| **Outcome type** | **Target pop** | **Author, year** | **Instrument or measure; 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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Academic** | Young adults | Kypri, 2004161 | AREAS; 0-35; NR | IG1 | 6 | 47 | NR | NR | 47 | NR | NR | RoGM = 0.72 (0.51-1.02); p=0.06† |
| Young adults | Kypri, 2008162 | AREAS; 0-35; NR | IG1 | 6 | 122 | NR | NR | 124 | NR | NR | RR=0.8 (0, 0.9); p=0.005‡ |
| IG1 | 12 | 121 | NR | NR | 126 | NR | NR | RR=0.8 (0, 0.9); p=0.002‡ |
| IG2 | 6 | 114 | NR | NR | 124 | NR | NR | RR=0.8 (0, 0.9); p=0.003‡ |
| IG2 | 12 | 113 | NR | NR | 126 | NR | NR | RR=0.8 (0, 1); p=0.02‡ |
| Young adults | Kypri, 2009195 | ASI – Academic; 0-15; worse | IG1 | 6 | 1251 | NR | NR | 1184 | NR | NR | RR=0.9 (0, 1.1); p=0.87†‡ |
| **Cardio-metabolic** | Adults | Wilson, 2014224 | DBP; NA | IG1 | 6 | 28 | 87 (8.8) | 2.2 (10.6) | 39 | 88 (10.1) | 1.8 (9.1) | 0.4  (-7.4, 8.2); NR, NS |
| SBP; NA | IG1 | 6 | 28 | 149 (16.1) | -2 (17.7) | 39 | 153 (19.4) | -3.2 (16.8) | 1.2  (-12.3, 14.7); NR, NS |
| **Employment** | Adults | Burge, 1997188 | ASI – Employment; 0-1; worse | IG1 | 12 | 47 | 0.7 (0.2) | NR | 46 | 0.6 (0.3) | NR | NR, NS† |
| IG1 | 18 | 47 | 0.7 (0.2) | NR | 46 | 0.6 (0.3) | NR | NR, NS† |
| IG2 | 12 | 42 | 0.6 (0.3) | NR | 46 | 0.6 (0.3) | NR | NR, NS† |
| IG2 | 18 | 42 | 0.6 (0.3) | NR | 46 | 0.6 (0.3) | NR | NR, NS† |
| IG3 | 12 | 40 | 0.7 (0.3) | NR | 46 | 0.6 (0.3) | NR | NR, NS† |
| IG3 | 18 | 40 | 0.7 (0.3) | NR | 46 | 0.6 (0.3) | NR | NR, NS† |
| **Family/ social** | Adults | ASI – Family; 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† |
| IG2 | 18 | 42 | 0.2 (0.2) | NR | 46 | 0.2 (0.2) | NR | NR, NS† |
| IG3 | 12 | 40 | 0.2 (0.2) | NR | 46 | 0.2 (0.2) | NR | NR; p=0.003† |
| IG3 | 18 | 40 | 0.2 (0.2) | NR | 46 | 0.2 (0.2) | NR | NR; p=0.003† |
| **General consequences** | Adults | Drummond, 2009208 | APQ; 0-23; worse | IG1 | 6 | 39 | 5.6 (4.4) | -1.5 (1.9) | 52 | 4.7 (3) | -1.1 (2.9) | -0.4 (-1.4, 0.6); NR, NS† |
| Helstrom, 2014240 | SIP; NR; worse | IG1 | 8 | 68 | 4.3 (5.5) | -1.5 (5.6) | 71 | 4.7 (5.5) | -2.4 (4.8) | 0.8 (-0.9, 2.6); NR, NS |
| IG1 | 12 | 68 | 4.3 (5.5) | -1.9 (NR) | 71 | 4.7 (5.5) | -2.0 (NR) | NR, NS |
| Upshur, 2015218 | Consequences NOS; 0-11; worse | IG1 | 6 | 40 | 4.6 (2.9) | -2.4 (2.8) | 36 | 4.3 (3) | -2.4 (2.7) | 0 (-1.4, 1.3); NR, NS |
| Older adults | Watson, 2013230 | DPI; 0-17; worse | IG1 | 6 | 238 | 2.6 (2.9) | -0.8 (2.8) | 233 | 3.1 (3.3) | -0.7 (3.3) | -0.2 (-0.7, 0.4); NR, NS† |
| IG1 | 12 | 229 | 2.6 (2.9) | -0.7 (3) | 230 | 3.1 (3.3) | -0.8 (3.2) | 0.1 (-0.5, 0.7); NR, NS† |
| Young adults | Bertholet, 2015220 | Consequences NOS;  0-12; worse | IG1 | 6 | 338 | 2.8 (2) | -0.7 (1.7) | 329 | 2.8 (1.9) | -0.6 (1.7) | -0.1 (-0.4, 0.1) |
| Young adults | Carey, 2006189 | RAPI; 0-69; worse | IG1 | 6 | 63 | 7.3 (5.5) | -0.8 (5.8) | 66 | 8.3 (5.7) | -0.1 (7.1) | -0.7 (-2.9, 1.5) |
