Evidence Table 3. Intervention and control components from randomized controlled trials

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Anderson & Scott, 19921  United Kingdom  None  Foundation or nonprofit | Interventions  G1: Brief advice, feedback about blood work & consumption. Also included norms and a self-help booklet  G2: Usual care | Interventionist  G1: PCP  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 1  G2: NA  Length of each contact  G1: 10 minutes  G2: NA  Duration of Intervention  G1: Single session  G2: NA |
| Babor, 19962  United States, Australia, Kenya,Mexico, Norway, United Kingdom, Russia, Zimbabwe  WHO Brief Intervention  Multiple | Interventions  G1: Brief intervention (varied by site), with some sites offering additional “extended counseling”  G2: Simple advice  G3: Health interview (outcomes assessment) | Interventionist  G1: Clinic staff  G2: Clinic staff  G3: NA  Delivery Method  G1: In-person  G2: In-person  G3: NA  Tailored to Patient  G1: No  G2: No  G3: NA | Number of contacts  G1: 1  G2: 1  G3: NA  Length of each contact  G1: 15 minutes  G2: 5 minutes  G3: NA  Duration of Intervention  G1: Single session  G2: Single session  G3: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Bischof et al., 20083  Grothues et al., 20084  Reinhardt et al., 20085  Germany  Stepped Intervention for Problem Drinkers  Government | Interventions  G1: Full Care: immediate computerized postassessment feedback and brief counseling by psychologist  G2: Stepped Care: immediate computerized postassessment feedback and maximum of 3 counseling sessions with psychologist. Sessions were discontinued if patients indicated consumption below study criteria and high self-efficacy to maintain desired behavior.  G3: General health booklet | Interventionist  G1: Researcher  G2: Researcher  G3: NA  Delivery Method  G1: Telephone  G2: Telephone  G3:NA  Tailored to Patient  G1: Yes  G2: Yes  G3: NA | Number of contacts  G1: 4  G2: 4  G3: NA  Length of each contact  G1: 30 minutes  Mean (SD) total counseling minutes received: 80.3 (40.3)  G2: 30 minutes  Mean (SD) total counseling minutes received:  G2: 40.0 (41.2);  Difference in total counseling minutes significant at p<0.001  G3: NA  Duration of Intervention  G1: 6 months  G2: Up to 6 months  G3: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Chang et al., 19996  United States  None  Government | Interventions  G1: Assessment and BI: 1) review of general health and course of pregnancy; 2) review of lifestyle changes made since pregnancy; 3) articulation of drinking goals while pregnant; 4) identification of circumstances in which she might be tempted to drink; 5) identify alternatives to drinking in such situations; 6) summary of session, emphasizing drinking goal, motivation, risk situations, and alternatives; 7) take-home manual with tailored notes; communication about U.S. Surgeon General recommendation  G2: Assessment only (DSM-III-R SCID interview, Addiction Severity Index, AUDIT, SMAST, TLFB, Alcohol Craving Scale, Global Assessment of Functioning, Situational Confidence Queestionnaire) | Interventionist  G1: Mixed: The intervention was delivered by the first author who is a researcher and also a PCP at the lone study site. In addition, the assessment was completed by a research assistant.  G2: Researcher  Delivery Method  G1: In-person  G2: In-person  Tailored to Patient  G1: Yes  G2: No | Number of contacts  G1: 1  G2: 1  Length of each contact  G1: 2-hour assessment + 45-minute intervention  G2: 2-hour assessment  Duration of Intervention  G1: Single session  G2: Single session |
| Curry et al., 20037  United States  None  Government | Interventions  G1: Brief motivational message from PCP during regularly scheduled visit; self-help manual; written personalized feedback; up to 3 outreach phone counseling calls  G2: Usual care | Interventionist  G1: Mixed: All intervention components except phone counseling were delivered by PCP; phone calls made by research staff  G2: NA  Delivery Method  G1: In-person, telephone  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: Up to 4  G2: NA  Length of each contact  G1: 1-5 minutes during office visit; mean phone call duration was 14 minutes  G2: NA  Duration of Intervention  G1: Single PCP session; 6 weeks phone counseling  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Fleming et al., 19978  Fleming et al., 20009  Fleming et al., 200210  Grossberg et al., 200011  Manwell et al., 200412  United States  Project TrEAT  Government | Interventions  G1: BI: Two 15-minute visits 1 month apart delivered by physician and a followup phone call from the clinic nurse 2 weeks after each physician visit; workbook containing feedback regarding current health behaviors, review of prevalence of problem drinking, list of adverse effects of alcohol, worksheet on drinking cues, drinking agreement/prescription, drinking diary cards, followup phone call from clinic nurse  G2: General health booklet | Interventionist  G1: PCP, nurse  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 4: 2 intervention and 2 followup  G2: NA  Length of each contact  G1: 15 minutes  G2: NA  Duration of Intervention  G1: 1 month  G2: NA |
