Evidence Table 4. Outcomes by study

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Anderson & Scott, 19921United KingdomNoneFoundation or nonprofit | Change in drinks per week, mean (SD)G1: -11.5G2: -6.7p<0.06Change in drinks per drinking day, mean (SD)NRNot bingeing, %G1: 77.5G2: 60.8p<0.05Achieving moderate/safe drinking, %G1: 18G2: 5p<0.05Abstinent, %NR | Receipt of and followup with referralsNROther outcomes with abnormal dependence score (change from baseline), %G1: 23.8 (-17.5)G2: 36.5 (-5.4)Subgroup analyses All results are for men | Morbidity with abnormal accident score (change from baseline), % G1: 2.5 (+1.2)G2: 8.1 (+0)p=NSMortality NRHealth care utilization Mean (SE) consultations/yearG1: 3.3 (0.6)G2: 4.0 (0.6)p=NSChange in mean consultations/yearG1: +0.3G2: +1.3Mean (SE) episodes/yearG1: 1.8 (0.3)G2: 2.2 (0.3)Change in mean episodes/yearG1: -0.3G2: -0.4Quality of lifeChange in mean life quality score:G1: 0G2:0p=NS | Harms Change in mean anxiety score (though anxiety was not designated as a harm measure a priori )G1: +2.2G2: -2.4No significant changes in reported frequencies of taking exercise, dieting to lose weight, or cigarette consumption over the duration of the trial or between treatment and control groups. | Change in mean Short GHQ score:G1: -0.1G2: +0.1Change in mean affect balance score:G1: +0.4G2: -0.1% (change from baseline) with abnormal health scoreG1: 41.9 (-3.1)G2: 36.5 (-0.5)p=NS |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Anderson & Scott, 19921(continued) |  |  | Change in mean life satisfaction score:G1: +1.8G2: -2.2p=NS% (change from baseline) with abnormal social score:G1: 15.0 (-10)G2: 18.9 (-12.2)Change in mean GGT G1: +6.6 G2: -1.8 Change in mean MCVG1: +0.2 G2: -0.3 Change in mean BACG1: -2.2G2: -2.1 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Babor, 19962United States, Australia, Kenya,Mexico, Norway, United Kingdom, Russia, ZimbabweWHO Brief InterventionMultiple | Change in drinks per week, mean (SD)NRChange in drinks per drinking day, mean (SD)NRNot bingeing, %NRAchieving moderate/safe drinking, %Men @ 9 monthsG1: 43G2: 43G3: 35Women @ 9 monthsG1: 39G2: 43G3: 35Abstinent, %Men @ 9 monthsG1: 8G2: 5G3: 2Women @ 9 monthsG1: 12G2: 7G3: 4 | Receipt of and followup with referralsNROther outcomes Decreasing average daily drinking, %Men @ 9 monthsG1: 40.3G2: 40.8G3: 29.0Women @ 9 monthsG1: 45.1G2: 43.2Without hazardous daily consumption, %Men @ 9 monthsG1: 53G2: 51G3: 42p=0.01Women @ 9 monthsG1: 43G2: 46G3: 40p=NSSubgroup analyses NA | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Bischof et al., 20083Grothues et al., 20084Reinhardt et al., 20085GermanyStepped Intervention for Problem DrinkersGovernment | Change in drinks per week, mean (SD)G1: -6.64G2: -6.23G3: -3.22p=NSChange in drinks per drinking day, mean (SD)G1: -0.95G2:-0.89G1 vs. G2 p=0.217G1/G2: -0.92G3: -0.46G1/G2 vs. G3 p=0.048Women:G1/G2 vs. G3: -35.5% (p=0.039)Men:G1/G2 vs. G3: -9.6% (p=0.564)Not bingeing, %Among abusers/at-risk:G1: 77.6G2: 78.0G1 vs. G2 p=1.00G1/G2: 75.0G3: 58.7%G1/G2 vs. G3 p=0.039Achieving moderate/safe drinking, %G2 only Male: 25.0 Female: 26.7 p=.898 | Receipt of and followup with referralsNROther outcomes, %Help-seeking at followup:Among dependents:G1: 20.0G2: 18.4G1 vs. G2 p=1.00G1/G2: 19.3G1/G2 vs. G3G3: 11.1p=0.694Among abusers/at-risk:G1: 4.1G2: 3.4G1 vs. G2 p=1.00G1/G2: 3.7G3: 1.6G1/G2 vs. G3 p=0.653Responding to stepped care - G2 ONLY (achievement of safe drinking), %:@ 2nd visitWomen: 40Men: 24.4p=0.089 | Morbidity NRMortality Causes not specifiedG1: 0 G2: 1G3: 2Health care utilization NRQuality of lifeNR | Harms NR | Drinks per week calculated by dividing g by 13.7 to get drinks/day and then mulitplying by 7 for drinks/week |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Bischof et al., 20083Grothues et al., 20084Reinhardt et al., 20085(continued) | Abstinent, %NR | Subgroup analyses BY SEVERITY OF ALCOHOL MISUSENot bingeing, %Among dependents at baseline:G1: 61.2G2: 51.4G1 vs. G2 p=0.387G1/G2: 45.5G3: 50.0G1/G2 vs. G3 p=0.694Among bingers at baseline:G1: 80.6G2: 72.5G1 vs. G2 p=0.577G1/G2: 67.1G3: 72.5G1/G2 vs. G3 p=0.672Change in drinks per dayAmong dependents:G1: -1.4G2: -0.96G1 vs. G2 p=0.793G1/G2: -1.2G3: -1.3 (57.5)G1/G2 vs. G3 p=0.617Among abusers/at-risk:G1: -1.3G2: -1.4G1 vs. G2 p=0.283G1/G2: -1.3G3: -0.27G1/G2 vs. G3 p=0.002 |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Bischof et al., 20083Grothues et al., 20084Reinhardt et al., 20085(continued) |  | Among bingers:G1: +0.27G2: -0.15G1 vs. G2 p=0.009G1/G2: +0.03G3: +0.02G1/G2 vs. G3 p=0.283BY COMORBID MENTAL HEALTH CONDITIONChange in mean drinks per day:With depression and/or anxietyG1: -2.1 G2: -1.1G3: -1.6G1/G2 vs. G3 p=0.92No mental health comorbidityG1: -0.61G2: -0.65G3: -0.19G1/G2 vs. G3 p=0.03Comorbidity coefficient (95% CI)= +0.594 (0.175 to 1.013); p<0.01With depression onlyG1: -2.6G2: -0.95G3: +0.03G1/G2 vs. G3 p=0.75 |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Bischof et al., 20083Grothues et al., 20084Reinhardt et al., 20085(continued) |  | With no depressionG1: -0.67G2: -0.67G3: -0.22G1/G2 vs. G3 p=0.03With anxiety onlyG1: +0.0036G2: -2.5G3: -2.3G1/G2 vs. G3 p=0.72With no anxietyG1: -0.74G2: -0.67G3: -0.22G1/G2 vs. G3 p=0.03 |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Chang et al., 19996United StatesNoneGovernment | Change in drinks per week, mean (SD)NRChange in drinks per drinking day, mean (SD)Excluding patients who maintained abstinence through end of studyFrom baseline to delivery:G1: -0.3G2: -0.4p=NSDuring antepartum period:Values NRp=NSNot bingeing, %NRAchieving moderate/safe drinking, %NRAbstinent, %For the overall sample, data were not reported. For the subgroup of subjects who were abstinent prior to assessment, those who received the intervention maintained higher rates of abstinence than those in the control group (86% vs. 72%, p=0.04). | Receipt of