 69</p>	<p>DSM-IV alcohol dependent/abuse Drinking days 6 months prior to intake: 72%</p>	<p><b>Continuous:</b> Proportion days abstinent</p> <p>Time to first drink (days)</p>	<p><b>Setting:</b> Outpatient clinical research unit</p> <p><b>Treatment characteristics:</b> 26 weekly 90 minute sessions</p>

	2. Group Counselling (COUNS): n = 59	Prior alcohol treatments: 1.5  Proportion days abstinent: 0.38  Proportion heavy drinking days: 0.48	Time to first heavy drink (days)  Proportion of days of heavy drinking: six for men, four for women. Standard drinks – 0.5 fluid ounces absolute alcohol – consumed in a 24-hour period  Proportion abstinent  In last 90 days  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Assessment points:</b> 3-, 6-, 9-, 12-, 15- and 18-month follow-up
LITT2009B (USA)	Different formats of cognitive behavioural therapy  1. Packaged CBT program (PCBT): n = 53  2. Individual assessment treatment program (IATP): n = 57	DSM-IV alcohol abuse or dependence  Proportion days abstinence: 0.19  Proportion days heavy drinking: approximately 0.59	<b>Continuous:</b> Proportion days abstinent  Proportion days heavy drinking  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient  <b>Treatment characteristics:</b> 12 weekly 60-minute outpatient sessions  <b>Assessment points:</b> Post-treatment (3 months)
MARQUES2001 (Brazil)	Different formats of cognitive behavioural  1. Group CBT (GR): n = 78  2. Individual CBT (IND): n = 77	DSM-III-R alcohol and/or drug dependent  In the last 90 days: Number of drinking days – 49  Number of heavy drinking days – 34.5 (significantly more drinking in group treatment than individual treatment group)  Number of problem drinking days – 16.5 (significantly more drinking in group treatment than individual treatment group)  Mean weekly consumption – 36.5 (significantly more drinking in	<b>Dichotomous:</b> Number of heavy drinkers >20 drinks per week and >10% heavy days (>+ 5 drinks per occasion) in the 90 days prior to assessment  Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient drug-dependence clinic  <b>Treatment characteristics:</b> 17 sessions over 8 months. There was one session per week in months 1 to 2, one session fortnightly in months 3 to 5 and one session per month in the final 3 months  Group sessions had approximately seven participants  <b>Assessment points:</b> 15-month follow-up

		group treatment than individual treatment group)  SADD score abstinence/ moderate rates: 17%		
MATCH1997 (USA)	Cognitive behavioural versus other  1. CBT: n = 567  2. MET: n = 577  3. TSF: n = 582	DSM-III-R alcohol dependent/abuse  Alcohol as primary drug of abuse Active drinking 3 months prior to treatment entrance  PDA: approximately 30% DDD: approximately 16 drinks  <b>Treatment goal:</b> abstinence or drinking reduction	<b>Continuous:</b> PDA  DDD  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient clinical research unit  <b>Treatment characteristics:</b> 12 week treatment  <b>Assessment points:</b> Post-treatment (3 months)  6-, 9-, 12- and 15-month follow-up
MONTI1990 (USA)	Different formats of cognitive behavioural therapy  1. Communication skills training (CST): n = 23  2. Communication skills training with family therapy (CSTF): n = 23  3. Cognitive behavioural mood management training (CBMMT): n = 23	DSM-III alcohol dependent  Percentage possible drinking days abstinent: approximately 42  Percentage possible days drinking heavily: approximately 46  Number of drinks per possible drinking day: 11  Number of drinks per actual drinking day: 18	<b>Continuous:</b> PDA  Percentage heavy drinking days  Number of drinks per possible drinking day  Number of drinks per actual drinking days  Number of days to first drink  Number of days to first heavy drinking day	<b>Setting:</b> Inpatient VA medical centre  <b>Treatment characteristics:</b> 12 hours over 4 weeks  All conditions included 28-day standard in-patient treatment  <b>Assessment points:</b> 6-month follow-up

			<p>All assessed for 'possible drinking days' - day not in in-patient treatment or prison</p> <p>Heavy drinking: <math>\geq 6</math> DDD</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	
MONTI1993 (USA)	<p>Cognitive behavioural versus TAU</p> <p>1. Cue exposure and CS (CE+CS): n = 22</p> <p>2. TAU and daily cravings recorded (TAU): n = 18</p>	<p>DSM-III alcohol dependent, with heavy drinking the week prior to admission</p> <p>ADS score: 20.7</p> <p>SMAST: 9.97</p> <p>TLFB: 12.1 DDD, 47% days abstinent, 45% heavy drinking days</p>	<p><b>Dichotomous:</b> Number of participants lapsed</p> <p>Number of participants relapsed (at least six standard drinks)</p> <p>Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Inpatient VA medical centre</p> <p><b>Treatment characteristics:</b> CE+CS = six weekly 55-minute sessions for 2 weeks</p> <p><b>Assessment points:</b> 0 to 3 months, 3 to 6 months</p>
MORGENSTERN 2007 (USA)	<p>Cognitive behavioural versus other</p> <p>1. CS+MET: n = 47</p> <p>2. MET: n = 42</p>	<p>87.9% of participants met DSM-IV criteria for alcohol dependence</p> <p>Average drinks per drinking day: 9.5</p> <p>Average drinks/day: 6.1</p> <p>Mean ADS score: 12.2</p> <p><b>Treatment goal:</b> drinking reduction</p>	<p><b>Continuous:</b> Drinks per day</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting</b> Outpatient clinical research unit</p> <p><b>Treatment characteristics:</b> CS+MET: 12 weekly sessions</p> <p>MET alone: four sessions delivered over 12 weeks</p> <p><b>Assessment points:</b> 6 weeks, post-treatment (3 months), 6 and 12 months</p>
ROSENBLUM (USA)	<p>Different formats of CBT</p> <p>1. RP: n = 114</p> <p>2. Relapse prevention with motivational enhancements (GMI): n = 116</p>	<p>DSM-IV alcohol/drug dependent/abuse</p> <p>Days abstinent: 14</p> <p>ASI alcohol score: approximately 0.47</p>	<p><b>Continuous:</b> PDA</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting</b> Outpatient clinical research unit</p> <p><b>Treatment characteristics:</b> Two sessions per week for 10 weeks (20 sessions)</p> <p>All group sessions</p>

				<b>Assessment points:</b> 15-week follow-up
ROSENBLUM2005B (USA)	Cognitive behavioural versus control  1. RP and MET – service outreach and recovery (RPME): n = 151  2. Information and referral only (CONT): n = 139	DSM-IV alcohol dependent/abuse	<b>Continuous:</b> Number of days drank any alcohol  Days of heavy drinking (4 fluid ounces of spirits, four cups [US measurements] of wine or four 12-fluid-ounce bottles/cans of beer, or more)  In the past 30 days  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Soup kitchen  <b>Treatment characteristics:</b> MET with relapse prevention: three sessions a week over 4 weeks held in small groups followed by 3 sessions per week for 12 weeks of relapse prevention  <b>Assessment points:</b> Post-treatment (5 months)
SANDAHL1998 (Sweden)	Cognitive behavioural versus other  1. RP: n = 24  2. Time-limited group psychotherapy (psychodynamic therapy) (PSYDY): n = 25	DSM-III-R alcohol dependent and antisocial personality disorder  Decentiles on AVI: 4.3  Duration of abuse: 11 years  Age of onset of uncontrolled drinking: 36 years  Reported morning drinking: 75.5%  <b>Treatment goal:</b> Drinking reduction	<b>Continuous:</b> Number of abstinent days  Grams of absolute alcohol per drinking day  Days >80 g absolute alcohol  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment clinic  <b>Treatment characteristics:</b> 15 weekly 90 minute group sessions  <b>Assessment points:</b> 15-month follow-up
SHAKESHAFT2002 (Australia)	Cognitive behavioural versus other  1. CBT: n = 148  2. FRAMES: n = 147	Weekly consumption of approximately 32 Australian units per week	<b>Continuous:</b> Drinks per week  Binge consumption: occasions in prior 30 days where at least seven (for male) or five (for female) drinks consumed  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Community-based drug and alcohol counselling centre  <b>Treatment characteristics:</b> FRAMES: one or more sessions with face-to-face counselling exceeding 90 minutes CBT: 6 consecutive weekly 45-minute sessions  <b>Assessment points:</b> 6-month follow-up

