| **Target pop** | **Author, year** | **Int arm** | **FU**  **(mos)** | **IG n** | **IG BL mean (sd)** | **IG mean change (sd)** | **CG n** | **CG BL mean**  **(sd)** | **CG mean change (sd)** | **Between-group difference (95% CI); study reported p-value** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Adolescents** | Haug, 2016210 | IG1  (High risk drinking) | 6 | 80 | 0.7 (0.4) | -0.4 (0.4) | 74 | 0.7 (0.3) | -0.2 (0.3) | -0.2 (-0.3, 0); p=0.01\* |
| IG1  (Medium risk drinking) | 6 | 181 | 0.2 (0.1) | 0 (0.2) | 142 | 0.2 (0.1) | 0 (0.2) | 0 (0, 0); p=0.31\* |
| **Young adults** | Carey, 2006189 | IG1 | 6 | 63 | 1.8 (1) | 0 (1.2) | 66 | 1.9 (1) | -0.1 (1.2) | 0.1 (-0.3, 0.5) |
| IG1 | 12 | 65 | 1.8 (1) | -0.3 (1) | 59 | 1.9 (1) | -0.7 (1) | 0.3 (0, 0.7) |
| IG2 | 6 | 68 | 1.9 (1.3) | -0.3 (1.3) | 66 | 1.9 (1) | -0.1 (1.2) | -0.3 (-0.7, 0.1) |
| IG2 | 12 | 64 | 1.9 (1.3) | -0.7 (1.1) | 59 | 1.9 (1) | -0.7 (1) | 0 (-0.4, 0.4) |
| IG3 | 6 | 66 | 1.7 (1) | -0.2 (1) | 66 | 1.9 (1) | -0.1 (1.2) | -0.2 (-0.5, 0.2) |
| IG3 | 12 | 68 | 1.7 (1) | -0.1 (1.2) | 59 | 1.9 (1) | -0.7 (1) | 0.6 (0.2, 1) |
| IG4 | 6 | 62 | 1.8 (1.2) | -0.5 (1.2) | 66 | 1.9 (1) | -0.1 (1.2) | -0.5 (-0.9, 0) |
| IG4 | 12 | 68 | 1.8 (1.2) | -0.6 (1.2) | 59 | 1.9 (1) | -0.7 (1) | 0.1 (-0.3, 0.5) |
| Daeppen, 2011192 | IG1 | 6 | 110 | 1 (0.9) | -0.8 | 125 | 0.8 (0.8) | -0.8 | (1, 0.3); p=0.12\* |
| Fleming, 2010160 | IG1 | 6 | 493 | 1.8 (0.9) | -0.5 (1) | 493 | 1.8 (0.8) | -0.3 (0.9) | -0.2 (-0.3, 0.0) |
| IG1 | 12 | 493 | 1.8 (0.9) | -0.5 (1) | 493 | 1.8 (0.8) | -0.4 (0.9) | -0.1 (-0.2, 0); p=0.148 |
| Kypri, 2004161 | IG1 | 6 | 47 | (NR) | (NR) | 47 | (NR) | (NR) | (0.0, 0.6) |
| Kypri, 2008162 | IG1 | 6 | 122 | NR | NR | 124 | NR | NR | (0.0, 0.5) |
| IG1 | 12 | 121 | NR | NR | 126 | NR | NR | (0.0, 0.5) |
| IG2 | 6 | 114 | NR | NR | 124 | NR | NR | (0.0, 0.6) |
| IG2 | 12 | 113 | NR | NR | 126 | NR | NR | (0.0, 0.5) |
| LaBrie, 2009196 | IG1 | 6 | 140 | 2.5 (4.1) | -1.9 (3.8) | 110 | 1.8 (3.2) | -1.2 (2.9) | -0.6 (-1.5, 0.2); NR, NS |
| Leeman, 2016211 | IG1 | 6 | 53 | 1.1 (1.2) | -0.3 (1) | 50 | 1.5 (1.7) | -0.3 (1.6) | 0 (-0.5, 0.6); NR, NS |
| IG2 | 6 | 53 | 1.2 (1.3) | -0.3 (1.2) | 50 | 1.5 (1.7) | -0.3 (1.6) | 0 (-0.5, 0.6); NR, NS |
| IG3 | 6 | 52 | 1 (0.9) | 0 (0.9) | 50 | 1.5 (1.7) | -0.3 (1.6) | 0.3 (-0.2, 0.8); NR, NS |
| Neighbors, 2010201 | IG1 | 6 | 164 | 6.6 (NR) | -0.7 (NR) | 164 | 6.3 (NR) | -0.9 (NR) | β=-0.01 (SE=0.01); p=0.28 |
| IG1 | 12 | 164 | 6.6 (NR) | -1.3 (NR) | 164 | 6.3 (NR) | -1 (NR) | β=-0.01 (SE=0.01); p=0.28 |
| IG1 | 18 | 164 | 6.6 (NR) | -1 (NR) | 164 | 6.3 (NR) | -1.8 (NR) | β=-0.01 (SE=0.01); p=0.28 |