and followup with referralsNROther outcomes # of drinking episodes in antepartum period:G1: 0.7G2: 1.0p=0.12RR of antepartum alcohol consumption:Overall: 0.80; p=0.33Women abstinent before assessment: 0.60; p=0.20Women nonabstinent before assessment: 1.02; p=0.95Subgroup analyses NR | Morbidity NRMortality NRHealth care utilization NRQuality of lifeBirthweight of infants, g:G1: 3360G2: 3406p=NS | Harms NR | Mean # weeks of antepartum drinking was 22.4 (5.6) weeks; gestational age required to be <28 weeks @ study entry; mean gestation @ baseline was 16 (4.6) weeks |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Curry et al., 20037United StatesNoneGovernment | Change in drinks per week, mean (SD)G1: -4.33G2: -2.06p=NRChange in drinks per drinking day, mean (SD)NRNot bingeing, %G1: 86G2: 81p=0.35Achieving moderate/safe drinking, %G1: 57 G2: 43p=0.048Abstinent, %NR | Receipt of and followup with referralsNROther outcomesChronic drinking (change from baseline), %G1: 28 (-17)G2: 28 (-12)p=NRDrinking & driving (change from baseline), %G1: 20 (-31)G2: 35 (-25)p=NRSubgroup analyses NR | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412United StatesProject TrEATGovernment | Change in drinks per week, mean (SD)Overall@ 6 monthsG1: -7.57G2: -3.96Overall @ 12 months G1: -7.66G2: -3.48Overall treatment difference over 48 months: p=0.0018Men@ 6 monthsG1: -7.83G2: -4.83@ 12 monthsG1: -8.05G2: -5.09Overall treatment difference @ 12 months: p<0.01 Women@ 6 monthsG1: -7.14G2: -4.15@ 12 monthsG1: -7.02G2: -2.49Overall treatment difference @ 12 months: p<0.05Change in drinks per drinking day, mean (SD)NR | Receipt of and followup with referralsNROther outcomes # binge episodes in previous 30 daysOverall @ 6 monthsG1: 2.88 (4.86)G2: 3.93 (4.80)p<0.005 @ 12 monthsG1: 3.07 (5.23)G2: 4.21 (5.52)p<0.005Overall treatment effect @ 48 months p=0.0002Men @ 6 monthsG1: 3.33 (5.35)G2: 4.37 (5.29)p<0.025@ 12 monthsG1: 3.43 (5.52)G2: 4.48 (5.66)p<0.05Women @ 6 monthsG1: 2.14 (3.94)G2: 3.22 (3.80)p<0.02  | Morbidity Full sample @ 48 months/young adults (18-30) @ 48 monthsMotor vehicle crash with fatalities G1: 0/0 G2: 2/1p=NSMotor vehicle crash with nonfatal injuriesG1: 20/9G2: 31/20P = NS/p<0.05Motor vehicle crash with property damage onlyG1: 67/19G2: 72/28p=NSOperating while intoxicatedG1: 25/8G2: 25/10p=NSOther moving violationsG1: 169/78G2: 177/81p=NSTotal motor vehicle eventsG1: 281/114G2: 307/149p=NS/p<0.05 | Harms Total patient cost per patient (travel, lost work): $38.97No significant change in the mean number of cigarettes smoked after 12 months for men or women in either group. (Values NR) | No significant changes in general health rating or depressive symptoms after 12 months in either group. |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) | Not bingeing, %Overall@ 6 monthsG1: 39.5 G2: 27.2p<0.01 @ 12 monthsG1: 42.6G2: 28.5p<0.01@ 24 months:G1: 37.5G2: 25.6p<0.01 @ 36 months:G1: 38.5G2: 29.3p<0.01@ 48 months:G1: 36.2%G2: 29.6%p<0.10Overall treatment difference p=0.0004Men @ 6 monthsG1: 34.8G2: 25.6p<0.05 @ 12 monthsG1: 40.6G2: 25.2p<0.01 | @ 12 monthsG1: 2.50 (4.70)G2: 3.79 (5.27)p<0.02Subgroup analyses Change in mean (SD) drinks/weekWomen 18-40 only@ 6 monthsG1: -6.58 G2: -4.30 p=0.53 @ 12 monthsG1: -6.72G2: -3.06p=0.09@ 24 monthsG1: -7.05G2: -3.88p=0.01@ 36 monthsG1: -6.94G2: --5.50p=0.08@ 48 monthsG1: -6.60G2: -4.93p=0.27 | Mortality Overall: 10G1: 3 (1 suicide, 2 myocardial infarction)G2: 7 (2 motor vehicle accidents; 5 coronary artery disease or respiratory failure)Health care utilization # ED visits in last 6 monthsFull sample @ 6monthsG1: 47G2: 70p>0.10@ 12 monthsG1: 60G2: 62 p>0.10 @ 48 monthsG1: 302G2: 376p>0.10Men @ 6 months G1: 29 G2: 46 p>0.10@ 12 months G1: 33G2: 39p>0.10 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) | @ 24 months:G1: 38.1G2: 27.3p<0.05 @ 36 months:G1: 38.5G2: 31.5p=NS@ 48 months:G1: 36.9G2: 27.3p<0.05Overall treatment difference p=0.002Women @ 6 monthsG1: 46.6G2: 29.9p<0.01 @ 12 monthsG1: 45.3%G2: 32.6%p< <0.05@ 24 months:G1: 38.5G2: 23.6p<0.01 @ 36 months:G1: 43.2G2: 25.0p<0.01 | Repeated measures for overall treatment effect: p=0.0039Pregnant womenG1: -10.1G2: -3.4p<0.05Young adults 18-30@ 6 monthsG1: -6.8G2: -4.0@ 12 monthsG1: -7.4G2: -3.3@ 24 monthsG1: -7.3G2: -3.8@ 36 monthsG1: -6.8 G2: -4.4 @ 48 monthsG1: -7.6G2: -6.7Overall treatment difference: p<0.002  | Women @ 6 months G1: 18 G2: 24 p>0.10 @ 12 months G1: 27G2: 23p>0.10Women 18-40 @ 6 months G1: 14 G2: 20 p=0.39 @ 12 months G1: 23G2: 21p=0. 84@ 24 months G1: 23G2: 27p=0.82@ 36 months G1: 35G2: 32 p=0.70  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) | @ 48 months:G1: 38.5G2: 32.6p=NSOverall treatment difference p=0.0023Achieving moderate/safe drinking, %Overall @ 6 monthsG1: 78.1G2: 67.5p<0.01@ 12 monthsG1: 79.9G2: 66.5p<0.01@ 24months:G1: 74.7G2: 67.0p<0.01@ 36 months:G1: 76.8G2: 65.4p<0.01@ 48 months:G1: 77.6G2: 73.6p=NSOverall treatment difference p=0.0005 | Not bingeing in previous 30 days, %Women 18-40 @ 6 monthsG1: 40.8G2: 24.5p=0.01@ 12 monthsG1: 39.8G2: 26.5p=0.03@ 24 monthsG1: 31.1G2: 18.6p=0.03 @ 36 monthsG1: 35.9G2: 24.5p=0.06@ 48 monthsG1: 32.0G2: 30.4p=0.71Young adults 18-30@ 6 monthsG1: 94G2: 16@ 12 monthsG1: 94G2: 12@ 24 monthsG1: 24G2: 15 | @ 48 months G1: 11G2: 20p=0.14Young adults 18-30 @ 48 monthsED visits G1: 103G2: 177p<0.01# days hospitalized in last 6 monthsFull sample @ 6 monthsG1: 35 G2: 180 p<0.001 @ 12 monthsG1: 91 G2: 146 p<0.001 @ 48 monthsG1: 420G2: 664p<0.05Men @ 6 monthsG1: 29 G2: 159 p<0.001 @ 12 monthsG1: 65G2: 118p<0.001 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) | Men @ 6 monthsG1: 76.6G2: 70.2p=NS @ 12 monthsG1: 79.9%G2: 68.1%p<0.01@ 24 months:G1: 74.6G2: 67.6p=NS @ 36 months:G1: 75.0G2: 66.4p<0.05@ 48 months:G1: 75.8G2: 76.0p=NSOverall treatment difference p=0.046Women @ 6 monthsG1: 80.4G2: 63.2p<0.01@ 12 monthsG1: 79.7G2: 63.9p<0.01 | @ 36 monthsG1: 30G2: 24@ 48 monthsG1: 