<p>SITHARTHAN1997 (Australia)</p>	<p>Cognitive behavioural versus other</p> <p>1. CBT: n = 20</p> <p>2. CE: n = 22</p>	<p>A score of <math>\geq 10</math> on the ICQ and <math>&lt; 30</math> on the SADQ-C</p> <p>SADQ-C score: 18.81</p> <p>ICQ score: 13.05</p> <p>CDESES score: 35.93</p> <p>Drinking days per month: 20.2</p> <p>Consumption per occasion: 8.82</p> <p><b>Treatment goal:</b> moderation</p>	<p><b>Continuous:</b> Drinking days per month</p> <p>Number of standard drinks per occasion</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient</p> <p><b>Treatment characteristics:</b> Group treatment, six, 90 minute weekly sessions</p> <p><b>Assessment points:</b> 6-month follow-up</p>
<p>VEDEL2008 (Netherlands)</p>	<p>Cognitive behavioural therapy versus other</p> <p>1. CBT: n = 34</p> <p>2. BCT: n = 30</p>	<p>DSM-IV alcohol abuse or dependence</p> <p>62% diagnosed as alcohol dependent</p> <p>50% when drinking drank seven or more units</p> <p>57% drank daily or nearly daily</p> <p><b>Treatment goal:</b> abstinence or controlled drinking (with guidelines)</p>	<p><b>Continuous:</b> Units per week</p> <p>Severe lapse (<math>&gt; 6</math> units per occasion)</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> Both treatments 10 sessions over 5 to 6 month period</p> <p>CBT: 45 to 60 minutes per session</p> <p>BCT: 90 minutes per session</p> <p><b>Assessment points:</b> Post-treatment</p> <p>6-month follow-up</p>

<p>WALITZER2009 (USA)</p>	<p>Cognitive behavioural versus other</p> <p>1. CS: n = 58</p> <p>2. TSF-directive approach and CS (TSFdire): n = 58</p> <p>3. TSF motivational approach and CS</p>	<p>Outpatient alcoholics</p> <p>PDA: 35.4%</p> <p>Percentage days heavy drinking: 32.7%</p> <p>DrInC score: 41.3</p>	<p><b>Continuous:</b> PDA</p> <p>Percent days heavy drinking</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> 12 sessions (Initial session lasted 90 minutes; subsequent sessions lasted 60 minutes) with weekly encouragement to attend AA meetings</p> <p><b>Assessment points:</b> Post-treatment</p> <p>3-, 6-, 9- and 12-month follow-up</p>
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#### Studies not included in meta-analyses but described in evidence summary

Study characteristics and reason for exclusion	Treatment characteristics
<p>KÄLLMÉN2003</p> <p>Cognitive behavioural versus control</p> <p>1. CS</p> <p>2. Control</p> <p><b>Reason for exclusion from meta-analyses:</b> no available outcomes for inclusion in meta-analyses</p>	<p><b>Baseline characteristics:</b> grams of alcohol per week: 657 to 742 g across groups</p> <p><b>Treatment goal:</b> abstinence or drinking reduction/moderation</p> <p><b>Setting:</b> outpatient clinical research unit</p> <p><b>Treatment characteristics:</b> six group meetings</p> <p><b>Assessment points:</b> 6- and 18-month follow-up</p>

## Behavioural therapies

### Behavioural therapy versus treatment as usual or control; behavioural therapy versus other intervention; different formats of behavioural therapy

**Treatment types:** Behavioural: BSMT/BSCT, moderation-oriented cue exposure, cue exposure with CBT, emotional cue exposure with CBT, CE with CS  
 Other: developmental counselling, CBT, BCT, alcohol-focused spousal involvement  
 Control: WLC, TAU

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
ALDEN1988 (Canada)	Behavioural versus control  Behavioural versus other treatment  1. BSMT: n = 40  2. Developmental counselling (COUNS): n = 33  3. Waitlist control (CONT): n = 54	Consuming more than 84 standard ethanol units per week (abstinent for the duration of the study) and had episodes of alcohol idiosyncratic intoxication according to DSM-III  <b>Treatment goal:</b> moderation, abstinence later if desired	<b>Continuous:</b> Total weekly consumption (in 2 weeks prior) – standard drinks (half fluid ounces of ethanol)  Abstinent days per week  Controlled days per week ( $\leq 3$ standard ethanol units)  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient clinical research unit  <b>Treatment characteristics:</b> 12 weekly individual sessions  <b>Assessment points:</b> Post-treatment assessment and follow up points at 6 months, 1 year, 18 months and 2 years  <i>Note:</i> The follow-up data includes participants who were in the waiting list control at post-treatment but were then randomised into the BSMT and COUNS groups for one year and 2 year follow-up
HEATHER2000 (UK)	Different formats of behavioural therapy  1. MOCE: n = 48 2. BSCT: n = 43	Individuals seeking help for alcohol problems  DDD: 19.96  PDA: 19.14  SADQ-C score: 18.70  APQ score: 10.10  <b>Treatment goal:</b> moderation	<b>Continuous:</b> Number abstinent  DDD  PDA (in last 2 months)  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient clinical research unit  <b>Treatment characteristics:</b> MOCE: 90-minute sessions  BSCT: 60-minute sessions  <b>Assessment points:</b> Post-treatment  6-month follow-up
KAVANAGH 2006 (Australia)	Different formats of behavioural therapy  1. Cue exposure + CBT (CE): n =	DSM-IV criteria for alcohol abuse or dependence  Weekly alcohol consumption: 40.4	<b>Continuous:</b> Number of drinks per week  <b>Dichotomous:</b>	<b>Setting:</b> Outpatient clinical research unit  <b>Treatment characteristics:</b>

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
	52  2. Emotional cue exposure + CBT (ECE): n = 56  3. CBT alone (CBT): n = 55	(men), 33.6 (women). Significant difference  AUDIT score: 28.7 (men), 27.7 (women)  SADQ-C score: 14.9 (men), 12.5 (women)  <b>Treatment goal:</b> moderation	Attrition (if available): number of participants who have dropped out for any reason	8 weekly 75 minute sessions over 10 weeks  <b>Assessment points:</b> Post-treatment  3-, 6-, 9- and 12-month follow-up
MONTI1993 (USA)	Behavioural versus control  1. CE+CS: n = 22  2. Control (TAU and daily cravings recorded) (TAU): n = 18	DSM-III criteria for alcohol dependence, with heavy drinking the week prior to admission  ADS score: 20.7  SMAST: 9.97  TLFB: 12.1 DDD, 47% days abstinent, 45% heavy drinking days	<b>Dichotomous:</b> Number of participants lapsed  Number of participants relapsed (at least 6 standard drinks)  Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Inpatient VA medical centre  <b>Treatment characteristics:</b> CE+CS: six weekly 55-minute sessions for 2 weeks  <b>Assessment points:</b> 0 to 3 months, 3 to 6 months
SITHARTHAN 1997 (Australia)	Behavioural versus other  1. CE: n = 22  2. CBT: n = 22	A score of $\geq 10$ on the ICQ and $< 30$ on the SADQ-C  SADQ-C score: 18.81  ICQ score: 13.05  CDESES score: 35.93  Drinking days per month: 20.2  Consumption per occasion: 8.82  <b>Treatment goal:</b> moderation	<b>Continuous:</b> Drinking days per month  Number of standard drinks per occasion  <b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient  <b>Treatment characteristics:</b> Group treatment, six 90-minute weekly sessions  <b>Assessment points:</b> 6-month follow-up
WALITZER2004 (USA)	Behavioural versus other  1. BSM: n = 22	Abstinent days per month: 11.0  Frequency of $> 6$ drinks per	<b>Continuous:</b> Abstinent/light (0 to 3) drinking days per month	<b>Setting</b> Outpatient clinical research unit

