| **Outcome** | **Target pop** | **Author, year** | **Instrument; scale range; higher outcome is (better/worse)** | **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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **% days abstinent, alcohol** | Adults | Drummond, 2009208 | TLFB; NA | IG1 | 6 | 39 | 37.9 (27.9) | 4 (18.1) | 52 | 36.6 (25.9) | 6.2 (20.9) | -2.2 (-10.2, 5.8); NR, NS\* |
| **Days abstinent in past 30 days, alcohol** | Adults | Maisto, 2001163 | TLFB; NA | IG1 | 6 | 73 | 16.5 (9.2) | 3.1 (9.3) | 85 | 17.2 (9.2) | 1.8 (9.5) | 1.3 (-1.6, 4.2) |
| TLFB; NA | IG1 | 12 | 73 | 16.5 (9.2) | 3.6 (8.7) | 85 | 17.2 (9.2) | 1.2 (7.1) | 2.4 (-0.1, 4.9); NR, NS |
| TLFB; NA | IG2 | 6 | 74 | 15.4 (26.8) | 2.7 (23.4) | 85 | 17.2 (9.2) | 1.8 (9.5) | 0.9 (-4.8, 6.6) |
| TLFB; NA | IG2 | 12 | 74 | 15.4 (26.8) | 2.5 (8.8) | 85 | 17.2 (9.2) | 1.2 (7.1) | 1.4 (-1.1, 3.9); NR, NS |
| **Cons-umption Index** | Young adults | Neighbors, 2004200 | ACI; 0-6; worse | IG1 | 6 | 126 | 2 (1.3) | -0.4 (1.3) | 126 | 1.9 (1.3) | -0.1 (1.4) | -0.4 (-0.7, 0) |
| **Depend-ence** | Adults | Drummond, 2009208 | ADQ; 0-60; worse | IG1 | 6 | 39 | 8.2 (6.6) | -1.5 (3.7) | 52 | 8.8 (9.1) | -1.2 (5.8) | -0.3 (-2.3, 1.7); NR, NS\* |
| Young adults | Marlatt, 1998198 | ADS; 0.47; worse | IG1 | 12 | 143 | 7.9 (3.8) | -0.8 (4) | 156 | 8.2 (3.9) | -0.2 (4.2) | -0.6 (-1.5, 0.3); NR, NS |
| IG1 | 24 | 143 | 7.9 (3.8) | -1.4 (3.7) | 156 | 8.2 (3.9) | -0.4 (4.2) | -1 (-1.9, -0.1); NR, NS |
| **Alcohol severity** | Young adults | Bertholet, 2015220 | AUDIT; 0-12; worse | IG1 | 6 | 338 | 10.7 (4.3) | -1.7 (3.6) | 329 | 10.5 (4) | -0.9 (3.5) | -0.8 (-1.3, -0.3) |
| Young adults | Johnsson, 2006194 | AUDIT; 0-40; worse | IG1 | 12 | 89 | 12.4 (3.6) | -1.7 (4.6) | 88 | 12.8 (3.8) | -2.7 (4.5) | -1 (-2.5, 0.4); NR, NS |
| IG1 (Men) | 12 | 67 | 13.7 (3.1) | -1.7 (5.2) | 66 | 13.9 (3.3) | -3.1 (5) | -1.4 (-3.2, 0.4) |
| IG1 (Women) | 12 | 22 | 9 (2.6) | -1.8 (2.3) | 22 | 9.7 (3.5) | -1.9 (3.5) | -0.1 (-2, 1.9); NR, NS |
| AUDIT-C; 0-12; worse | IG1 | 12 | 89 | 7 (1.6) | -0.8 (1.7) | 88 | 6.9 (1.8) | -0.8 (1.7) | 0 (-0.6, 0.9) |
| Young adults | Johnsson, 2006194 | AUDIT-C; 0-12; worse | IG1 (Men) | 12 | 67 | 7.6 (1.3) | -0.8 (1.7) | 66 | 7.6 (1.6) | -0.9 (2.1) | -0.1 (-0.7, 0.6) |
| IG1 (Women) | 12 | 22 | 5.5 (1.2) | -0.8 (1) | 22 | 5.3 (1.1) | -0.3 (1.1) | 0.5 (-0.3, 1.2) |