| Fleming et al., 199913  Mundt et al., 200514  United States  Guiding Older Adult Lifestyles  Multiple | Interventions  G1: General health booklet plus drinking behavior feedback (workbook), review of problem-drinking prevalence, reasons for drinking, adverse effects of alcohol, drinking cues, a "prescribed" drinking agreement, drinking diary cards  G2: General health booklet | Interventionist  G1: PCP, nurse  G2: NA  Delivery Method  G1: In-person, telephone  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 4  G2: NA  Length of each contact  G1: 10-15 minutes (PCP contacts), NR for nurse calls  G2: NA  Duration of Intervention  G1: 1 month  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Fleming, et al., 200815  Wilton, et al., 200916  United States  Healthy Moms  Government | Interventions  G1: BI and reinforcement session, each with phone followup; BI was a workbook containing scripted messages with feedback regarding current health behaviors, prevalence of problem drinking, list of adverse effects of alcohol focused on women and pregnancy, worksheet on drinking cues, drinking agreement in the form of a prescription, drinking diary cards  G2: General health booklet + usual care | Interventionist  G1: 90% of interventions were conducted by the clinic nurses; the other 10% were delivered by the obstetrician.  G2: NA  Delivery Method  G1: In-person, telephone  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 4  G2: NA  Length of each contact  G1: 15 minutes  G2: NA  Duration of Intervention  G1: 8 weeks  G2: NA |
| Fleming et al., 201017  United States, Canada  College Health Intervention  Multiple | Interventions  G1: BI from a manual containing 24 intervention strategies, including feedback regarding current behaviors, review of prevalence of high-risk drinking among college students, list of alcohol's adverse consequences relevant to college students, lists of personal likes and dislikes of drinking, worksheets on drinking cues, BAC level calculator, life goals and alcohol effects, prescription agreement, drinking diary cards  G2: General health booklet + usual care | Interventionist  G1: PCP  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 4: 2 intervention and 2 followup  G2: NA  Length of each contact  G1: 15 minutes  G2: NA  Duration of Intervention  G1: Intervention: 1 month  Intervention + followups: 2 months  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Kypri et al., 200418  New Zealand  None  Government | Interventions  G1: Electronic BI - web-based assessment and personalized feedback on drinking  G2: Computer-based assessment + usual care (pamphlet) | Interventionist  G1: Self-administered  G2: Self-administered;  ComputerDelivery Method  G1: Computer  G2: Computer  Tailored to Patient  G1: Yes  G2: No | Number of contacts  G1: 1  G2: 1  Length of each contact  G1: 10-15 min (mean duration 11.2 min)  G2: Mean duration 3.4 minutes  Duration of Intervention  G1: Single session  G2: Single session |
| Kypri et al., 200719  Kypri et al., 200820  New Zealand  None  Government | Interventions  G1: Single electronic BI session consisting of web-based assessment and personalized feedback on drinking  G2: Multiple electronic BI sessions consisting of web-based assessment and personalized feedback on drinking  G3: Usual care (pamphlet)  G4: Usual care (pamphlet) + 4 week followup assessment | Interventionist  G1: Self-administered  G2: Self-administered  G3: NA  G4: NA  Delivery Method  G1: Computer  G2: Computer  G3: NA  G4: NA  Tailored to Patient  G1: Yes  G2: Yes  G3: NA  G4: NA | Number of contacts  G1: 1  G2: 3  G3: NA  G4: NA  Length of each contact  G1: 10-15 minutes  G2: 10-15 minutes  G3: NA  G4: NA  Duration of Intervention  G1: Single session  G2: 6 months  G3: NA  G4: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Lin et al., 201021  Moore et al., 201022  United States  Healthy Living As You Age  Multiple | Interventions  G1: Personalized risk report and diary for tracking alcohol use; PCP gave oral and written advice in prescription style via an alcohol education booklet; followed by additional feedback and counseling with motivational interviewing from health educator at weeks 2, 4, and 8  G2: General health booklet | Interventionist  G1: Mixed:Intervention was delivered by both PCP (face-to-face intervention session) and health educator (phone followup and reinforcement)  G2: NA  Delivery Method  G1: In-person, telephone  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 4: 1 main in-person session; 3 additional phone sessions  G2: NA  Length of each contact  G1: 15-20 minutes  G2: NA  Duration of Intervention  G1: 8 weeks  G2: NA |
| Lock et al., 200623  United Kingdom  None  Government | Interventions  G1: Brief advice ("drink-less" protocol) on standard drink units, recommended consumption levels, benefits of cutting down, tips on reducing consumption, advice on goal-setting, action plan, and self-help booklet/diary  G2: Usual care (nurses' usual advice on cutting down drinking and a leaflet with daily benchmark alcohol guides and basic advice) | Interventionist  G1: Nurse  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: No  G2: NA | Number of contacts  G1: 1  G2: NA  Length of each contact  G1: 5-10 minutes  G2: NA  Duration of Intervention  G1: Single session  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Maisto et al., 200124  Maisto et al., 200125  Gordon et al., 200326  United States  Early Lifestyle Modification Study  Government | Interventions  G1: Brief advice: emphasized feedback from baseline results and implications for drinking, coupled with advice regarding a goal to reduce or stop alcohol consumption. Minimal elaboration.  G2: Motivational enhancement: longer, main initial session, 2 shorter booster sessions, use of empathy and other techniques to enhance motivation; focus on delivery of feedback of assessment data and setting alcohol use goals  G3: Usual care: participant's MD was given selected feedback from screening and assessment | Interventionist  G1: Researcher  G2: Researcher  G3: NA  Delivery Method  G1: In-person  G2: In-person  G3: NA  Tailored to Patient  G1: Yes  G2: Yes  G3: NA | Number of contacts  G1: 1  G2: 3  G3: NA  Length of each contact  G1: 10-15 minutes  G2: 15-45 minutes  G3: NA  Duration of Intervention  G1: Single session  G2: 6 weeks  G3: NA |