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
	<p>2. Behavioural couples therapy and alcohol-focused spousal involvement (BCT): n = 21</p> <p>3. Alcohol-focused spousal involvement (AFSI): n = 21</p>	<p>drinking period: 5.1 days per month</p> <p>ADS score: 8.4</p> <p>85% had low level alcohol dependence and 15% had moderate levels</p> <p><b>Treatment goal:</b> drinking reduction</p>	<p>Heavy (&gt;6) drinking days per month</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Treatment characteristics:</b> Group treatment, 10 weekly 2-hour sessions</p> <p><b>Assessment points:</b> Post-treatment</p> <p>3-, 6-, 9- and 12-month follow-up</p>

## Social network and environment-based therapies

### Social network therapy versus control; social network therapy versus other intervention

**Treatment types:** Social network therapy: volunteer support, network support with/without contingency management, social behaviour and network therapy  
Other: office based intervention (no direct support), motivational enhancement therapy  
Control: case management

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
LEIGH1999 (Canada)	<p>Social network therapy versus other</p> <p>1. Volunteer support (VS): n = 92</p> <p>2. Office-based (OB): n = 101</p>	<p>Outpatient alcoholics drinking 5.5 days per week</p> <p>Drinks per week ranged from 73.5 to 89.2</p> <p><b>Treatment goal:</b> abstinence or drinking reduction</p>	<p><b>Continuous</b> Number of drinking days</p> <p>Mean quantity per day</p> <p><b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> All clients attended eight 1-hour sessions over 16 weeks</p> <p>VS condition - volunteer part of all but first session; 4 to 6 hours per week with participant in their community</p> <p><b>Assessment points:</b> 1, 6, 12 month follow-up</p>
LITT2007 (USA)	<p>Social network therapy versus control</p> <p>1. Network support and contingency management</p>	<p>DSM-IV alcohol dependence/abuse</p> <p>Drinking days in past 3 months: 72%</p>	<p><b>Continuous:</b> Proportion days abstinent</p> <p>DDD (previous 90 days)</p> <p><b>Dichotomous:</b></p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> 12 weekly 60 minute sessions</p>

	(NS+CM): n = 70 2. Network support only (NS): n = 71 3. Case management (CONT): n = 69	Prior treatments for alcohol dependence: 1.3	Attrition (if available): number of participants who have dropped out for any reason	CM: rewards for a negative urine sample  <b>Assessment points:</b> Post-treatment (3 months)  6-, 9-, 12-, 15-, 18-, 21-, 24- and 27-month follow-up
UKATT2005 (UK)	Social network therapy versus other  1. SBNT: n = 320 2. MET: n = 422	DSM-IV alcohol dependent/abuse Alcohol as clients' main problem  Drank alcohol in the last 3 months  PDA: 29.5%  Number of drinks drinking day: 26.8  <b>Treatment goal:</b> abstinence or drinking reduction	<b>Continuous:</b> DDD  PDA  <b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment clinic  <b>Treatment characteristics:</b> MET: three 50 minute sessions over 8 to 12 weeks  SBNT: eight 50 minutes sessions over 8 to 12 weeks  <b>Assessment points:</b> 3- and 12-month follow up

## Couples therapy

### Couples therapy versus other intervention; behavioural couples therapy versus other couples therapy; intensive versus brief couples therapy; parental skills and behavioural couples therapy versus behavioural couples therapy alone

**Treatment type:** Couples therapy: BCT with or without group counselling/individual based treatment/parenting skills, brief relationship therapy, behavioural marital therapy, directed social support, natural social support, AFSI  
Other: TSF, psychoeducational intervention, CS, counselling, CBT, BSMT

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
FALSSTEWART 2005 (USA)	Couples therapy versus other  BCT versus other couples therapy  Intensive versus brief couples therapy  1. BCT (plus group counselling) (BCT): n = 25	Percentage days heavy drinking from 56 to 59% across treatment groups  All DSM-IV diagnosed alcohol dependent	<b>Continuous:</b> Percentage days heavy drinking (at least six standard drinks)  <b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment clinic  <b>Treatment characteristics:</b> PACT, BRT, IBT conditions: 18 sessions, 12 weeks, which included weekly 12-step-oriented group sessions and condition-specific treatment every other week  BCT: 24 sessions (2 sessions per week) for 12 weeks; included one group therapy session and one BCT session

	<p>2. BRT (plus group counselling) (BRT): n = 25</p> <p>3. IBT (TSF and group counselling) (TSF): n = 25</p> <p>4. PSYEDU: n = 25</p>			<p>All treatments: therapy groups = 90 minutes, condition-specific treatment = 60 minutes</p> <p><b>Assessment points:</b> Post-treatment</p> <p>3-, 6-, 9- and 12-month follow-up</p>
FALSSTEWART 2006 (USA)	<p>Couples therapy versus other</p> <p>1. BCT and IBT (BCT): n = 46</p> <p>2. IBT only (12-step facilitation) (TSF): n = 46</p> <p>3. PACT: n = 46</p>	<p>DSM-IV alcohol dependent/ misuse</p> <p>PDA: 40 to 44% across treatment groups</p> <p><b>Treatment goal:</b> abstinence</p>	<p><b>Continuous:</b> PDA (in last 90 days)</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> BCT: 32 sessions, 12 of which were attended with the participant's partner. The remaining 20 sessions were individual TSF</p> <p>TSF: 32 individual 12-step facilitation sessions</p> <p>PACT: 20 sessions of individual treatment and 12 lectures on substance misuse, which were attended with a partner</p> <p>All sessions were 60 minutes</p> <p><b>Assessment points:</b> Post-treatment</p> <p>3-, 6-, 9- and 12-month follow-up</p>
LAM2009 (USA)	<p>Parental skills and BCT versus BCT alone</p> <p>Couples therapy versus other</p> <p>1. PSBCT: n = 10</p> <p>2. BCT: n = 10</p> <p>2. IBT (coping skills) (CS): n = 10</p>	<p>DSM-IV alcohol misuse or dependence</p> <p>PDA: approximately 37%</p>	<p><b>Continuous:</b> PDA</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> Two 60-minute sessions per week for 12 weeks</p> <p>Treatment consists of: 12 standard individual treatment sessions plus 12 BCT sessions, or 12 PSBCT sessions (included 6 BCT and parental-skills training), or 12 individual coping-skills sessions</p> <p><b>Assessment points:</b> Post-treatment (3 months)</p> <p>6- and 12-month follow-up</p>
OFARRELL1992	Couples therapy versus other	Alcohol use disorder documented	<b>Continuous:</b>	<b>Setting:</b>