| Young adults | Kypri, 2008162 | AUDIT; 0-40; worse | IG1 | 12 | 121 | 14.7 (4.7) |  (NR) | 126 | 15.1 (5.5) |  (NR) | β=-2 (0, -1); p<0.001 |
| IG2 | 12 | 113 | 14.9 (5.1) |  (NR) | 126 | 15.1 (5.5) |  (NR) | β=-2.2 (0, -1.1); p<0.001 |
| Adults | Burge, 1997188 | ASI; 0-1; worse | IG1 | 12 | 47 | 0.2 (0.2) |  (NR) | 46 | 0.2 (0.2) |  (NR) | NR, NS\* |
| IG1 | 18 | 47 | 0.2 (0.2) |  (NR) | 46 | 0.2 (0.2) |  (NR) | NR, NS\* |
| IG2 | 12 | 42 | 0.2 (0.2) |  (NR) | 46 | 0.2 (0.2) |  (NR) | NR, NS\* |
| **Alcohol severity** | Adults | Burge, 1997188 | ASI; 0-1; worse | IG2 | 18 | 42 | 0.2 (0.2) |  (NR) | 46 | 0.2 (0.2) |  (NR) | NR, NS\* |
| IG3 | 12 | 40 | 0.1 (0.2) |  (NR) | 46 | 0.2 (0.2) |  (NR) | NR, NS\* |
| IG3 | 18 | 40 | 0.1 (0.2) |  (NR) | 46 | 0.2 (0.2) |  (NR) | NR, NS\* |
| Adults | Kaner, 2013186 | AUDIT; 0-40; worse | IG1 | 6 | 205 | 13.1 (6.9) | -2.1 (7) | 202 | 12.3 (6.4) | -0.9 (5.7) | -1.2 (-2.4, 0.1); p=0.5\* |
| IG1 | 12 | 203 | 13.1 (6.9) | -2.6 (6.4) | 195 | 12.3 (6.4) | -1.6 (5.5) | -1 (-2.2, 0.2); p=0.59\* |
| IG2 | 6 | 208 | 12.6 (5.9) | -1.2 (5.1) | 202 | 12.3 (6.4) | -0.9 (5.7) | -0.2 (-1.3, 0.8); p=0.87\* |
| IG2 | 12 | 205 | 12.6 (5.9) | -2.1 (5.1) | 195 | 12.3 (6.4) | -1.6 (5.5) | -0.5 (-1.5, 0.5); p=0.53\* |
| Adults | Wilson, 2014224 | AUDIT; 0-40; worse | IG1 | 6 | 28 | 12 (4.7) | -1.8 (2.9) | 39 | 12 (4.7) | -1.5 (5.2) | -0.3 (-3.4, 2.8) |
| Adults | Butler, 2013242 | AUDIT-C; 0-12; worse | IG1 | 12 | 227 |  (NR) | 0.5 (NR) | 267 |  (NR) | 0.6 (NR) | -0.1 (-0.4, 0.2) |
| Adults | Cunningham, 2012231 | AUDIT-C; 0-12; worse | IG1 | 6 | 589 | 7.7 (1.9) | -0.9 (2.2) | 589 | 7.7 (1.9) | -0.7 (2.1) | -0.2 (-0.4, 0); p=0.043 |
| Older adults | Watson, 2013230 | Extended AUDIT-C; 0-12; worse | IG1 | 6 | 238 | 8.3 (2.2) | -1.2 (2.3) | 231 | 8.2 (2.3) | -0.9 (2.4) | -0.4 (-0.8, 0.1); NR, NS\* |
| Extended AUDIT-C; 0-12; worse | IG1 | 12 | 229 | 8.3 (2.2) | -1.2 (2.3) | 229 | 8.2 (2.3) | -1.3 (2.5) | 0.1 (-0.3, 0.5); NR, NS\* |
| Older adults | Moore, 2010176 | CARET; 0-7; worse | IG1 | 12 | 222 | 2.9 (1.7) | -1.5 (1.8) | 299 | 3 (1.7) | -1.4 (1.8) | -0.1 (-0.5, 0.2); NR, NS\* |
| Pregnant women | Osterman, 2014221 | AUDIT; 0-40; worse | IG1 | 1 | 44 | 4.9 (5) | -4.4 (4.6) | 49 | 5.6 (4.9) | -5.2 (4.4) | 0.8 (-1, 2.7) |
| IG1 | 5 | 49 | 4.9 (5) | -4.3 (4.5) | 49 | 5.6 (4.9) | -5.2 (4.5) | 0.9 (-0.9, 2.6); NR, NS |