| Noknoy et al., 201027  Thailand  None  Foundation or nonprofit | Interventions  G1: Motivational enhancement protocol (brief counseling sessions using patient-centered interviewing style and considering stages of change)  G2: Assessment only | Interventionist  G1: Nurse  G2: Clinic staff  Delivery Method  G1: In-person  G2: In-person  Tailored to Patient  G1: Yes  G2: No | Number of contacts  G1: 3  G2: NA  Length of each contact  G1: 15 minutes  G2: NA  Duration of Intervention  G1: 6 weeks  G2: NA |
| Ockene et al., 199928  Ockene et al., 200929  Reiff-Hekking et al., 200530  United States  Project Health  Government | Interventions  G1: Health booklet; patients' alcohol consumption info, intervention algorithm, and patient education materials to patient's chart at regular office visit; PCP-delivered counseling involved talking about number of drinks per week, binge drinking, or both.  G2: General health booklet + usual care | Interventionist  G1: PCP  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 2  G2: NA  Length of each contact  G1: 5-10 minutes  G2: NA  Duration of Intervention  G1: NR  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Richmond et al., 199531  Australia  None  Government | Interventions  G1: "Alcoholscreen" program:  5 short consultations (introduction, patient education, 3 followups) designed to reduce drinking to recommended limits.  Consisted of self-help manual, daily alcohol diary, 15-20 minute personalized patient education and counseling  G2: Minimal intervention:  brief advice and self-help manual  G3: Assessment only; no intervention  Assessment by researcher, in-person, single-session  G4: Screening only; no assessment, no intervention  Screening was self-administered in PCP office | Interventionist  G1: PCP  G2: PCP  G3: NA  G4: NA  Delivery Method  G1: In-person  G2: In-person  G3:NA  G4:NA  Tailored to Patient  G1: Yes  G2: Unclear/not reported  G3: NA  G4: NA | Number of contacts  G1: 5  G2: 1  G3: NA  G4: NA  Length of each contact  G1: Intervention: 15-20 minutes  Followups: 5-25 minutes  G2: 5 minutes (estimated)  G3: NA  G4: NA  Duration of Intervention  G1: 5 months  G2: Single session  G3: NA  G4:NA |
| Rubio et al., 201032  Spain  None  Foundation or nonprofit | Interventions  G1: Brief advice using intervention workbook (review of alcohol-related health effects, pie chart displaying frequency of types of at-risk drinkers, list of methods for cutting down, treatment contract, cognitive behavioral exercises) + phone reinforcement by nurse + general health booklet  G2: General health booklet + usual care | Interventionist  G1: PCP  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: No  G2: NA | Number of contacts  G1: 2  G2: NA  Length of each contact  G1: 10-15 minutes  G2: NA  Duration of Intervention  G1: Intervention: 4 weeks  Intervention + followup: 8 weeks  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Saitz et al., 200333  United States  Screening and Intervention in Primary Care  Multiple | Interventions  G1: Report attached to patient's chart, including: patient’s alcohol screening results, a preliminary assessment, and specific recommendations[[1]](#footnote-1) (see comment).  G2: Usual care: providers received no information | Interventionist  G1: PCP  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 1  G2: NA  Length of each contact  G1: NR  G2: NA  Duration of Intervention  G1: Single session  G2: NA |
| Schaus et al., 200934  United States  None  Government | Interventions  G1: Brief motivational intervention sessions that combined patient-centered motivational interviewing and cognitive-behavioral skills training + booklet on alcohol prevention  G2: Alcohol problem prevention booklet + usual care | Interventionist  G1: PCP (One of four people: 2 MDs, 1 PA, 1 NP)  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 2  G2: NA  Length of each contact  G1: 20 minutes  G2: NA  Duration of Intervention  G1: 2 weeks  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Scott & Anderson, 199035  United Kingdom  None  Foundation or nonprofit | Interventions  G1: Brief advice, feedback about blood work & consumption. Also included norms and a self-help booklet  G2: Usual care | Interventionist  G1: PCP  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 1  G2: NA  Length of each contact  G1: 10 minutes  G2: NA  Duration of Intervention  G1: Single session  G2: NA |
| Senft et al., 199736  Freeborn et al., 200037  United States  None  Government | Interventions  G1: Two-part motivational session: 30-second message from PCP and 15-minute session with health counselor immediately following PCP visit. Counseling session included: gathering additional info about QF and giving feedback compared with national norms; explaining effects of alcohol use and teaching ways to estimate blood alcohol level; recommending limits and/or abstinence; suggestiong options for reducing drinking; creating low-risk drinking plan; building self-confidence to succeed  G2: Usual care | Interventionist  G1: Mixed: 30-second message could have been delivered by MD, NP or PA; 15-minute counseling was delivered by research staff  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 1  G2: NA  Length of each contact  G1: 15 minutes  G2: NA  Duration of Intervention  G1: Single session  G2: NA |