| Neighbors, 2010201 | IG1 | 24 | 164 | 6.6 (NR) | -2.3 (NR) | 164 | 6.3 (NR) | -1.6 (NR) | β=-0.01 (SE=0.01); p=0.28 |
| IG2 | 6 | 163 | 6.4 (NR) | -1 (NR) | 164 | 6.3 (NR) | -0.9 (NR) | β=0.0 (SE=0.01); p=0.64 |
| IG2 | 12 | 163 | 6.4 (NR) | -0.8 (NR) | 164 | 6.3 (NR) | -1 (NR) | β=0.0 (SE=0.01); p=0.64 |
| IG2 | 18 | 163 | 6.4 (NR) | -1.6 (NR) | 164 | 6.3 (NR) | -1.8 (NR) | β=0.0 (SE=0.01); p=0.64 |
| IG2 | 24 | 163 | 6.4 (NR) | -1.2 (NR) | 164 | 6.3 (NR) | -1.6 (NR) | β=0.0 (SE=0.01); p=0.64 |
| IG3 | 6 | 163 | 6.5 (NR) | -0.7 (NR) | 164 | 6.3 (NR) | -0.9 (NR) | β=-0.01 (SE=0.01); p=0.38 |
| IG3 | 12 | 163 | 6.5 (NR) | -0.7 (NR) | 164 | 6.3 (NR) | -1 (NR) | β=-0.01 (SE=0.01); p=0.38 |
| IG3 | 18 | 163 | 6.5 (NR) | -0.9 (NR) | 164 | 6.3 (NR) | -1.8 (NR) | β=-0.01 (SE=0.01); p=0.38 |
| IG3 | 24 | 163 | 6.5 (NR) | -1.8 (NR) | 164 | 6.3 (NR) | -1.6 (NR) | β=-0.01 (SE=0.01); p=0.38 |
| IG4 | 6 | 164 | 6.9 (NR) | -0.9 (NR) | 164 | 6.3 (NR) | -0.9 (NR) | β=0.0 (SE=0.01); p=0.73 |
| IG4 | 12 | 164 | 6.9 (NR) | -0.8 (NR) | 164 | 6.3 (NR) | -1 (NR) | β=0.0 (SE=0.01); p=0.73 |
| IG4 | 18 | 164 | 6.9 (NR) | -1.2 (NR) | 164 | 6.3 (NR) | -1.8 (NR) | β=0.0 (SE=0.01); p=0.73 |
| IG4 | 24 | 164 | 6.9 (NR) | -1.4 (NR) | 164 | 6.3 (NR) | -1.6 (NR) | β=0.0 (SE=0.01); p=0.73 |
| **Young adults** | Schaus, 2009170 | IG1 | 6 | 181 | 1.3 (1.1) | -0.3 (1.3) | 182 | 1.4 (1.2) | 0 (1.7) | -0.3 (-0.6, 0); p=0.031\* |
| IG1 | 9 | 181 | 1.3 (1.1) | -0.3 (1.3) | 182 | 1.4 (1.2) | -0.2 (1.6) | -0.1 (-0.4, 0.2); p=0.534\* |
| IG1 | 12 | 181 | 1.3 (1.1) | -0.2 (1.3) | 182 | 1.4 (1.2) | -0.3 (1.4) | 0.1 (-0.2, 0.4); p=0.942\* |
| Voogt, 2014226 | IG1 | 6 | 456 | 1.8 (1) | 0 (1) | 451 | 1.7 (1.1) | 0.1 (1) | -0.1 (-0.2, 0); p=0.045 |
| **Adults** | Chang, 2011190 | IG1 | 12 | 239 | 0.3 (0.9) | -0.1 (0.9) | 252 | 0.2 (0.6) | -0.1 (0.5) | 0 (-0.1, 0.2); p=0.11ⱡ |
| Fleming, 1997153 | IG1 | 6 | 392 | 1.4 (1.5) | -0.7 (1.4) | 382 | 1.3 (1.3) | -0.4 (1.2) | -0.3 (-0.5, -0.2); p<0.005 |
| IG1 | 12 | 392 | 1.4 (1.5) | -0.6 (1.4) | 382 | 1.3 (1.3) | -0.3 (1.3) | -0.4 (-0.6, -0.2); p<0.005 |
| IG1 | 24 | 392 | 1.4 (1.5) | -0.3 (NR) | 382 | 1.3 (1.3) | 0.2 (NR) | NR; p<0.05 |
| IG1 | 36 | 392 | 1.4 (1.5) | -0.3 (NR) | 382 | 1.3 (1.3) | 0.1 (NR) | NR; p<0.05 |
| IG1 | 48 | 392 | 1.4 (1.5) | -0.4 (NR) | 382 | 1.3 (1.3) | -0.1 (NR) | NR; p<0.05 |
| IG1 (Men) | 6 | 244 | 1.5 (1.6) | -0.7 (1.5) | 238 | 1.4 (1.2) | -0.3 (1.3) | -0.4 (-0.7, -0.2); p<0.025 |
| IG1 (Men) | 12 | 244 | 1.5 (1.6) | -0.7 (1.5) | 238 | 1.4 (1.2) | -0.2 (1.3) | -0.4 (-0.7, -0.2); p<0.05 |
| IG1 (Women) | 6 | 148 | 1.2 (1.2) | -0.7 (1.1) | 144 | 1.3 (1.3) | -0.5 (1.2) | -0.2 (-0.4, 0.1); p<0.02 |