| **Daily alcohol use** | Adults | Helstrom, 2014240 | TLFB; NA | IG1 | 8 | 68 | 3.1 (2.1) | -0.8 (2.6) | 71 | 3.3 (2.7) | -0.8 (2.9) | 0 (-0.9, 0.9); NR, NS |
| IG1 | 12 | 68 | 3.1 (2.1) | -0.6 (2.4) | 71 | 3.3 (2.7) | -1 (2.6) | 0.4 (-0.5, 1.2); NR, NS |
| **Drinks per day item** | Older adults | Watson, 2013230 | Extended AUDIT-C; 0-6; worse | IG1 | 6 | 236 | 3.4 (2.2) | -0.9 (2.1) | 229 | 3.4 (2.2) | -0.6 (2.1) | -0.3 (-0.7, 0.1); NR, NS\* |
| IG1 | 12 | 228 | 3.4 (2.2) | -0.8 (2.2) | 228 | 3.4 (2.2) | -0.9 (2.1) | 0.1 (-0.3, 0.5); NR, NS\* |
| **Drinks per drinking day factor score** | Young adults | Marlatt, 1998198 | DDQ; NR; worse | IG1 | 12 | 143 | 0.91 (0.92) | NR | 156 | 0.73 (0.90) | NR | 0.15 (0.10); NR, NS |
| IG1 | 24 | 143 | 0.91 (0.92) | NR | 156 | 0.73 (0.90) | NR | 0.12 (0.10); NR, NS |
| IG1 | 36 | 143 | 0.91 (0.92) | NR | 156 | 0.73 (0.90) | NR | 0.03 (0.09); NR, NS |
| IG1 | 48 | 143 | 0.91 (0.92) | NR | 156 | 0.73 (0.90) | NR | 0.10 (0.09); p<0.01 |
| IG1 | 12 | 143 | 0.78 (0.88) | NR | 156 | 0.74 (0.88) | NR | 0.20 (0.10); NR, NS |
| **Drinks per week factor score** | Young adults | Marlatt, 1998198 | DDQ; NR; worse | IG1 | 24 | 143 | 0.78 (0.88) | NR | 156 | 0.74 (0.88) | NR | 0.09 (0.10); NR, NS |
| IG1 | 36 | 143 | 0.78 (0.88) | NR | 156 | 0.74 (0.88) | NR | 0.13 (0.11); NR, NS |
| IG1 | 48 | 143 | 0.78 (0.88) | NR | 156 | 0.74 (0.88) | NR | 0.06 (0.12); p<0.01 |
| **Drinks per weekend** | Young adults | Turrisi, 2009205 | DDQ; NR; worse | IG1 | 10 | 278 | 3.3 (4.9) | 2.3 (4.7) | 305 | 3.5 (4.9) | 3.1 (4.9) | -0.8 (-1.6, 0); p<0.05\* |
| IG2 | 10 | 228 | 3.1 (4.9) | 2.7 (4.8) | 305 | 3.5 (4.9) | 3.1 (4.9) | -0.4 (-1.3, 0.4) |
| IG3 | 10 | 279 | 3.2 (118.8) | 3.6 (116.5) | 305 | 3.5 (4.9) | 3.1 (4.9) | 0.4 (-13.3, 14.1); p=0.05\* |
| **Drunk times/week** | Young adults | Schaus, 2009170 | TLFB; NA | IG1 | 6 | 181 | 1.1 (1.2) | -0.4 (1.1) | 182 | 1.1 (1.2) | 0 (1.2) | -0.4 (-0.6, -0.2); p=0.003\* |
| IG1 | 9 | 181 | 1.1 (1.2) | -0.2 (1.3) | 182 | 1.1 (1.2) | 0.2 (1.4) | -0.4 (-0.7, -0.2); p=0.078\* |
| IG1 | 12 | 181 | 1.1 (1.2) | 0.2 (1.8) | 182 | 1.1 (1.2) | 0.6 (1.8) | -0.4 (-0.8, 0); p=0.727\* |
| **Days used, past month** | Adolescents | Mason, 2015215 | YRBS; 0-7; worse | IG1 (Men) | 6 | 15 | 0.5 (NR) | -0.3 (NR) | 20 | 0.5 (NR) | 0.3 (NR) | 0.5 (0, ); p<0.05  |