34G2: 19Overall p<0.01Drinking excessively in past 30 days, %Women 18-40 @ 6 monthsG1: 80.6 G2: 68.6 p=0.09@ 12 monthsG1: 80.6G2: 69.6p=0.11@ 24 monthsG1: 82.5G2: 67.6p=0.02 @ 36 monthsG1: 85.4 G2: 67.6p=0.004@ 48 monthsG1: 85.4G2: 73.5p=0.05 | Women @ 6 months G1: 6 G2: 21p<0.001@ 12 months G1: 26G2: 16p<0.001Women 18-40 @ 6 monthsG1: 6 G2: 16p=0.26@ 12 monthsG1: 22 G2: 16p=0.65@ 24 monthsG1: 30 G2: 34 p=0.52 @ 36 monthsG1: 39 G2: 28 p=0.84@ 48 monthsG1: 26G2: 53 p=0.27 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) | @ 24 months:G1: 75.0G2: 66.0p<0.10 Women @ 36 months:G1: 79.7G2: 63.9p<0.01@ 48 months:G1: 80.4G2: 69.4p<0.05Overall treatment difference p=0.0021Abstinent, %NR | Pregnant women @ 48 monthsG1: 1.5G2: 4.2p<0.05# binge episodes in past 30 daysWomen 18-40 @ 6 monthsG1: 2.23 (3.02)G2: 3.54 (3.75)p=0.13 @ 12 monthsG1: 2.27 (2.86)G2: 3.69 (4.65)p=0.11@ 24 monthsG1: 3.04 (4.23) G2: 5.10 (5.75) p=0.03 @ 36 monthsG1: 2.98 (4.46) G2: 4.18 (4.50) p=0.28 @ 48 monthsG1: 2.95 (3.78)G2: 4.51 (5.68)p=0.14 | Young adults 18-30 @ 48 monthsG1: 131G2: 150p=NSQuality of lifeLEGAL EVENTSFull sample @ 48 months/ages 18-30 @ 48 monthsAssault, battery, child abuseG1:8/6G2:11/6p=NSResist or obstruct office, disorderly conductG1: 8/6G2: 6/3p=NSControlled substance, liquor violation G1: 2/0G2: 11/8p<0.05/p<0.01Criminal or property damageG1: 2/1G2: 1/3p=NS |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) |  | Young adults 18-30@ 6 monthsG1: 82 G2: 70 @ 12 monthsG1: 83G2: 65@ 24 monthsG1: 86/86/85G2: 70/65/80Overall p<0.01 | Theft, robberyG1: 3/1G2: 3/3p=NSOther arrests G1: 5/2G2: 9/3p=NSTotal legal events G1: 28/16G2: 41/26COSTS PER PATIENTScreening: $3.43Assessment: $2.60Primary intervention visit: $26.19Intervention followup visit: $26.19Telephone followup: $2.51Provider training (one-time total cost): $8,839Total clinic cost per patient: $165.65Total patient cost per patient (travel, lost work): $38.97Overall cost per patient: $205Postbaseline ED visit costs ($):G1: 49,008G2: 60,456 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) |  |  | Difference (95% CI): 11,448 (-6,412 to 32,060)Postbaseline hospitalizations costs ($):G1: 115,920G2: 299,920Difference (95% CI): 184,000 (23,920 to 389,160)Total postbaseline health care costs ($):G1: 164,928G2: 360,376Difference (95% CI): (36 to 734; 428 to 375)Postbaseline health care cost per study patient ($):G1: 421G2: 943Difference (95% CI): 523 (94 to 1,093)All legal event costs ($)G1: 26,255G2: 45,188Difference (95% CI): 18,963 (-25,188 to 70,907)All motor vehicle event costs ($):G1: 446,153G2: 655,261 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) |  |  | Difference (95% CI): 209,108 (-128,468 to 751,202)All legal events and accidents costs ($)G1: 472,378G2: 700,449Difference (95% CI): 228,071 (-191,419 to 757,303)Legal event and accident cost per patient ($)G1: 1,206G2: 1,834Difference (95% CI): 629 (-488 to 1,932)Benefit of intervention: $423,519 (95% CI: $35,947 to $884,848)Reduced ED and hospitalization benefit: $195,448Lower crime and motor vehicle accidents benefit: $228,071Benefit per study patient: $1,151 (95% CI, $92 to $2,257)Net benefit per patient: $947Benefit-cost ratio: 5.6:1 (95% CI, 0.4 to 11.0) |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 19978Fleming et al., 20009Fleming et al., 200210Grossberg et al., 200011Manwell et al., 200412(continued) |  |  | Net benefit for managed care organization per patient: $523; benefit-cost ratio: 3.2:1 (95% CI, 0.6 to 6.6) |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 199913Mundt et al., 200514United StatesGuiding Older Adult LifestylesMultiple | Change in drinks per week, mean (SD)@ 6 monthsG1: -5.49G2: -0.49p<0.001 @ 12 monthsG1: -5.62G2: -0.31p<0.001 @ 24 monthsG1: -5.0G2: -2.0p<0.05Change in drinks per drinking day, mean (SD)NRNot bingeing, %In previous 30 days @ 6 months:G1: 67.95G2: 58.21p=NSIn previous 30 days @ 12 months:G1: 69.23G2: 50.75p<0.025 | Receipt of and followup with referralsNROther outcomes # binge drinking episodes in previous 30 days - mean (SD):@ 6 months:G1: 2.47 (6.96)G2: 4.79 (9.36)p<0.05 @ 12 months:G1: 1.83 (5.94)G2: 5.36 (9.25)p<0.005Change in # binge drinking episodes in previous 30 days (mean)@ 6 months:G1: -0.91G2: +0.64@ 12 months:G1: -1.55G2: +1.21Mean (SD) # heavy drinking episodes in previous 30 days@ 6 monthsG1: 1.82 (4.4) G2: 4.42 (8.8) p<0.05  | Morbidity No significant changes in accidents or injuries for either group.Mortality # @ 24 months (causes unspecified)G1: 1G2: 4p=NRHealth care utilization NRQuality of lifeAll costs are @ 24 monthsCost of intervention, $/patientG1: 236G2: 3Cost to clinic, $/patientG1: 197G2: 3Cost to patient, $/patientG1: 39G2: 0 | Harms No significant changes in tobacco use for either group.Patient costs = $39/patient for G1 and $3/patient for G2 |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 199913Mundt et al., 200514(continued) | Achieving moderate/safe drinking, %In previous 7 days @ 6 months:G1: 84.6G2: 68.7p<0.025 @ 12 months:G1: 84.6G2: 65.7p<0.005@ 24 months:G1: 83.1G2: 69.4p<0.10Abstinent, %NR | Mean (SD) # heavy drinking episodes in previous 30 days@ 12 monthsG1: 1.11 (2.4) G2: 5.46 (9.4) p<0.001 @ 24 monthsG1: 2.05 (5.1)G2: 3.94 (8.9)p=NSChange in # heavy drinking episodes in previous 30 days (mean)@ 6 months:G1: -1.52 G2: -0.19 @ 12 months:G1: -2.23 G2: +0.85 @ 24 months:G1: -1.29G2: -0.67Subgroup analyses All results are for older adults | Cost of hospitalizations, $/patient (95% CI)G1: 2,755 (1,664 to 3,846)G2: 3,433 (1,666 to 5,200)Cost of ED visits, $/patient (95% CI)G1: 94 (61 to 127)G2: 83 (50 to 116)Cost of Rx and OTC medications, $/patient (95% CI)G1: 225 (163 to 287)G2: 216 (165 to 267)Cost of clinic visits, $/patient (95% CI)G1: 157 (102 to 212)G2: 153 (95 to 211)Outpatient lab and x-ray procedures, $/patient (95% CI)G1: 29 (11 to 47)G2: 39 (12 to 66)Total health care utilization, $/patient (95% CI)G1: 3,260 (2,128 to 4,392)G2: 3,924 (2,100 to 5,748) |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 199913Mundt et al., 200514(continued) |  |  | Cost of motor vehicle accidents, $/patient (95% CI)G1: 1,613 (0 to 3,553)G2: 103 (0 to 242)Cost of life-years lost, $/patient (95% CI)G1: 368 (0 to 1089)G2: 2,261 (0 to 4,522)Total other social consequences, $/patient (95% CI)G1: 1,981 (0 to 4,039)G2: 2,364 (105 to 4,623)Total health care and social consequences, $/patient (95% CI)G1: 5,241 (2,995 to 7,487)G2: 6,289 (3,549 to 9,029) |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming, et al., 200815Wilton, et al., 200916United StatesHealthy MomsGovernment | Change in drinks per week, mean (SD)G1: -3.6G2: -1.3p=0.013Change in drinks per drinking day, mean (SD)NRNot bingeing, %NRAchieving moderate/safe drinking, %NRAbstinent, %NR | Receipt of and followup with referralsNROther outcomes Change in number of drinking days in past 28 daysG1: -3.4G2: -1.2 p=0.024Change in number of heavy drinking days, past 28 days (4 or more drinks)G1: -1.8G2: -0.5p=0.019Subgroup analyses All results for postpartum women. | Morbidity NRMortality NRHealth care utilization NRQuality of lifeMean change in EPDS scoreG1: -2.0 (p<0.001)G2: -0.41 (p=0.342)p=NRChange in percent depressed over time from baseline (>9 on EPDS)G1: -13.4% (p=0.04)G2: -3.7% (p=0.54)Total change is significant p<0.05Experimental group (coefficient, SE): -1.46 (0.612); p=0.018; 95% CI, -2.67 to -0.258 | Harms NR | Converted from consumption in last 28 days by dividing by 4. |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 201017United States, CanadaCollege Health InterventionMultiple | Change in drinks per week, mean (SD)At 6 monthsG1: -4.5 G2: -3.0At 12 monthsG1: -4.8G2: -3.6p=NR% change baseline to 12 monthsG1: -27.2%G2: -21.0%Overall treatment group effect coefficient (SE) over time: -4.7 (2.0); p=0.018Change in drinks per drinking day, mean (SD)NRNot bingeing, %Mean number of heavy drinking days @ 6 monthsG1: 5.3 (4.2) G2: 5.8 (4.1) @ 12 monthsG1: 5.3 (4.3)G2: 5.5 (3.7)Change baseline to 12 monthsG1: -26.3G2: -23.3 | Receipt of and followup with referralsNROther outcomes Mean number of drinking days in the past 28 days@ 6 monthsG1: 9.9 (5.8) G2: 10.4 (5.5) @ 12 monthsG1: 9.9 (5.8)G2: 10.3 (5.5)Change baseline to 12 months, %G1: -15.4G2: -12.6Mean change in drinking days baseline to 6 monthsG1: -1.8 G2: -1.4 p=NRMean change in drinking days baseline to 12 monthsG1: -1.8G2: -1.5p=NR | Morbidity NRMortality NRHealth care utilization people with at least one hospitalization or ED visit or UC visit or admission to a local detox unit in previous 6 months, %@ 6 monthsG1: 20.1G2: 19.9p=0.937@ 12 monthsG1: 18.5G2: 18.3p=0.934% Change baseline to 6 monthsG1: -9.1G2: -9.7p=NR% Change baseline to 12 monthsG1: -10.7G2: -11.3p=NRQuality of lifeNR | Harms NR | Converted from # drinks in past 28 days by dividing by 4 |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Fleming et al., 201017(continued) | Mean change in number of heavy drinking days Baseline to 6 monthsG1: -1.9 G2: -1.3 Baseline to 6/12 monthsG1: -1.9G2: -1.6Overall treatment group effect over time, p=0.148Achieving moderate/safe drinking, %NRAbstinent, %NR | Overall treatment group effect over time, p=0.53RAPI score@ 6 monthsG1: 9.7 (8.9) G2: 11.0 (9.4)@ 12 monthsG1: 7.8 (7.5)G2: 9.1 (8.8)Mean change baseline to 6 monthsG1: -5.5 G2: -4.9 Mean change baseline to 12 monthsG1: -7.4G2: -6.8Overall treatment group difference across time, p=0.033Subgroup analyses All results are for college students. |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Kypri et al., 200418New ZealandNoneGovernment | Change in drinks per week, mean (SD)NRChange in drinks per drinking day, mean (SD)NRNot bingeing, %Frequency of very episodic heavy drinkingRatio of geometric group means (95% CI): 0.85 (0.59 to 1.22)Achieving moderate/safe drinking, %NRAbstinent, %NR | Receipt of and followup with referralsNROther outcomes Lower frequency of drinking (# drinking days in previous 2 weeks):G1 vs G3: 0.84 (0.67 to 1.06); NSTypical occasion quantity:G1 vs G2: 1.02 (0.81 to 1.27); NSLess total consumption:G1 vs G2: 0.90 (0.70 to 1.18); NSSubgroup analyses All results are for college students | Morbidity NRMortality Deaths (cause not specified):G1: 0G2: 1Health care utilization NRQuality of lifeNumber of Problems on the Alcohol Problems Scale (personal, social, sexual, legal consequences of Heavy drinking) (rate ratio with 95% CI): G1 vs G2: 0.76 (CI, 0.60 to 0.97) p=0.03Score on the Academic Role Expectations and Alcohol Scale (rate ratio with 95% CI): G1 vs G2: 0.72 (CI, 0.51 to 1.02) NS | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Kypri et al., 200719Kypri et al., 200820New ZealandNoneGovernment | Change in drinks per week, mean (SD)NRChange in drinks per drinking day, mean (SD)NRNot bingeing, %# of episodes of episodic heavy drinking (>80g for women and >120g for men) in the past 2 weeks (rate ratio with 95% CI):@ 6 months:G1 vs G3: 0.78 (0.55 to 1.12), p=0.18G2 vs G3: 0.65 (0.45 to 0.93), p=0.02@ 12 months: G1 vs G3: 0.75 (0.53 to 1.07), p=0.12G2 vs G3: 0.71 (0.51 to 1.01), p=0.06Achieving moderate/safe drinking, %NRAbstinent, %NR | Receipt of and followup with referralsNROther outcomes # of drinking days in past 2 weeks (rate ratio with 95% CI):@ 6 months:G1 vs G3: RR: 0.79 (0.68 to 0.94), p=0.008G2 vs G3: RR: 0.85 (0.73 to 1.00), p=0.05@ 12 months:G1 vs G3: 0.86 (0.74 to 1.01), p=0.07G2 vs G3: 0.92 (0.79 to 1.07), p=0.28# of drinks per typical drinking occasion in the past 4 weeks (rate ratio with 95% CI):@ 6 months:G1 vs G3: 0.93 (0.80 to 1.08), p=0.33G2 vs G3: 0.85 (0.73 to 0.98), p=0.02@ 12 months: G1 vs G3: 0.95 (0.82 to 1.09), p=0.47G2 vs G3: 0.87 (0.75 to 1.01), p=0.06 | Morbidity NRMortality NRHealth care utilization NRQuality of lifeScore on the Academic Role Expectations and Alcohol Scale (rate ratio with 95% CI): @ 