(USA)	<p>BCT versus other couples therapy</p> <p>1. Interactional couples therapy (ICT) n = 12</p> <p>2. Behavioural marital therapy (BCT) n = 10</p> <p>3. Counselling (COUNS) n = 12</p>	<p>by a score of seven or greater on the MAST</p> <p>Years of problem drinking: 15.79</p> <p>Previous alcohol hospitalisations: 2.09</p> <p><b>Treatment goal:</b> abstinence</p>	<p>Percent days abstinent (in last 4 months)</p> <p><b>Dichotomous:</b></p> <p>Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Outpatient VA treatment centre</p> <p><b>Treatment characteristics:</b> 10 weekly 2-hour sessions</p> <p>Counselling was individual</p> <p><b>Assessment points:</b> Post-treatment</p> <p>2-, 6-, 12-, 18- and 24-month follow-up</p>
SOBELL2000 (Canada)	<p>1. Directed social support (DS) n = 28</p> <p>2. Natural social support (NS) n = 28</p>	<p>Primary alcohol problem</p> <p>ADS score: 12.6</p> <p>1 year pre-treatment: Days abstinent - approximately 0.22 Days drinking one to four drinks - approximately 0.35</p> <p>Days drinking five to nine drink - 0.32</p> <p>Days drinking ten or more drinks - 0.12</p> <p>Mean number of DDD - approximately 6</p> <p><b>Treatment goal:</b> clients with medical contraindications of drinking = abstinence; others could choose a moderation (with guidelines - see paper)</p>	<p><b>Continuous:</b> Proportion of days abstinent</p> <p>Proportion of days with one to four drinks (light drinking)</p> <p>Proportion of days with five to nine drinks (moderate drinking)</p> <p>Proportion of days with ten or more drinks (heavy drinking)</p> <p>DDD</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient clinical research unit</p> <p><b>Treatment characteristics:</b> In both groups participant received four 60-minute sessions of guided self-change program</p> <p>Spouse received two 90-minute sessions which differed by treatment condition</p> <p><b>Assessment points:</b> 12-month follow-up</p>
VEDEL2008 (Netherlands)	<p>Couples therapy versus other</p> <p>1. BCT: n = 30</p> <p>2. CBT: n = 34</p>	<p>DSM-IV alcohol abuse or dependence</p> <p>62% diagnosed as alcohol dependent</p> <p>50%, when drinking, drank seven or more units</p>	<p><b>Continuous</b> Units per week</p> <p>Severe lapse (more than six units per occasion)</p> <p><b>Dichotomous</b> Attrition (if available): number of participants who have dropped out</p>	<p><b>Setting</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b> Both treatments ten sessions over a 5 to 6 month period</p> <p>CBT: 45 to 60 minutes per session</p> <p>BCT: 90 minutes per session</p>

		57% drank daily or nearly daily  <b>Treatment goal:</b> abstinence or controlled drinking (with guidelines)	for any reason	<b>Assessment points:</b> Post-treatment  6-month follow-up
WALITZER2004 (USA)	Couples therapy versus other BCT versus other couples therapy  1. BCT and AFSI (BCT): n = 21  2. AFSI: n = 21  3. BSM: n = 22	Abstinent days per month: 11.0  Frequency of more than six drinks per drinking period, per month: 5.1  85% had low level alcohol dependence and 15% had moderate levels  <b>Treatment goal:</b> drinking reduction	<b>Continuous</b> Abstinent/light (0 to 3) drinking days per month  Heavy (more than six) drinking days per month  <b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting</b> Outpatient clinical research unit  <b>Treatment characteristics:</b> Group treatment, ten weekly 2-hour sessions  <b>Assessment points:</b> Post-treatment  3-, 6-, 9- and 12-month follow-up
ZWEBEN1988 (Canada)	Intensive versus brief couples therapy  1. Conjoint therapy (CT-8): n = 70  2. Advice counselling (couples counselling) (CCoun1): n = 46	ADS scale: 8.4  In the past year: 44% heavy drinking, 36.5% abstinent  MAST score: approximately 20  <b>Treatment goal:</b> abstinence or moderate drinking	<b>Continuous</b> PDA  Percentage days moderate drinking  Percentage days heavy drinking  Moderate drinking = one to four standard drinks per day  Heavy drinking = five or more standard drinks per day  Standard drink = 0.6 fluid ounces of ethanol (1.5 fluid ounces of whiskey, 12 fluid ounces of beer, 3.5 fluid ounces of fortified wine, 5 fluid ounces of wine)  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment centre  <b>Treatment characteristics:</b>  CT-8: eight outpatient sessions  CCoun1: one session, 1.5 hours  <b>Assessment points:</b> 1-, 2-, 6-, 12- and 18-month follow-up

### Studies not included in meta-analyses but described in evidence summary

Study characteristics and reason for exclusion	Treatment characteristics
<p>MCCRADY2009</p> <p>Couple therapy versus other intervention</p> <p>1. BCT</p> <p>2. Individually-based coping skills</p> <p><b>Reason for exclusion from meta-analyses</b> Research assistants collecting data not blinded to treatment allocation</p>	<p><b>Baseline characteristics:</b> DSM-IV alcohol dependent/abuse Percentage days heavy drinking: approximately 57%</p> <p>PDA: approximately 33%</p> <p><b>Setting:</b> outpatient clinical research unit</p> <p><b>Treatment goal:</b> abstinence</p> <p><b>Assessment point:</b> telephone (3, 9 and 15 month follow-up); in-person interview (6-, 12- and 18-month follow-up)</p>

### Contingency management

#### Contingency management versus control; contingency management versus treatment as usual; contingency management versus other intervention

**Treatment types:** CM: CM plus standard treatment or network support  
Other: network support  
Control: standard treatment, case management

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
ALESSI2007 (USA)	<p>Contingency management versus TAU</p> <p>1. CM plus standard treatment and monitoring (CM): n = 46</p> <p>2. Standard treatment plus monitoring (TAU): n = 57</p>	<p>Current DSM-IV alcohol dependence/abuse Past year DSM alcohol dependent/abuse (with or without other substance abuse): 62.2% participants</p> <p>Past year DSM alcohol abuse or dependence only: 7.85% participants</p> <p><b>Treatment goal:</b> abstinence</p>	<p><b>Continuous:</b> Proportion of days abstinent DDD (previous 90 days)</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment program</p> <p><b>Treatment characteristics:</b> Standard treatment: 12 weeks of intensive outpatient treatment</p> <p>CM: rewards for attendance and negative urine samples</p> <p><b>Assessment points:</b> Post-treatment</p>
LITT2007 (USA)	<p>Contingency management versus control</p> <p>Contingency management versus</p>	<p>DSM-IV alcohol dependent/abuse</p> <p>Drinking days in past 3 months: 72%</p>	<p><b>Continuous:</b> Proportion days abstinent</p> <p>DDD (previous 90 days)</p>	<p><b>Setting:</b> Outpatient treatment centre</p> <p><b>Treatment characteristics:</b></p>

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
	other 1. CM and network support (CM+NS): n = 70 2. Network support only (NS): n = 71 3. Case management (CONT): n = 69	Prior treatments for alcohol dependence: 1.3	<b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	12 weekly 60 minute sessions CM: rewards for a negative urine sample <b>Assessment points:</b> Post-treatment (3 months) 6-, 9-, 12-, 15-, 18-, 21-, 24- and 27-month follow-up
PETRY2000 (USA)	Contingency management versus TAU 1. CM and standard treatment (CM): n = 19 2. Standard treatment alone (TAU): n = 23	DSM-IV alcohol dependant Years of alcohol dependence: 23.5 years <b>Treatment goal:</b> abstinence	<b>Dichotomous:</b> Relapsed to heavy drinking Lapsed (non-abstinent) Attrition (if available): number of participants who have dropped out for any reason	<b>Setting</b> Outpatient VA treatment centre <b>Treatment characteristics:</b> Standard care: 4 week intensive outpatient day program followed by aftercare CM: rewards for negative samples (warned during treatment and aftercare) Total = 8 weeks <b>Assessment points:</b> Post-treatment