| IG1 (Women) | 12 | 148 | 1.2 (1.2) | -0.6 (1.2) | 144 | 1.3 (1.3) | -0.4 (1.3) | -0.2 (-0.5, 0); p<0.02 |
| IG1  (18-30 yrs) | 6 | 114 | 1.5 (1) | -0.7 (1.1) | 112 | 1.6 (1.1) | -0.3 (1.1) | -0.4 (-0.6, -0.1); p=0.01\* |
| Fleming, 1997153 | IG1  (18-30 yrs) | 12 | 114 | 1.5 (1) | -0.8 (1) | 112 | 1.6 (1.1) | -0.2 (1.1) | -0.5 (-0.8, -0.2); p=0.001\* |
| IG1  (18-30 yrs) | 24 | 114 | 1.5 (1) | -0.4 (1.1) | 112 | 1.6 (1.1) | -0.2 (1.2) | -0.2 (-0.6, 0.1); p=0.03\* |
| IG1  (18-30 yrs) | 36 | 114 | 1.5 (1) | -0.4 (1.3) | 112 | 1.6 (1.1) | -0.2 (1.4) | -0.2 (-0.6, 0.1); NR, NS\* |
| IG1  (18-30 yrs) | 48 | 114 | 1.5 (1) | -0.6 (1.1) | 112 | 1.6 (1.1) | -0.4 (1.3) | -0.2 (-0.5, 0.1); p=0.08\* |
| Helstrom, 2014240 | IG1 | 8 | 68 | 2.8 (2.6) | -1.2 (2.5) | 71 | 2.2 (2.3) | -0.9 (2.2) | -0.4 (-1.1, 0.4), NR, NS |
| IG1 | 12 | 68 | 2.8 (2.6) | -1 (2.6) | 71 | 2.2 (2.3) | -1 (2.2) | 0 (-0.8, 0.8); NR, NS |
| Ockene, 1999165 | IG1 | 6 | 248 | 1.2 (1.6) | -1.2 | 233 | 1 (1.4) | -1.2 | 0.8 (0.7, 0); p=0.09\* |
| IG1 | 12 | 235 | 1.2 (1.6) | -0.5 (1.2) | 210 | 1 (1.4) | -0.4 (1.2) | 0.9 (0.7, -0.1); p=0.36\* |
| IG1 | 48 | 235 | 1.2 (1.6) | NR | 210 | 1 (1.4) | NR | β=1 (0, 1.2); p>0.05 |
| Rubio, 2010168 | IG1 | 12 | 371 | 0.7 (0.6) | -0.5 (0.5) | 381 | 0.7 (0.6) | -0.3 (0.5) | -0.1 (-0.2, 0); p<0.001 |
| IG1 (Men) | 12 | 243 | 0.9 (0.6) | -0.6 (0.5) | 248 | 0.9 (0.6) | -0.4 (0.5) | -0.1 (-0.2, 0); p<0.05 |
| IG1 (Women) | 12 | 128 | 0.6 (0.4) | -0.4 (0.4) | 133 | 0.6 (0.5) | -0.3 (0.4) | -0.1 (-0.2, 0); p<0.001 |
| Saitz, 2003169 | IG1 (Faculty physicians) | 6 | NR | NR | NR | NR | NR | NR | NR, NS |
| Saitz, 2003169 | IG1 (Resident physicians) | 6 | NR | NR | NR | NR | NR | NR | NR, NS |
| **Older adults** | Fleming, 1999157 | IG1 | 6 | 87 | 0.8 (1.7) | -0.4 (1.5) | 71 | 1.2 (2.2) | 0 (2.2) | -0.3 (-0.9, 0.3); p<0.05\* |
| IG1 | 12 | 87 | 0.8 (1.7) | -0.6 (1.5) | 71 | 1.2 (2.2) | 0.2 (2.3) | -0.8 (-1.4, -0.1); p<0.001\* |
| IG1 | 24 | 87 | 0.8 (1.7) | -0.3 (1.5) | 71 | 1.2 (2.2) | -0.2 (2.2) | -0.2 (-0.8, 0.5); NR, NS\* |
| **Postp-artum women** | Fleming, 2008158 | IG1 | 6 | 122 | 0.9 (1) | -0.4 (0.8) | 113 | 0.8 (0.8) | -0.1 (0.8) | -0.3 (-0.5, -0.1); p=0.019 |
| Ondersma, 2016212 | IG1 | 6 | 41 | NR | NR | 46 | NR | NR | Effect size=0.5 (NR); p=0.499 |

\* Study reported from adjusted model

**Abbreviations**: BL = baseline; CG = control group; CI = confidence interval; FU = followup; IG = intervention group; Int = intervention; mos = months; n = number of participants; NR = not reported; NS = not statistically significant; pop = population; sd = standard deviation; SE = standard error; yrs = years