6 months:G1 vs G3: RR: 0.76 (0.64 to 0.91), p=0.003G2 vs G3: RR 0.78 (0.65 to 0.93), p=0.005@ 12 months: G1 vs G3: RR: 0.80 (0.66 to 0.97), p=0.02G2 vs G3: RR: 0.75 (0.62 to 0.90), p=0.002Number of Problems on the Alcohol Problems Scale (personal, social, sexual, legal consequences of Heavy drinking) (rate ratio with 95% CI): @ 6 months:G1 vs G3: 0.86 (0.70 to 1.06), p=0.17G2 vs G3: 0.87 (0.71 to 1.07), p=0.20 | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Kypri et al., 200719Kypri et al., 200820(continued) |  | Total drinks in the past 2 weeks (rate ratio with 95% CI):@ 6 months:G1 vs G3: RR: 0.77 (0.63 to 0.95), p=0.02G2 vs G3: RR: 0.79 (0.64 to 0.97), p=0.02@ 12 months: G1 vs G3: RR: 0.77 (0.63 to 0.95), p=0.01G2 vs G3: RR: 0.87 (0.71 to 1.06), p=0.16AUDIT scores (median, range; linear regression coefficient with 95% CI):@ 12 months:G1:12 (2-27)G2:12 (4-28)G3:14 (2-30)G4: 13 (1-29)G1 - G3: -2.17 (-1.10 to -3.24), p<0.001G2 - G3: -2.02 (-0.97 to -3.10), p<0.001Subgroup analyses All results are for college students. | @ 12 months:G1 vs G3: 0.82 (0.67 to 1.01), p=0.07G2 vs G3: 0.81 (0.66 to 1.00), p=0.05 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Lin et al., 201021Moore et al., 201022United StatesHealthy Living As You AgeMultiple | Change in drinks per week, mean (SD)G1: -5.7G2: -4.5 p<0.05 OR (95% CI): 0.87 (0.76 to 0.99)Change in drinks per drinking day, mean (SD)NRNot bingeing, %% with one or more heavy drinking days in the past 7 daysOR (95% CI): 0.89 (0.4 to 1.97)Achieving moderate/safe drinking, %% at risk drinker @ 12 monthsOR (95% CI): 0.68 (0.36 to 1.26)Abstinent, %NR | Receipt of and followup with referralsNROther outcomes Change in CARET Risk ScoreG1: -1.52G2: -1.37OR (95% CI): 0.89 (0.73 to 1.09)Adherence to protocol among intervention group:Completion of no followup calls: 19.7%Completion of 1 or 2 followup calls:30%Completion of all 3 followup calls: 50.3%Baseline risk score was significant predictor of achieving no at-risk outcome @ 12 months: OR (95%) = 0.70 (0.55 to 0.88) | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Lin et al., 201021Moore et al., 201022(continued) |  | # of health educator followup calls NS associated with achieving not at-risk outcome @ 12 months.Subgroup analyses All results are for older adults |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Lock et al., 200623United KingdomNoneGovernment | Change in drinks per week, mean (SD)At 6 months:G1: -1.46 (12.09)G2: -2.60 (27.83)Treatment difference (95% CI): 1.14 (-9.61 to 11.89) p = 0.83At 12 months:G1: -1.45 (13.70)G2: -1.26 (20.62)Treatment difference (95% CI): -0.19 (-9.02 to 8.64) p = 0.97Change in drinks per drinking day, mean (SD)NRNot bingeing, %NRAchieving moderate/safe drinking, %NRAbstinent, %NR | Receipt of and followup with referralsNROther outcomes Drinking Problems Index:@ 6 mo:G1: -0.34 (2.85)G2: +0.96 (8.06)Treatment difference (95% CI): -1.31 (-4.42 to 1.80)@ 12 mo:G1: -0.97 (3.97)G2: +0.33 (6.13)-1.30 (-3.84 to 1.24)AUDIT score @ 6 moG1: -1.11 (6.00)G2: -0.28 (9.48)Treatment difference (95% CI): -0.82 (-4.84 to 3.19)Subgroup analyses NR | Morbidity NRMortality NRHealth care utilization General practitioner visits:G1:2.77 (1.57) G2: 2.97 (1.87p=NSNurse practitioner visits:G1: 1.89 (1.6)G2: 2.00 (1.69)p=NSAccident & emegency visits:G1: 0.36 (0.50)G2: 0.43 (0.665)p=NSHospital inpatient stays:G1: 0.37 (0.52)G2: 0.31 (0.63)p=NSHospital outpatient visits:G1: 1.46 (1.45)G2: 1.44 (1.38)p=NSQuality of lifeSF-12 Physical Health6 months:G1: +0.43 (5.01)G2: +1.00 (6.38) | Harms Patient costs (British pounds), mean (SD)G1: 0.48 (0.88)G2: 2.12 (5.18)p=NS |  |
| Lock et al., 200623(continued) |  |  | Treatment difference (95% CI):-0.57 (-3.37 to 2.23)12 months:G1:-0.59 (5.38)G2: -1.01 (7.33)Treatment difference (95% CI):+0.41 (-2.75 to 3.57)SF-12 Mental Health6 months:G1: +0.84 (6.86)G2: +0.96 (9.18)Treatment difference (95% CI):-0.12 (-4.08 to 3.84)12 months:G1: +2.18 (9.68)G2: +1.59 (10.05)Treatment difference (95% CI):+0.58 (-4.23 to 5.39)Total health care costs (British pounds), mean (SD)G1: 263.16 (359.04) G2: 392.06 (970.52) p=NSTotal Health care costs plus intervention delivery costs (British pounds), mean (SD)G1: 291.73 (359.04) G2: 392.06 (970.52)p=NS |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Maisto et al., 200124Maisto et al., 200125Gordon et al., 200326United StatesEarly Lifestyle Modification StudyGovernment | Change in drinks per week, mean (SD)6 months:G1: -7.2G2: -4.8G3: -3.212 months:G1: -7.8 G2: -5.1G3: -3.3Change in drinks per drinking day, mean (SD)6 months: G1: -1.3G2: -0.9G3: -0.912 months:G1: -1.55 (-2.32, -0.79)G2: -1.30 (-1.96, -0.64)G3: -1.48 (-2.11, -0.85)Not bingeing, %NRAchieving moderate/safe drinking, %NRAbstinent, %NR | Receipt of and followup with referralsNROther outcomes # of days abstained:@ 6 months: G1: +2.7G2: +3.1G3: +1.8@ 12 months:G1: +2.54 (0.53 to 4.56)G2: +3.58 (1.58 to 5.57)G3: +1.16 (0.34 to 2.67)# days consuming 1-6 drinks:@ 6 months:G1: -0.20G2: -2.4G3: -1.2@ 12 months:G1: -0.34 (-2.40 to 1.73)G2: -2.53 (-4.66 to -0.4)G3: -0.75 (-2.24 to 0.74) | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR | Drinks per month converted to drinks/week by dividing by 4.2857Important to note that in the older adults, G1 patients consumed more than double the amount per month as G2 and G3; partial explanation for large discrepancy in resultsRESULTS BY SCREENING INSTRUMENT, regardless of treatment groupchange in # drinks in last week:AUDIT-positive only: -3.7QF-positive only: -4.6QF- and AUDIT-positive: -10.4change in # drinks per drinking day:AUDIT-positive only: -1.08QF-positive only: -1.03 |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Maisto et al., 200124Maisto et al., 200125Gordon et al., 200326(continued) |  | Subgroup analyses OLDER ADULTS (65+)# of drinks per week@ 6 months:G1: -14.0 G2: -7.3 G3: -2.8 p=NS @ 9 months:G1: -16.3 G2: -5.4 G3: -1.4 