## Counselling

### Counselling versus other intervention; counselling versus control (no active treatment)

**Treatment types:** Counselling: individual or group counselling, non-directive reflective listening

Other: social skills training, multi-modal treatment, coping skills, interactional couples' therapy, behavioural marital therapy, motivational enhancement therapy

Control: feedback only

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
ERIKSEN1986 (Norway)	Counselling versus other 1. Counselling (group) (COUNS): n = 12 2. Social skills training group (CopSk): n = 12	A serious alcohol problem but no drug addiction.  Previous alcoholism inpatient status: 66.7%  No. of alcoholism inpatient treatments: 1.85  Years of self-acknowledged problem drinking: 11.95  <b>Treatment goal:</b> sober days; reduced quantity of alcohol consumed	<b>Continuous:</b> Alcohol consumption (centilitres of pure alcohol)  Sober days  Over the previous 2 weeks  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment program  <b>Treatment characteristics:</b> 8 weekly 90 minute small group sessions  <b>Assessment points:</b> 12-month follow-up
JOHN2003 (Germany)	Counselling versus other 1. Individual counselling (COUNS): n = 161 2. Multi-modal treatment (MM): n = 161	ICD-10 alcohol dependent  <b>Treatment goal:</b> abstinence	<b>Dichotomous:</b> Number abstinent (converted to lapse)  Number drank alcohol (lapse)  Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Inpatient psychiatric hospital  <b>Treatment characteristics:</b> Individual: three 40-minute sessions  Group: nine 90-minute sessions within a 14-day standardised treatment programme followed by four outpatient group sessions  <b>Assessment points:</b> 1 to 6 months and 7 to 12 months
LITT2003 (USA)	Counselling versus other 1.CBT with an interactional focus (group counselling) (COUNS): n =	DSM-IV Met alcohol dependent/abuse Drinking days 6 months prior to intake: 72%	<b>Continuous:</b> Proportion days abstinent  Time to first drink (days)	<b>Setting:</b> Outpatient clinical research unit  <b>Treatment characteristics:</b> 26 weekly 90-minute sessions

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
	59  2.CBT with a coping skills focus (CopSk): n = 69	Prior alcohol treatments: 1.5  Proportion days abstinent: 0.38  Proportion heavy drinking days: 0.48	Time to first heavy drink (days)  Proportion days heavy drinking (6 for males or 4 for females standard drinks – 0.5 fluid ounces of absolute alcohol – consumed in a 24-hour period)  Proportion abstinent  In last 90 days  <b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Assessment points:</b> 3-, 6-, 9-, 12-, 15- and 18-month follow-up
OFARRELL1992 (USA)	Counselling versus other  1.Individual counselling (COUNS): n = 12  2.Interactional couples therapy group (ICT): n = 12  3.Behavioural marital therapy (BCT): n = 10	Alcohol use disorder documented by a score of seven or greater on the MAST  Years of problem drinking: 15.79  Previous alcohol hospitalisations: 2.09	<b>Continuous:</b> Percent days abstinent (in last 4 months)  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient VA treatment centre  <b>Treatment characteristics:</b> 10 weekly 2-hour sessions  Counselling was individual  <b>Assessment points:</b> Post-treatment  2-, 6-, 12-, 18- and 24-month follow-up
SELLMAN2001 (New Zealand)	Counselling versus other  Counselling versus control  1. Non-directive reflective listening (counselling) (NDRL): n = 40  2. Motivational enhancement therapy (MET): n = 42  3. No further treatment (feedback	All alcohol dependent (based on DSM-IV)  Unequivocal heavy drinking 6+ times in the 6 months prior to treatment: 90.2%	<b>Continuous:</b> Exceeded national guidelines at least once  Exceeded national guidelines six or more times  Drank more than ten standard drinks at least once  Drank more than ten standard drinks six or more times	<b>Setting:</b> Outpatient treatment centre  <b>Treatment characteristics:</b> Four sessions in 6-week period  <b>Assessment points:</b> 6-month and 5-year follow-up

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
	only) (CONT): n = 40		<b>Dichotomous:</b> Number of participants lapsed  Number of participants relapsed  Attrition (if available): number of participants who have dropped out for any reason	

## Short-term psychodynamic therapy

### Short-term psychodynamic therapy versus other intervention

Treatment types: Psychodynamic: time-limited group psychotherapy  
 Other: relapse prevention

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
SANDAHL1998 (Sweden)	1. Time-limited group psychotherapy (PSYDY): n = 25  2. Relapse prevention (RP): n = 24	DSM-III-R alcohol dependent and antisocial personality disorder  Decentiles on Swedish alcohol use inventory (AVI): 4.3  Duration of misuse: 11 years  Age of onset of uncontrolled drinking: 36 years  Reported morning drinking: 75.5%  <b>Treatment goal:</b> drinking reduction	<b>Continuous:</b> Number of abstinent days  Grammes of absolute alcohol per drinking day  Days >80 g absolute alcohol  <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient alcohol treatment clinic  <b>Treatment characteristics:</b> 15 weekly 90-minute group sessions  <b>Assessment points:</b> 15-month follow-up

## Multi-modal treatment

### Multi-modal versus other intervention

Treatment types: Multi-modal: standard multi-modal outpatient treatment  
Other: psychoeducational intervention, individual counselling

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
DAVIS2002 (USA)	Multi-modal versus other  1. Standard multi-modal outpatient treatment (MM): n = 53  2. Psychoeducational (PSYCHEDU): n = 52	DSM-III alcohol dependent/abuse  Days drinking over approximately 110 days/6 months  <b>Treatment goal:</b> drinking reduction	<b>Continuous:</b> Days drinking  Amount (fluid ounces per day)  Length of sobriety (months)  Over last 6 months  <b>Dichotomous:</b> Number of participants non-abstinent  Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment clinic  <b>Treatment characteristics:</b> Standard multi-dimensional outpatient treatment: 3-week orientation (six group therapy sessions, three alcohol education sessions, three leisure education sessions, three community meetings, a minimum of six AA meetings). Treatment period lasted 6 months  Psychoeducational: 13 films each shown twice over a 26-week period (once a week in a group setting with no discussion)  <b>Assessment points:</b> Post-treatment (at 6 months)
JOHN2003 (Germany)	Multi-modal versus other  1. Multi-modal treatment (MM): n = 161  2. Individual counselling (COUN): n = 161	ICD-10 alcohol dependent  <b>Treatment goal:</b> abstinence	<b>Dichotomous:</b> Number abstinent (converted to lapse)  Number drank alcohol (lapse)  Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Inpatient psychiatric hospital  <b>Treatment characteristics:</b> Individual: three 40-minute sessions  Group: nine 90-minute sessions within a 14-day standardised treatment programme followed by four outpatient group-sessions  <b>Assessment points:</b> 1 to 6 months and 7 to 12 months

## Self-help based treatment

### Different formats of self-help

Treatment types: guided self-change, self-help manual (non-guided)

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
ANDREASSON2002 (Sweden)	<p>Different formats of self-help</p> <p>1. Guided self-change (GSC): n = 46</p> <p>2. Advice only and self-help manual (SHM): n = 47</p>	SADD questionnaire score: 12.1 indicates a medium level of dependence	<p><b>Continuous:</b> Number of standard drinks per week</p> <p>DDD</p> <p>In the last 90 days</p> <p>One standard drink = 12 g alcohol</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment clinic</p> <p><b>Treatment characteristics:</b> GSC: one assessment session, four treatment sessions, two follow-up telephone calls; brief CBT/MET</p> <p>SHM: one assessment session, one session feedback/advice, 24-page self-help manual</p> <p><b>Assessment points:</b> 9- and 23-month follow-up</p>