| IG1 (Women) | 6 | 44 | 0.7 (NR) | 0.1 (NR) | 40 | 1.2 (NR) | -0.4 (NR) | NR, NS |
| **Quantity-Frequency Scale** | Young adults | Larimer, 2007197 | Quantity/ Frequency/Peak Alcohol Use Index; 0-6; worse | IG1 | 12 | 737 | 1.4 (1.3) | 0.2 (1.3) | 751 | 1.5 (1.3) | 0.3 (1.3) | -0.1 (-0.2, 0); p<0.01\* |
| **Drinking days/week, past month** | Adults | Rose, 2017245 | TLFB; NA | IG1 | 6 | 678 | 3.2 (2.6) | -0.1 (2.5) | 685 | 3.2 (2.6) | -0.1 (2.5) | -0.1 (-0.3, 0.2); p=0.64 |
| TLFB; NA | IG1 (AUD) | 6 | 198 | 3.9 (2.3) | -0.2 (2.2) | 197 | 3.7 (2.4) | -0.2 (2.2) | 0 (-0.5, 0.4); NR, NS |
| TLFB; NA | IG1 (no AUD) | 6 | 480 | 2.5 (2.2) | -0.1 (2.2) | 488 | 2.6 (2.2) | 0 (2.2) | -0.1 (-0.4, 0.2); NR, Ns |
| **Drinking days/month, factor score** | Young adults | LaBrie, 2013227 | Quantity/ Frequency/Peak Alcohol Use Index; 0-7; worse | IG1 | 6 | 143 | 1.7 (1.2) | -0.2 (1.1) | 142 | 1.6 (1.1) | -0.1 (1.1) | -0.1 (-0.4, 0.1); NR, NS |
| Young adults | IG1 | 12 | 144 | 1.7 (1.2) | -0.2 (1.2) | 143 | 1.6 (1.1) | 0 (1.1) | -0.1 (-0.4, 0.1); NR, NS |
| Young adults | IG2 | 6 | 143 | 1.6 (1.2) | -0.1 (1.2) | 142 | 1.6 (1.1) | -0.1 (1.1) | 0 (-0.3, 0.3); NR, NS |
| Young adults | IG2 | 12 | 139 | 1.6 (1.2) | -0.1 (1.2) | 143 | 1.6 (1.1) | 0 (1.1) | -0.1 (-0.4, 0.2); NR, NS |
| **Drinking days, past 3 months** | Young adults | Lewis, 2014225 | Quantity/ Frequency/Peak Alcohol Use Index; 0-30; worse | IG1 | 6 | 119 | 2.2 (1.5) | -0.8 (1.4) | 121 | 2.2 (1.5) | -0.6 (1.5) | -0.2 (-0.5, 0.2) |
| Young adults | IG2 | 6 | 119 | 2.2 (1.7) | -0.8 (1.5) | 121 | 2.2 (1.5) | -0.6 (1.5) | -0.2 (-0.6, 0.2) |
| **Peak drinks/day** | Adults | Cunningham, 2012231 | Other/Generic; NA | IG1 | 6 | 589 | 9.6 (5.7) | -1.1 (5.4) | 589 | 9.2 (5.3) | -0.7 (5.2) | -0.4 (-1, 0.2); NR, NS |
| Young adults | LaBrie, 2009196 | Retrospective Diary; NA | IG1 | 6 | 140 | 4.1 (4.4) | -1.7 (3.9) | 110 | 3.5 (3.9) | -0.5 (3.5) | -1.2 (-2.1, -0.3) |
| Young adults | LaBrie, 2013227 | Quantity/Frequency/Peak Alcohol Use Index; NA | IG1 | 6 | 143 | 8.6 (3.7) | -1.8 (4) | 142 | 8.8 (3.9) | -1.4 (4.2) | -0.4 (-1.3, 0.5); NR, NS |
| IG1 | 12 | 144 | 8.6 (3.7) | -1.6 (4) | 143 | 8.8 (3.9) | -1.7 (3.9) | 0.1 (-0.8, 1); NR, NS |
| IG2 | 6 | 143 | 8.5 (4) | -1.3 (4.1) | 142 | 8.8 (3.9) | -1.4 (4.2) | 0.1 (-0.9, 1.1); NR, NS |
| IG2 | 12 | 139 | 8.5 (4) | -1.9 (4.2) | 143 | 8.8 (3.9) | -1.7 (3.9) | -0.2 (-1.1, 0.7); NR, NS |