p=NS @ 12 months:G1: -15.9G2: -6.1G3: -3.2p=NSDays abstained @ 6 months: G1: +7.5 G2: +5.7 G3: +0.8 p=NS @ 9 months: G1: -8.3 G2: -4.0 G3: -0.1 p=NS @ 12 months: G1: +4.9G2: +4.5G3: 2.0p=NS  |  |  | QF- and AUDIT-positive: -1.92DrInC total score (direction of improvement??)AUDIT-positive only: -0.68QF-positive only: +0.47QF- and AUDIT-positive: +0.29Coping Behaviors Inventory (direction of improvement??)AUDIT-positive only: -1.25QF-positive only: -0.82QF- and AUDIT-positive: -2.89 |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Maisto et al., 200124Maisto et al., 200125Gordon et al., 200326(continued) |  | # of drinks per drinking day@ 6 months: G1: -1.3 G2: -0.8 G3: -1.5 p=NS@ 9 months: G1: -1.8 G2: -0.4 G3: -1.6 p=NS @ 12 months: G1: -2.4G2: -0.9G3: -1.0p=NS# days consuming 1-6 drinks:@ 6 monthsG1: -0.5 G2: -4.8 G3: -0.7 p=NR @ 9 monthsG1: -1.1 G2: -4.8 G3: -0.1 p=NR @ 12 monthsG1: +2.4G2: -4.0G3: -1.8p=NS |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Noknoy et al., 201027ThailandNoneFoundation or nonprofit | Change in drinks per week, mean (SD)G1: -8.55G2: +0.69p=0.035Change in drinks per drinking day, mean (SD)G1: -2.931G2: +0.29p=0.270Not bingeing, %NRAchieving moderate/safe drinking, %NRAbstinent, %NR | Receipt of and followup with referralsNROther outcomes # binge drinking episodes in previous week - mean (SD):@ 6 monthsG1: 0.45 (1.38)G2: 0.95 (1.69)p=0.121Subgroup analyses NR | Morbidity Alcohol-related accidents:G1: 1G2: 4Alcohol-related traffic accidents:G1: 3G2: 5Mortality G1: 1 (stroke)G2: 0Health care utilization Visit to PCP due to alcohol consumption:G1: 0G2: 3Quality of lifeNR | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Ockene et al., 199928Ockene et al., 200929Reiff-Hekking et al., 200530United StatesProject HealthGovernment | Change in drinks per week, mean (SD)6 monthsG1: -6.0 (11.2)G2: -3.1 (10.2)p=0.00312 monthsG1: -5.7G2: -3.0p=0.08Men @ 6 monthsG1: -5.6 (12.5)G2: -2.9 (11.9)p=0.05Women @ 6 monthsG1: -6.8 (8.0)G2: -3.5 (7.0)p=0.003Change (95% CI) adjusted for age, sex and baseline consumption:At 6 months:G1: -5.8 (-7.03 to -4.57)G2: -3.4 (-4.69 to -2.11)Treatment difference: -2.4 (-.20 to -0.60); p=0.001At 12 monthsG1: -5.7 (-7.19 to -4.29)G2: -3.2 (-4.72 to -1.73)Treatment difference: -2.6 (-4.53 to -0.27) p=0.03 | Receipt of and followup with referralsNROther outcomes Mean (95% CI) binge drinking episodes per month (adjusted for age, gender, baseline consumption)@ 6 monthsG1 (N=248): -1.8 (-2.41 to -1.19)G2 (N=233): -1.0 (-1.63 to -0.37)Treatment difference: -0.8 (-1.68 to 0.08) p=0.09@ 12 monthsG1 (N=235): -2.0 (-2.58 to -1.37)G2 (N=210): -1.6 (-2.19 to -0.89)Treatment difference: -0.4 (-1.33 to -0.45)Achieving safe consumption and not bingeing, %:@ 6 monthsG1: 39G2: 28OR (95% CI): 1.60 (1.09 to 2.34) p=0.02 | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Ockene et al., 199928Ockene et al., 200929Reiff-Hekking et al., 200530(continued) | Change in drinks per drinking day, mean (SD)NRNot bingeing, %Of patients who were binge drinkers (with or without excessive weekly consumption) at baseline, %:At 6 monthsG1: 40G2: 35OR (95% CI): 1.24 (0.81 to 1.90) p=0.32At 12 monthsG1: 55G2: 49OR (95% CI): 1.37 (0.86 to 2.12) p=0.18Achieving moderate/safe drinking, %Of excessive drinkers (with or without bingeing) at baseline:At 6 monthsG1: 54G2: 39OR (95% CI): 1.83 (1.20 to 2.78) p=0.01At 12 monthsG1: 54G2: 49OR (95% CI): 1.60 (1.00 to 2.54) p=0.05Abstinent, %NR | @ 12 monthsG1: 42G2: 29OR (95% CI): 1.58 (0.99 to 2.52) p=0.06Treatment x time results from model of log drinks per week + 1, using LOCF:@ 6 month:s (95% CI): 0.84 (0.71 to 0.98) @ 12 months: 0.80 (0.68 to 0.95)@ 48 months: 0.95 (0.81 to 1.12)Treatment x time interaction difference p=0.03Male vs. female: 1.7 (1.4, 1.9) p<0.0001Treatment x time results from model of log binges per month + 1, using LOCF:@ 6 months (95% CI): 0.82 (0.70 to 0.96) @ 12 months: 0.87 (0.74 to 1.01)@ 48 months: 1.01 (0.86 to 1.18) |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Ockene et al., 199928Ockene et al., 200929Reiff-Hekking et al., 200530(continued) |  | Treatment x time interaction difference p=0.02Male vs. female: 1.4 (1.2 to 1.6) p<0.0001Subgroup analyses NR |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Richmond et al., 199531AustraliaNoneGovernment | Change in drinks per week, mean (SD)Overall @ 6 months:G1: -7.0G2: -4.0G3: -4.9p=NSOverall @ 12 months:G1: -7.0G2: -2.1G3: - 4.8p=NSMen @ 6 months:G1: -12.5G2: -5.5G3: -8.8p=NSMen @ 12 months:G1: -10.1G2: -2.2G3: - 9.7p=NSWomen @ 6 months:G1: -0.7G2: -1.9G3: -0.9p=NSWomen @ 12 months:G1: -0.5G2: -1.9G3: +0.1p=NS | Receipt of and followup with referralsNROther outcomes drinking above recommended levels (change from baseline), %@ 6 months:G1: 74.0 (-9.3)G2: 74.0 (-5.2)G3: 71.0 (-2.1)G4: 69.9 (NR)p=NS@ 12 months:G1: 76.0 (-7.3)G2: 77.1 (-2.1)G3: 78.5 (+5.4)G4: NRp=NSChange in MAST score:@ 6 months:G1: -1.3G2+G3: +0.1p<0.05 | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Richmond et al., 199531(continued) | Change in drinks per drinking day, mean (SD)NRNot bingeing, %NRAchieving moderate/safe drinking, %NRAbstinent, %NR | Attendance at followup intervention visits among those assigned to G1, %:1st visit: 492nd visit: 293rd visit: 84th visit: 75th visit: 4Subgroup analyses NR |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Rubio et al., 201032SpainNoneFoundation or nonprofit | Change in drinks per week, mean (SD)OverallG1: -8.22G2: -4.66p<0.001Men G1: - 7.05G2: -4.47p<0.05Women G1: -10.29G2: -5.1p<0.001Change in drinks per drinking day, mean (SD)NRNot bingeing, %OverallG1: 47.71G2: 32.81p<0.001MenG1: 42.39G2: 33.47p<0.05WomenG1: 57.82G2: 31.58p<0.001 | Receipt of and followup with referralsNROther outcomes # of binge drinking episodes in last 30 days @ 12 monthsOverallG1: 1.14G2: 1.56p<0.001MenG1: 1.36G2: 1.72p<0.05WomenG1: 0.72G2: 1.26p<0.001Subgroup analyses All results