## Psychoeducational intervention

### Psychoeducational versus other intervention

Treatment types: Psychoeducational: psychoeducational with alcohol-focused coping skills and life skills, psychoeducational attention control treatment, bibliotherapy/drinking guidelines

Other: general coping skills, standard multi-modal outpatient treatment, behavioural couples therapy, brief relationship therapy, TSF with group counselling

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
CONNORS2001 (USA)	<p>Psychoeducational versus other</p> <p>1. Alcohol-focused coping skills alone - normal intensity and psychoeducational (PSYnorLS): n = 31</p> <p>2. Alcohol-focused coping skills alone - more intensive and psychoeducational (PSYintLS): n = 41</p>	<p>DSM-III-R lifetime diagnoses</p> <p>Dependence - mild: 18.1</p> <p>Dependence - moderate: 66%</p> <p>Dependence - severe: 8.3</p> <p>Average monthly abstinence days: 10.1</p>	<p><b>Continuous:</b> Abstinent/light (one to three standard drinks) drinking days</p> <p><b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient clinical research unit</p> <p><b>Treatment characteristics:</b> All received: coping skills over 10 weekly 2-hour outpatient group (three to six people) sessions and drinking-reduction training (13 hours)</p> <p>Divided (according to group):</p> <p>Life skills (general coping skills) (7 hours)</p>

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
	<p>3. Alcohol-focused coping skills and life skills (general coping skills) – normal intensity: n = 39</p> <p>4. Alcohol-focused coping skills and life skills (general coping skills) – more intensive: n = 33</p>	<p>Light days: 6.1</p> <p>Moderate days: 8</p> <p>Heavy days: 5.7</p> <p><b>Treatment goal:</b> drinking reduction</p>		<p>Psychoeducational (7 hours)</p> <p>Booster sessions (more intensive): eight additional 90-minute sessions at weeks 2, 4, 7, 10, 13, 16, 20 and 24 post-treatment</p> <p><b>Assessment points:</b> 6-, 12- and 18-month follow-up</p>
DAVIS2002 (USA)	<p>Psychoeducational versus other</p> <p>1. Psychoeducational (PSYCHEDU): n = 52</p> <p>2. Standard multi-modal outpatient treatment (MM): n = 53</p>	<p>DSM-III alcohol dependent/abuse</p> <p>Days drinking: approximately 110 days/6 months</p> <p><b>Treatment goal:</b> drinking reduction</p>	<p><b>Continuous:</b> Days drinking</p> <p>Amount (fluid ounces per day)</p> <p>Length of sobriety (months)</p> <p>Over last 6 months</p> <p><b>Dichotomous:</b> Number participants non- abstinent</p> <p>Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment clinic</p> <p><b>Treatment characteristics:</b> Standard multi-dimensional outpatient treatment: 3-week orientation (six group therapy sessions, three alcohol education sessions, three leisure education sessions, three community meetings, a minimum of six AA meetings). Treatment period lasted 6 months</p> <p>Psychoeducational: 13 films each shown twice over a 26-week period (once a week in a group setting with no discussion)</p> <p><b>Assessment points:</b> Post-treatment (at 6 months)</p>
FALSSTEWART2005 (USA)	<p>Psychoeducational versus other</p> <p>1. PSYEDU: n = 25</p> <p>2. Behavioural couples therapy (plus group counselling) (BCT): n = 25</p> <p>3. Brief relationship therapy (plus group counselling) (BRT): n = 25</p> <p>4. Individual-based treatment (12-step facilitation and group counselling) (TSF): n = 25</p>	<p>DSM-IV alcohol dependent</p> <p>Percentage days heavy drinking from 56 to 59% across treatment groups</p>	<p><b>Continuous:</b> Percentage days heavy drinking (at least standard drinks)</p> <p><b>Dichotomous</b> Attrition (if available): number of participants who have dropped out for any reason</p>	<p><b>Setting:</b> Outpatient treatment clinic</p> <p><b>Treatment characteristics:</b> PACT, BRT, IBT conditions: 18 sessions, 12 weeks, which included weekly 12-step-oriented group sessions and condition-specific treatment every other week</p> <p>BCT: 24 sessions (two sessions per week) for 12 weeks; included one group therapy session and one BCT session</p> <p>All treatments: therapy groups = 90 minutes, condition-specific treatment = 60 minutes</p> <p><b>Assessment points:</b> Post-treatment</p> <p>3-, 6-, 9- and 12-month follow-up</p>

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics
FALSSTEWART2006 (USA)	Psychoeducational versus other 1. Psychoeducational attention control treatment (PACT): n = 46 2. Behavioural couples therapy and individual-based treatment (BCT): n = 46 3. Individual based treatment only (12-step facilitation) (TSF): n = 46	DSM-IV alcohol dependent/abuse Percentage days abstinent from 40 to 44% across treatment groups <b>Treatment goal:</b> abstinence	<b>Continuous:</b> Percentage days abstinent (in last 90 days) <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Outpatient treatment centre <b>Treatment characteristics:</b> BCT: 32 sessions, 12 of which were attended with the participant's partner. The remaining 20 sessions were individual 12-step facilitation IBT: 32 individual 12-step facilitation sessions PACT: 20 sessions of individual treatment and 12 lectures on substance abuse which were attended with a partner All sessions were 60 minutes <b>Assessment points:</b> Post-treatment 3-, 6-, 9- and 12-month follow-up
SOBELL2002 (USA)	Psychoeducational versus other 1. Bibliotherapy/Drinking Guidelines (PSYEDU): n = 411 2. Motivational enhancement/ personalised feedback (MET): n = 414	All alcohol abusers (drinking approximately 12 drinks per week and drinking five or more drinks on at least 5 days in the past year)	<b>Continuous:</b> Days drinking per week DDD Drinks per week Days drinking at least five drinks <b>Dichotomous:</b> Attrition (if available): number of participants who have dropped out for any reason	<b>Setting:</b> Community mail level intervention <b>Treatment characteristics:</b> Bibliotherapy: participants received alcohol information available to the general public MET: participants received personalised advice feedback based on responses to an alcohol questionnaire <b>Assessment points:</b> 1-year follow-up