| Young adults | Leeman, 2016211 | NR | IG1 | 6 | 48 | 6.9 (3.7) | -1.2 (4.4) | 42 | 5.4 (2.2) | 0.7 (4.8) | -1.9 (-3.8, 0); p<0.05\* |
| NR | IG2 | 6 | 45 | 6.7 (4.3) | -0.4 (5.4) | 42 | 5.4 (2.2) | 0.7 (4.8) | -1.1 (-3.2, 1.1); NR, NS |
| NR | IG3 | 6 | 48 | 6.5 (3) | -1.2 (3.6) | 42 | 5.4 (2.2) | 0.7 (4.8) | -1.9 (-3.6, -0.1); p<0.05\* |
| Young adults | Schaus, 2009170 | TLFB; NA | IG1 | 6 | 181 | 8.2 (4.4) | -1.6 (4.9) | 182 | 8.7 (4.4) | -0.7 (4.9) | -0.9 (-1.9, 0.1); p=0.005\* |
| IG1 | 9 | 181 | 8.2 (4.4) | -1.4 (5.1) | 182 | 8.7 (4.4) | -1.8 (4.4) | 0.3 (-0.7, 1.3); p=0.626\* |
| IG1 | 12 | 181 | 8.2 (4.4) | -1.4 (4.9) | 182 | 8.7 (4.4) | -1.8 (4.5) | 0.3 (-0.6, 1.3); p=0.7\* |
| **Peak quantity** | Young adults | Neighbors, 2004200 | ACI; 0-6; worse | IG1 | 6 | 126 | 9.1 (4.5) | -1.4 (4.9) | 126 | 8.9 (4.6) | -0.3 (5) | -1.2 (-2.4, 0) |
| **% of days used alcohol** | Adults | Chang, 2011190 | TLFB; NA | IG1 | 12 | 239 |  NR | -4.3 (0.2) | 252 |  NR | -1.3 (1.7) | 3 (-0.1, 6); p=0.07\* |
| Pregnant women | Chang, 2005191 | TLFB; NA | IG1 | 5 | 152 | NR |  NR | 152 |  NR |  NR | β=0.8 (1, 2); NR, NS |
| **Severity NOS** | Adults | Heather, 1987209 | Other/Generic; NR; better  | IG1 | 6 | 29 | 420 (133.6) | -0.3 (142.4) | 32 | 420.3 (122.8) | -25.9 (134.5) | 25.6 (-44.1, 95.3); NR, NS |
| IG2 | 6 | 30 | 457.4 (99.2) | -9.4 (105.9) | 32 | 420.3 (122.8) | -25.9 (134.5) | 16.5 (-43.6, 76.6); NR, NS |
| **Weeks >sensible drinking limits** | Adults | Chang, 2011190 | TLFB; NA | IG1 | 12 | 239 | 4.2 (7.9) | -0.8 (5.8) | 252 | 3.5 (7.1) | -0.7 (0.6) | 0.3 (-1.2, 0.6); p=0.57\* |

\* Study reported from adjusted model

**Abbreviations**: ACI = Alcohol Consumption Index; ADQ = Alcohol Dependence Questionnaire; ADS = Alcohol Dependence Scale; ASI = Addiction Severity Index; AUDIT = Alcohol Use Disorders Index Test; AUDIT-C = Alcohol Use Disorders Index Test – Consumption; BL = baseline; CARET = Comorbidity Alcohol Risk Evaluation Tool; CG = control group; CI = confidence interval; DDQ = Daily Drinking Questionnaire; FU = followup; IG = intervention group; Int = intervention; mos = months; n = number of participants; NA = not applicable; NOS = not otherwise specified; NR = not reported; NS = not statistically significant; pop = population; sd = standard deviation; TLFB = Timeline Followback; YRBS = Youth Risk Behavior Survey