are for binge drinkers (with or without other measure of excessive consumption) | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Rubio et al., 201032(continued) | Achieving moderate/safe drinking, %12 months OverallG1: 52.03G2: 33.34p<0.001MenG1: 48.15G2: 31.46p<0.01WomenG1: 59.38G2: 34.59p<0.001Abstinent, %NR |  |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Saitz et al., 200333United StatesScreening and Intervention in Primary CareMultiple | Change in drinks per week, mean (SD)NRChange in drinks per drinking day, mean (SD)NRNot bingeing, %Results are stratified by type of provider seenFaculty MDsG1: 49G2: 58Resident MDsG1: 56G2: 36Achieving moderate/safe drinking, %Results are stratified by type of provider seenFaculty MDsG1: 50G2: 50Resident MDsG1: 47G2: 31Abstinent, %Results are stratified by type of provider seenFaculty MDsG1: 22G2: 26 | Other outcomes Results are stratified by type of provider seenMean (95% CI) drinking days in past 30 days Faculty MDsG1: 8.8 (7.5 to 10.1)G2: 10.0 (7.8 to 12.2)Resident MDsG1: 9.9 (7.7 to 12.1)G2: 9.0 (4.7 to 13.3)Mean # (95% CI) binge drinking days in past 30 daysFaculty MDsG1: 4.7 (3.8 to 5.7)G2: 4.2 (2.8 to 5.6)Resident MDsG1: 3.9 (2.4 to 5.5)G2: 5.2 (1.6 to 8.8)Mean (95% CI) drinks per drinking dayFaculty MDsG1: 6.0 (4.3 to 7.7)G2: 6.5 (4.4 to 8.6) | Morbidity NRMortality NRHealth care utilization NRQuality of lifeNR | Harms NR | Baseline data given for intervention and control groups, but results presented by provider type in each group, not overall by group. Cannot calculate changes for all outcomes. |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Saitz et al., 200333(continued) | Resident MDsG1: 18G2: 5 | Resident MDsG1: 3.8 (1.9 to 5.7)G2: 11.6 (5.4 to 17.7)Patient received safe drinking limit advice, %Faculty MDsG1: 26G2: 8var NRResident MDsG1: 19G1: 6var NRPatient had a discussion about drinking, %Faculty MDsG1: 74G2: 51var NRResident MDsG1: 51G1: 70var NRPatient received advice about drinking, %Faculty MDsG1: 64G2: 42 |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Saitz et al., 200333(continued) |  | Resident MDsG1: 38G1: 59Patient received counseling about drinking, % Faculty MDsG1: 56G2: 41Resident MDsG1: 29G1: 46Patient received advice to cut down, %Faculty MDsG1: 46G2: 34Resident MDsG1: 25G1: 35Patient received advice to quit, %Faculty MDsG1: 14G2: 11Resident MDsG1: 13G1: 12Subgroup analyses NR |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Schaus et al., 200934United StatesNoneGovernment | Change in drinks per week, mean (SD)@ 6 monthsG1: -2.22G2: -0.69p=0.007@ 9 monthsG1: -2.26G2: -2.12p=0.134@12 monthsG1: -1.93G2: -2.33p=0.700Overall treatment difference trend p=0.032Change in drinks per drinking day, mean (SD)Change in avg drinks per sitting:@ 6 monthsG1: -0.872G2: -0.341p=0.027@ 9 monthsG1: -0.708G2: -0.891p=0.928@ 12 monthsG1: -0.721G2: -0.857p=0.757Overall treatment difference trend p=0.064 | Receipt of and followup with referralsNROther outcomes Change in typical BAC@ 6 monthsG1: -0.019G2: -0.007p=0.002@ 9 monthsG1: -0.017G2: -0.018p=0.603@ 12 monthsG1: -0.016G2: -0.020p=0.937Overall treatment difference trend p=0.018Change in peak BAC@ 6 monthsG1: -0.036G2: -0.013p<0.001@ 9 monthsG1: -0.034G2: -0.036p=0.309 | Morbidity NRMortality NRHealth care utilization NRQuality of lifeChange in RAPI Sum score@ 6 monthsG1: -9.14G2: -9.55p=0.028 @ 9 monthsG1: -9.52 G2: -9.93 p=0.041@ 12monthsG1: -8.30G2: -8.74p=0.556Overall treatment difference trend p=0.030Change in # times drove after >=3 drinks@ 6 monthsG1: -3.80G2: -6.61p=0.549  | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Schaus et al., 200934(continued) | Not bingeing, %Change in # heavy episodic drinking days per month@6 monthsG1: -1.12G2: -0.09p=0.031@ 9 monthsG1: -1.10G2: -0.63p=0.534@ 12 monthsG1: -0.700G2: -1.05p=0.942Overall treatment difference trend p=0.102Achieving moderate/safe drinking, %NRAbstinent, %NR | @ 12 monthsG1: -0.031G2: -0.040p=0.646Overall treatment difference trend p=0.006Change in peak # drinks in a sitting@ 6 monthsG1: -1.63G2: -0.70p=0.005@ 9 monthsG1: -1.44G2: -1.76p=0.626@ 12 monthsG1: -1.44G2: -1.76p=0.700Overall treatment difference trend p=0.046Change in # times drunk in a typical week@ 6 monthsG1: -0.427G2: -0.01p=0.003 | @ 9 monthsG1: -3.66G2: -6.44p= 0.998 @ 12 monthsG1: -2.45G2: -4.24p= 0.542Overall treatment difference p=0.136Change in # times taken foolish risks@ 6 monthsG1: -3.89G2: -4.86p=0.685 @ 9 monthsG1: -4.04G2: -4.35p=0.485@ 12 monthsG1: -2.29G2: -1.78p=0.261Overall treatment difference trend p=0.036 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Schaus et al., 200934(continued) |  | @ 9 monthsG1: -0.204G2: +0.22p=0.078@ 12 monthsG1: +0.17G2: +0.59p=0.727Overall treatment difference trend p<0.001Subgroup analyses All results are for college students |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Scott & Anderson, 199035United KingdomNoneFoundation or nonprofit | Change in drinks per week, mean (SD)G1: -11.6G2: -10.0p=NSChange in drinks per drinking day, mean (SD)NRNot bingeing, %G1: 88G2: 85p=NSAchieving moderate/safe drinking, %G1: 27G2: 26p=NSAbstinent, %NR | Receipt of and followup with referralsNROther outcomes With abnormal dependence score (change from baseline), %G1: 39 (-34)G2: 33 (-8)Subgroup analyses All results are for women. | Morbidity % (change from baseline) with abnormal accident score G1: 0 (-3)G2: 3 (-2)p=NSMortality NRHealth care utilization Mean (SE) consultations/yearG1: 3.9 (0.7)G2: 5.9 (1.0)p=NSChange in mean consultations/yearG1: -0.9G2: +0.4Mean (SE) episodes/yearG1: 2.4 (0.5)G2: 4.2 (0.9)Change in mean episodes/yearG1: -0.9G2: -0.1Quality of lifeChange in mean life quality score:G1: -0.3G2: -0.3p=NS | Harms Change in mean anxiety score (though anxiety was not designated as a harm measure a priori)G1: -2.3G2: -4.8No significant changes in reported frequencies of taking exercise, dieting to lose