## Psychological intervention studies excluded from this guideline

Study ID	Reason for exclusion
AALTO2001A (males)	Opportunistic not planned intervention
AALTO2001A (females)	Opportunistic not planned intervention
AALTO2002	No relevant alcohol outcomes
ACADEMIC2007 (ED SBIRT research group)	Opportunistic not planned intervention; hazardous not harmful drinking population; quasi-experimental study design
ADAMSON2005	Therapy preference and treatment; no usable outcome data
ALDEN1988	No usable data
ALLSOP1997	Did not meet randomisation criteria
ALMANZA2006	No relevant alcohol outcomes
APODACA2007	Opportunistic not planned intervention
ARAKI2000	Not severe enough drinking (hazardous)
BABOR2006	Quasi-experimental
BACK2007	No primary alcohol outcomes
BAER2001	Preventative study; not drinking enough
BAER2007	Focus on substance and not alcohol misuse/dependence
BAIRD2007	Opportunistic not planned intervention
BALL2007A	Not severe enough drinking (hazardous)
BALL2007B	Outcomes were related to which site treatment was given; no relevant alcohol outcomes
BANERJEE2007	Not high enough of sample abusing alcohol; mixed in with drug measures
BARROWCLOUGH2009	Not high enough percentage of population meets criteria for alcohol-use disorder
BECKHAM2002	Not severe enough drinking (hazardous)
BEICH2007	Opportunistic not planned intervention; hazardous drinking population
BERNSTEIN2008	Opportunistic not planned intervention
BERSAMIN2007	Not severe enough drinking (hazardous)
BERTHOLET2009	Not severe enough drinking (hazardous)
BEWICK2008	Not severe enough drinking (hazardous)
BLOW2006	Opportunistic not planned intervention
BLOW2009	Opportunistic not planned intervention
BOBO1998	Not a blinded study
BOMBARDIER1999	Opportunistic not planned intervention; Non RCT (Case series)
BORSARI2000	Not severe enough drinking (hazardous); not good randomisation procedure (flipping coin)
BOWERS1990	Too small sample size, n = <10 in each treatment group
BRESLIN2002	No primary alcohol outcome; only overall drug use measure
BROWN1993	Not severe enough drinking (hazardous)
BROWN1997	Small sample size; not randomised (cohort study)
BROWN2007	Opportunistic not planned intervention
BURLING1994	Not randomised study design
BURTON2007	No alcohol measures; cannot separate drug from alcohol use in outcomes
BUTLER2009	Not severe enough drinking (hazardous)
CADOGAN1973	Not randomised study design
CAREY2006	Not severe enough drinking (hazardous)
CARROLL2001	Motivational interviewing techniques not intervention; not relevant to psychological interventions but more to 'screening'
CARROLL2006	No baseline severity; unable to separate alcohol measures from drug measures; not high enough percentage of sample meeting alcohol abuse/dependence criteria
CARROLL2008	Not severe enough drinking (hazardous)

CASE2007	Not RCT; focus on drugs not alcohol
CASTELLANOS2006	No relevant alcohol outcomes; matching study
CAUDILL2007	No usable outcome data
CHERPITEL2009	Opportunistic not planned intervention
CHIAUZZI2005	Not severe enough drinking (hazardous)
CHOSSIS2007	Not severe enough drinking (hazardous)
CIMINI2009	Not severe enough drinking (hazardous)
COATSWORTH2001	No relevant alcohol outcomes
CONNELL2007	No relevant outcomes; no usable data
CONROD2006	Not severe enough drinking (hazardous)
CORBY2000	Too small sample size, n = 8
CORDOBA1998	Opportunistic not planned intervention
COULTON2009	Opportunistic not planned intervention
CUNNINGHAM2002	Not severe enough drinking (hazardous)
CUNNINGHAM2005	Not severe enough drinking (hazardous); not randomised
CUNNINGHAM2006	Not severe enough drinking (hazardous)
CURRY2003	Not severe enough drinking (hazardous)
DAEPPEN2007A	Opportunistic not planned intervention
DAEPPEN2007B	Opportunistic not planned intervention
DAMICO2008	Marijuana primary substance, not alcohol
DAWE2002	Randomisation method unclear
DENT2002	Opportunistic not planned intervention
DENT2008	Opportunistic not planned intervention
DESY2008	More focus on training than trial; hazardous drinking population not harmful
DONOFRIO2005	Opportunistic not planned intervention
DONOFRIO2008	Not severe enough drinking; opportunistic rather than planned intervention
DONOHUE2004	Not severe enough drinking (hazardous)
DRUMMOND1994	Study not truly randomised (sequential assignment):
DRUMMOND2009	Opportunistic not planned intervention
DUFFY2006	Too small sample size; irrelevant alcohol outcomes
EBERHARD2009	Not severe enough drinking (hazardous)
EPSTEIN2005	Focus on pre-treatment change
EPSTEIN2007	Cohort study, 50% alcohol dependence, predominantly focused on drugs
FALSSTEWART1996	Not enough of the sample met criteria for alcohol dependence/misuse (40%)
FALSSTEWART2000	Primary focus of paper was drug not alcohol use
FALSSTEWART2002	No relevant alcohol outcomes; data not usable
FALLSTEWART2003	No relevant alcohol outcomes; matching study
FALSSTEWART2009	No usable data, split by sexual orientation
FINGFELDCONNETT2008	Not severe enough drinking (hazardous)
FIorentine2000	Primary focus of paper was drug not alcohol use
FLEMING2009a	No relevant alcohol outcomes
FORSBERG2000	Opportunistic not planned intervention
FREYERADAM2001	Not severe enough drinking (hazardous)
GAUME2009	Not severe enough drinking (hazardous)
GEISNER2007	Not severe enough drinking (hazardous)
GENTILELLO1999	Opportunistic not planned intervention
GESHI2007	Not severe enough drinking (hazardous)
GILLASPY2002	No relevant alcohol outcomes
GOODALL2008	Opportunistic not planned intervention
GORDON2003	Not severe enough drinking (hazardous)

Appendix 16d

GREENFIELD2007	Too small sample size
HALLETT2009	Not randomised
HARWOOD2006	No relevant alcohol outcomes
HASSAN2009	Not enough of the sample met criteria for alcohol dependence/misuse
HEATHER1987	Opportunistic not planned intervention
HENGGELER1999	Drugs not alcohol primary focus
HERNANDEZ2006	Irrelevant outcome measures for the guideline
HOGUE2006	Drugs not alcohol primary focus
HOLLOWAY2007	Opportunistic not planned intervention
HOULT1984	No relevant alcohol outcomes
HULSE2002	No usable outcome data (reports interquartile ranges)
HULSE2003	No relevant alcohol outcomes
HUMPHREYS1999	No usable outcome data; not randomised
HUMPHREYS2007	Quasi-randomised; does not meet randomisation criteria; matching study
HUNT1973	Matching study based on participant characteristics; small sample size; no usable outcome data
ISRAEL1996	No information about how many patients are in each treatment arm
JOHNSSON2006	No usable outcome data
KAHLER2004	No usable outcome data
KAHLER2008	Not severe enough drinking (hazardous)
KALLMEN2003	No usable outcome data
KAMINER1999	Too small sample size, n = 12
KARLSSON2005	No usable outcomes or data
KAYSEN2009	Not severe enough drinking (hazardous)
KELLEY2002	Does not distinguish between alcohol and drugs in outcome data
KELLY2000	Not severe enough drinking (hazardous)
KELLY2006	No usable data
KENDZOR2004	No usable outcome data (reports interquartile ranges)
KING2009	Primary focus of paper was drug not alcohol use
KNIGHT2005	Not randomised
KUCHIPUDI1990	Opportunistic not planned intervention; hazardous drinkers
KUENZLER2003	No relevant outcomes
KYPRI2003	Not randomised
KYPRI2007	Not severe enough drinking (hazardous)
KYPRI2008	Unusable data; not severe enough drinking population
KYPRI2009	Not severe enough drinking (hazardous)
LABRIE2008A	Not severe enough drinking (hazardous)
LABRIE2008B	Not severe enough drinking (hazardous)
LAM2008	No usable outcome data; not relevant population
LANE2008	Opportunistic not planned intervention
LARIMER2001	Not severe enough drinking (hazardous)
LARIMER2007	Not severe enough drinking (hazardous)
LATIMER2003	Not severe enough drinking (hazardous)
LAUBARRACO2008	Not severe enough drinking (hazardous)
LEDGERWOOD2006	Drugs not alcohol primary focus; Not enough of sample (only 50%) met criteria for alcohol misuse/dependence.
LEDGERWOOD2008	Not randomised
LEWIS2007	Not severe enough drinking (hazardous)
LI2007	No relevant alcohol outcomes
LIDDLE2008	Drugs not alcohol primary focus
LINCOUR2002	Not randomised
LOCK2006	Opportunistic not planned intervention
LOEBER2006	Did not meet randomisation criteria; sequential assignment.