Evidence Table 3. Intervention and control components from randomized controlled trials (continued)

| Author, Year  Country  Trial Name  Funding Source | Intervention | Interventionist  Delivery Method  Tailored to Patient | Contacts |
| --- | --- | --- | --- |
| Wallace et al., 199838  United Kingdom  None  Multiple | Interventions  G1: Brief advice + information booklet ("That's the Limit") + sex-based recommendation for limiting drinking (U/wk) + drinking diary +f/up sessions  G2: Usual care:  no advice from GP unless the patient requested or the patient's lab results indicated substantial liver function impairment | Interventionist  G1: PCP  G2: NA  Delivery Method  G1: In-person  G2: NA  Tailored to Patient  G1: Yes  G2: NA | Number of contacts  G1: 1 to 5: all received an invitation to a 1-month f/up; other f/up was offered at 4, 7, and 10 months at the discretion of the GP  G2: NA  Length of each contact  G1: 10-15 minutes  G2: NA  Duration of Intervention  G1: NR  G2: NA |

Abbreviations: AUDIT = Alcohol Use Disorders Identification Test; BAC = blood alcohol content; BI = brief intervention; CAGE = Cut down, Annoyed, Guilty, Eye opener questionnaire; DSM-III-R = *Diagnostic and Statistical Manual of Mental Disorders* (3rd Edition, Revised); f/up = followup; G = group; g = grams; GGT = gamma glutamyl transferase; GHQ = General Health Questionnaire; GP = general practitioner; MD = medical doctor; min = minutes; NA = not applicable; NP = Nurse Practitioner; NR = not reported; NS = not significant; PA = Physician Assistant; PCP = primary care provider; SCID = Structured Clinical Interview for DSM; SD = standard deviation; SE = standard error; SMAST = short Michigan Alcoholism Screening Test; TLFB = Timeline Followback; TrEAT = Trial for Early Alcohol Treatment; WHO = World Health Organization

1. PCP also given the predictive value of CAGE based on the prevalence of alcohol abuse or dependence in the practice, definitions of hazardous drinking, an approach for patients who are not ready to change, a list of abuse or dependence symptoms, and referral information. To increase counseling rates, Post-it note attached to the encounter form asking physicians to indicate whether alcohol was discussed and, if not, why.

   Specific recommendations were given, depending on patient's level of drinking:

   "Drinking hazardous amounts but no affirmative CAGE responses": 1) consider advising safe drinking limits, 2) consider providing patients w/ pamphlet on how to cut down on drinking

   "No hazardous drinking but affirmative CAGE response": 1) consider advising abstinence, 2) provide pamphlet, 3) refer to addiction treatment

   "Hazardous drinking plus affirmative CAGE response": 1) consider advising abstinence, 2) refer to addiction treatment [↑](#footnote-ref-1)