weight, or cigarette consumption over the duration of the trial or between treatment and control groups. | \* Change in mean Short GHQ score:G1: +0.9G2: -1.5Change in mean affect balance score:G1: +0.6G2: +0.3With abnormal health score (change from baseline), %G1: 47 (-12)G2: 47 (-7)p=NS |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Scott & Anderson, 199035(continued) |  |  | Change in mean life satisfaction score:G1: -14.9G2: -12.7p=NSWith abnormal social score (change from baseline), %:G1: 15 (-6)G2: 8 (-10)Change in mean GGT G1: +0.1 G2: -4.2 Change in mean MCV G1: -1.1 G2: -0.4 Change in mean BACG1: -1.1G2: -1.4 |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Senft et al., 199736Freeborn et al., 200037United StatesNoneGovernment | Change in drinks per week, mean (SD)NRChange in drinks per drinking day, mean (SD)@ 6 months:G1: -1.7G2: -1.2p=0.13@12 months:G1: -1.4G2: -1.4p=0.20Not bingeing, %NRAchieving moderate/safe drinking, %@ 6 months:G1: 79G2: 71p=0.06@12 months:G1: 80G2: 73p=0.07Abstinent, %At both 6 and 12 months:range=8%-11% across groups; difference NS | Receipt of and followup with referralsNROther outcomes Change in drinking days/week, past 6 months overall @ 6 monthsG1: -0.5G2: -0.2p = 0.02No difference between those who received the full intervention and those who received less.overall @ 12 monthsG1: -0.6G2: -0.4p = 0.04Those who received full intervention reported significantly (p<0.05) fewer drinking days per week. | Morbidity NRMortality NRHealth care utilization # outpatient visits (mean):Full sample @ 12 months:G1: 10.7G2: 10.3 p=0.38 @ 24 months:G1: 17.7G2: 18.3p=0.47MenG1: 17.7G2: 16.3 p=0.21WomenG1: 17.6G2: 22.5p=0.10Hospitalized, %:Full sample:@ 12 months G1: 15G2: 14p=0.70  | Harms NR |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Senft et al., 199736(continued) |  | Mean # drinking days/week:Women:@ 6 monthsG1: 2.1 G2: 2.8 @ 12 monthsG1: 2.0G2: 2.7Men:@ 6 monthsG1: 3.1 G2: 3.6 p=0.04 @ 12 monthsG1: 2.9G2: 3.2p=0.12Mean # drinks, past 3 months:Overall @ 6 monthsG1: 176 G2: 216 p=0.04 Overall @ 12 monthsG1: 157G2: 179p=0.13 | @ 24 months G1: 21.2G2: 22.0p=0.81MenG1: 24.1G2: 20.6 p=0.43WomenG1: 13.7G2: 25.3p=0.07If ≥ 1 hospitalization, mean # daysFull sampleG1: 4.7G2: 6.6p=0.37MenG1: 4.5G2: 9.1 p=0.32WomenG1: 5.5G2: 2.0p=0.09Quality of lifeNR |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Senft et al., 199736(continued) |  | Women only @ 6 monthsG1: 124 G2: 140 p=0.29 @ 12 monthsG1: 107G2: 111p=0.43Men only @ 6 monthsG1: 195 G2: 251 p=0.03 @ 12 monthsG1: 176G2: 210p=0.08Receipt of intervention components (of those in the intervention arm):* 88% received clinician message;
* 79% attended counseling session;
* 70% received message and attended counseling;
 |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Senft et al., 199736(continued) |  | * 2% received no intervention elements

Subgroup analyses NR |  |  |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Wallace et al., 199838United KingdomNoneMultiple | Change in drinks per week, mean (SD)Change (SE) Men @ 6 months:G1: -15.5 (1.5)G2: -8.2 (1.5)p<0.001@ 12 months:G1: -18.2 (1.5)G2: - 8.1 (1.6)p<0.001 Women @ 6 months:G1: -10.3 (1.3)G2: -8.0 (1.6)p=NS@ 12 months:G1: -11.5 (1.6)G2: -6.3 (2.0)p<0.05Change in drinks per drinking day, mean (SD)NRNot bingeing, %NRAchieving moderate/safe drinking, %In previous 7 days Men @ 6 months:G1: 40.9G2: 23.6p<0.001 | Receipt of and followup with referralsNROther outcomes Proportions with excessive alcohol consumption by number of GP sessions attended (change in GGT) Men0: 79.2 (+0.4)1: 65.1 (-2.4)2: 51.2 (+0.05)3: 41.5 (-5.2) 4: 40.7 (-6.6)Women0: 66.7 (+0.1)1: 72.2 (-0.1)2: 54.5 (-0.2)3: 40.0 (+0.8)4: 31.3 (+0.8)Within individual change in GGT at 12 monthsMenG1: -2.4G2: +1.1p<0.01  | Morbidity NRMortality Causes not specified:G1: 2G2: 0Health care utilization NRQuality of lifeNR | Harms Cigarette consumption dropped slightly among men and women in both groups but did not differ between groups. No evidence that smoking increased as alcohol consumption fell.No significant change in reported frequency of exercise or dieting to lose weight |  |

Evidence Table 4. Outcomes by study (continued)

| Author, YearCountryTrial NameFunding Source | Drinking Outcomes | Referrals, Other Related Outcomes, Subgroups  | Health and QOL Outcomes | Harms | Other |
| --- | --- | --- | --- | --- | --- |
| Wallace et al., 199838(continued) | Men @ 12 months:G1: 43.7G2: 25.5p<0.001 Women @ 6 months:G1: 46.9G2: 26.3p<0.001Women @ 12 months:G1: 47.7G2: 29.2p<0.05Abstinent, %NR | Women G1: +0.3G2: +0.5NR/NS Change in systolic BP:MenG1: - 6.8mm HG G2: -4.7mmHg p<0.05Among those in the treatment group, the proportion who attended 1,2,3,4 sessions Men, %1: 83.32: 57.23: 31.44: 18.6 Women, %1: 92.32: 65.43: 40.04: 24.6Subgroup analyses Proportion of pts with excessive EtOH consumption at 12 months higher among those who were heavier smokers at start (Men chi square = 9.7 p<0.01; Women 3.7 p=0.06) |  |  |  |

Abbreviations: AUDIT = Alcohol Use Disorders Identification Test; BAC = blood alcohol content; CARET = Comorbidity Alcohol Risk Evaluation Tool; CI = confidence interval; ED = emergency department; EPDS = Edinburgh Postnatal Depression Score; EtOH = ethanol; G = group; g = grams; GGT = gamma glutamyl transferase; GHQ = General Health Questionnaire; GP = general practitioner; LOCF = last observation carried forward; MAST = Michigan Alcoholism Screening Test; MCV = mean corpuscular volume; MD = medical doctor; NA = not applicable; NR = not reported; NS = not significant; OR = odds ratio; OTC = over the counter; PCP = primary care provider; QF = quantity/frequency; QOL = quality of life; RAPI = Rutgers Alcohol Problem Index; Rx = prescription; SD = standard deviation; SE = standard error; SF = 12-Item Short-Form Survey; TrEAT = Trial for Early Alcohol Treatment; UC = usual care; WHO = World Health Organization