Appendix 16d

LUKAS2005	Not severe enough drinking (hazardous)
MAIO2005	Opportunistic not planned intervention
MAISTO1995	No usable alcohol outcomes
MAISTO2003	Not severe enough drinking (hazardous)
MANWELL2000	Not severe enough drinking (hazardous)
MARCUS2009	Not randomised
MARQUES2001	Did not meet randomisation criteria
MARTENS2007	Not severe enough drinking (hazardous); non-RCT
MATANO2007	Not severe enough drinking (hazardous)
MCCRADY1986	No usable data
MCMANUS2003	No usable data
MCNALLY2005	Not severe enough drinking (hazardous)
MCQUEEN2006	Opportunistic not planned intervention
MCRADY1991	No usable data
MELLO2005	Opportunistic not planned intervention
MELLO2008	Opportunistic not planned intervention
MENGIS2002	Drugs not alcohol primary focus
MEZZANI2007	Not severe enough drinking (hazardous)
MICHAEL2006	Exploratory analysis; not harmful drinkers (hazardous)
MILLER1978	Not severe enough drinking (hazardous)
MILLER1980	Not severe enough drinking (hazardous)
MILLER1999A	No relevant alcohol outcomes
MILLER2003	No alcohol outcomes
MONTI1999	Opportunistic not planned intervention
MONTI2007	Opportunistic not planned intervention
MOORE2005	Not severe enough drinking (hazardous)
MOOS1999	Naturalistic study
MORGERNSTERN2003	Not relevant outcomes
MORGENSTERN2009	Cluster-randomised trial; school-based alcohol education - not relevant; no relevant alcohol outcomes
MURGRAFF2007	Not severe enough drinking (hazardous)
MURPHY1986	Not severe enough drinking (hazardous)
MURPHY2001	Hazardous not harmful drinkers
MURPHY2004	Hazardous not harmful drinkers; no usable outcome data
MURPHY2005	Not an RCT; using behavioural theories of choice to predict drinking
MURRAY2007	Hazardous not harmful drinking population
NAGEL2009	Not high enough percentage of population meets alcohol-use disorder
NEIGHBORS2004	Hazardous not harmful drinkers; no relevant outcomes
NEUMANN2006	Opportunistic not planned intervention
NIELSEN2007	Quasi-randomised (due to attrition and small groups); does not meet randomisation criteria.
NILSEN2009	Opportunistic not planned intervention
NILSEN2004	Not relevant - no useful alcohol outcomes
Oakey2007	Opportunistic not planned intervention; not severe enough drinking (hazardous)
Ockene1999	Not severe enough drinking (hazardous); Opportunistic not planned intervention
OFARRELL1985	Irrelevant outcome measures
OFARRELL2007	Outcome variable does not dissociate between drugs and alcohol
OFARRELL2008	Quasi-experimental study design
OGBORNE1979	Not randomised study; no usable outcome data
OJEHAGEN1992	No usable data
OSILLA2008	Not severe enough drinking (hazardous)
Ouimette1997	Did not meet randomisation criteria

Appendix 16d

PAL2007	Inappropriate randomisation method
PARKER1978A	No relevant outcomes
PARKER1978B	No relevant outcomes
PARSONS2001	Not severe enough drinking (hazardous)
PETERSON2006	No relevant outcomes, no usable data
PETRY2006	Not enough of sample meets alcohol-use disorder criteria (63%)
PRADO2007	Not severe enough drinking (hazardous)
PRATT2005	Not able to separate which groups of drinkers are in which treatment group therefore outcome data is not usable
PRENDERGAST2008	Drug not alcohol outcomes
RAPP2001	Not enough of sample population meets alcohol misuse; mostly other drugs
RASH2008	Secondary analysis
RASSOOL2008	No relevant outcome measures; quasi-experimental study design
REIFHEKKING2005	Not severe enough drinking (hazardous)
REINHARDT2008	Opportunistic not planned intervention
RESNICK2007	Outcome measures not relevant to guidelines
REYNOLDS2005A	Not high enough percentage of population meets alcohol-use disorder
RICHMOND1995	Opportunistic not planned intervention
RICHMOND2000	Not severe enough drinking (hazardous)
RIPER2008	Not severe enough drinking (hazardous)
RIPER2009	Not fully-randomised study design
ROLL2005	Not an RCT
ROUDSARI2009	Opportunistic not planned intervention
ROWE2007	Not high enough of sample population meeting alcohol-use disorder (primarily other psychiatric diagnoses or substance misuse)
RUSH2008	No relevant interventions
SAITZ2006	Opportunistic not planned intervention
SAITZ2007A	Not severe enough drinking (hazardous)
SANCHEZCRAIG1996	Not severe enough drinking (hazardous)
SAPIRWEISE1999	No relevant outcome measures
SCHAUS2009	Not severe enough drinking (hazardous)
SCHERMER2006	Opportunistic not planned intervention
SCHILLING2002	Not randomised
SJOBERG1985	Too small of a sample size when randomised into conditions; no usable outcome data
SMITH2006	No relevant alcohol outcomes; not severe enough drinkers
SOBELL2000	Opportunistic not planned intervention
SODERSTROM2007	Opportunistic not planned intervention
SOMMERS2006	Opportunistic not planned intervention
SPIRITO2004	Opportunistic not planned intervention
SPOTH2002	No relevant alcohol outcomes
STAHLBRANDT2007	Not severe enough drinking (hazardous)
STAIGER1999	No relevant outcomes, no usable data
STEIN2002B	Not severe enough drinking (hazardous)
SUSSMAN2003	No relevant alcohol outcomes
SZAPOCZNIK1983	No relevant outcomes
SZAPOCZNIK1986	No relevant outcomes
TAIT2004	Opportunistic not planned intervention
TAIT2005	Opportunistic not planned intervention
TEICHNER2002	Not enough of sample meets alcohol-use disorder (45 to 47%)

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TEVYAW2007	Not severe enough drinking (hazardous)
TIMKO1999	Not randomised; self-selected into groups
TIMKO2006	Not high enough proportion of sample meeting alcohol-use disorder (45.9%) rest of sample using drugs.
TONEATTO2005	After attrition, n = 7 in each group; too small of a sample size
TRACY2007	Opportunistic not planned intervention
VAN2006	Methodologically flawed (attrition bias; issues administering treatment)
WALTERS2000	Not severe enough drinking (hazardous)
WALTERS2007	Not severe enough drinking (hazardous)
WALTERS2009	Not severe enough drinking (hazardous)
WALTON2008	Opportunistic not planned intervention
WASHINGTON2001	No differentiation between types of substance misuse
WATSON1999	Quasi-experimental study design
WATT2006	Not severe enough drinking (hazardous)
WATT2008	Opportunistic not planned intervention
WEINSTOCK2007	Only 52% have alcohol-use disorder
WEISNER2001	Not high enough percentage of population meets alcohol abuse/dependence; not relevant outcomes
WERCH2000	Hazardous not harmful drinkers
WHITE2005	Not severe enough drinking (hazardous)
WHITE2007A	Not severe enough drinking (hazardous)
WHITE2008A	Not severe enough drinking (hazardous)
WINTERS2002	Does not distinguish between alcohol and drugs in outcome data
WINTERS2007	Drugs not alcohol measures
WOOD2007	Not randomised, not drinking enough, study excluded those drinking >40 drinks per week
WUTZKE2002	Not severe enough drinking (hazardous)
ZEMORE2007	Not randomised
ZLOTNICK2009	Drugs not alcohol primary focus

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