| IG1 | 12 | 65 | 7.3 (5.5) | -1.8 (5.9) | 59 | 8.3 (5.7) | -3 (5.4) | 1.2 (-0.8, 3.2) |
| IG2 | 6 | 68 | 6.6 (6) | -0.3 (6.6) | 66 | 8.3 (5.7) | -0.1 (7.1) | -0.2 (-2.5, 2.1) |
| IG2 | 12 | 64 | 6.6 (6) | -1.9 (5.6) | 59 | 8.3 (5.7) | -3 (5.4) | 1.1 (-0.9, 3.1) |
| IG3 | 6 | 66 | 6.6 (6.2) | -1.9 (5.7) | 66 | 8.3 (5.7) | -0.1 (7.1) | -1.8 (-4, 0.4) |
| IG3 | 12 | 68 | 6.6 (6.2) | -1.5 (6) | 59 | 8.3 (5.7) | -3 (5.4) | 1.5 (-0.5, 3.5) |
| IG4 | 6 | 62 | 8 (7.8) | -2.7 (6.8) | 66 | 8.3 (5.7) | -0.1 (7.1) | -2.6 (-5, -0.2) |
| IG4 | 12 | 68 | 8 (7.8) | -3.7 (6.8) | 59 | 8.3 (5.7) | -3 (5.4) | -0.7 (-2.8, 1.4) |
| Young adults | Collins, 2014223 | RAPI§; 0-92; worse | IG1 | 6 | 205 | 5.6 (7) | -0.2 (7.7) | 190 | 5 (5.3) | -0.6 (5.9) | 0.4 (-0.9, 1.7); p=0.48 |
| **General consequences** | Young adults | Collins, 2014223 | RAPI§; 0-92; worse | IG1 | 12 | 183 | 5.6 (7) | -0.7 (6.9) | 173 | 5 (5.3) | -0.8 (5.8) | 0.1 (-1.2, 1.4) |
| IG2 | 6 | 211 | 5.8 (7.5) | -1.8 (6.9) | 190 | 5 (5.3) | -0.6 (5.9) | -1.2 (-2.5, 0); p=0.01 |
| IG2 | 12 | 181 | 5.8 (7.5) | -2.1 (6.6) | 173 | 5 (5.3) | -0.8 (5.8) | -1.3 (-2.6, 0) |
| Young adults | Fleming, 2010160 | RAPIǁ; 0-23; worse | IG1 | 6 | 493 | 15.2 (10.4) | -5.5 (9.7) | 493 | 15.9 (10.7) | -4.9 (10.1) | -0.6 (-1.8, 0.6); p=0.319 |
| IG1 | 12 | 493 | 15.2 (10.4) | -7.4 (9.3) | 493 | 15.9 (10.7) | -6.8 (9.9) | -0.6 (-1.8, 0.6); p=0.033 |
| Young adults | Kypri, 2004161 | APS; 0-14; worse | IG1 | 6 | 47 | NR | NR | 47 | NR | NR | RR=0.8 (0, 1); p=0.03 |
| Young adults | Kypri, 2008162 | APS; 0-14; worse | IG1 | 6 | 122 | NR | NR | 124 | NR | NR | RR=0.9 (0, 1.1); p=0.2 |
| IG1 | 12 | 121 | NR | NR | 126 | NR | NR | RR=0.8 (0, 1); p=0.05 |
| IG2 | 6 | 114 | NR | NR | 124 | NR | NR | RR=0.9 (0, 1.1); p=0.17 |
| IG2 | 12 | 113 | NR | NR | 126 | NR | NR | RR=0.8 (0, 1); p=0.07 |
| Young adults | Kypri, 2009195 | APS; 0-15; worse | IG1 | 6 | 1251 | NR | NR | 1184 | NR | NR | 0 (0, 0) |
| Young adults | LaBrie, 2013227 | RAPI; 0-100; worse | IG1 | 6 | 143 | 4.4 (5.8) | 0.4 (7.6) | 142 | 3.3 (3.4) | -0.5 (4.7) | 0.9 (-0.6, 2.4); NR, NS |
| IG1 | 12 | 144 | 4.4 (5.8) | -0.7 (6.9) | 143 | 3.3 (3.4) | -0.7 (4.4) | 0 (-1.3, 1.3); NR, NS |
| IG2 | 6 | 143 | 3.4 (3.6) | -0.8 (3.8) | 142 | 3.3 (3.4) | -0.5 (4.7) | -0.3 (-1.3, 0.7); NR, NS |
| IG2 | 12 | 139 | 3.4 (3.6) | -1.1 (4.1) | 143 | 3.3 (3.4) | -0.7 (4.4) | -0.4 (-1.4, 0.6); NR, NS |
| Young adults | Larimer, 2007197 | RAPI¶; 0-75; worse | IG1 | 12 | 737 | 2.8 (3.8) | 0.1 (4) | 751 | 2.5 (3.8) | 0.4 (4) | -0.3 (-0.7, 0.1); NR, NS† |
| Young adults | Leeman, 2016211 | RAPI; 0-69; worse | IG1 | 6 | 48 | 4 (4.5) | -1.1 (4.3) | 42 | 3.8 (3.2) | -0.3 (4.1) | -0.8 (-2.5, 0.9); NR, NS |
| IG2 | 6 | 45 | 4.1 (4.8) | -0.4 (4.7) | 42 | 3.8 (3.2) | -0.3 (4.1) | -0.1 (-2, 1.7); NR, NS |
| IG3 | 6 | 48 | 3.6 (4.2) | 0.4 (4.6) | 42 | 3.8 (3.2) | -0.3 (4.1) | 0.6 (-1.2, 2.4); NR, NS |
| Young adults | Lewis, 2014225 | BYAACQ; 0-24; worse | IG1 | 6 | 119 | 7.6 (4.7) | -1.5 (5.1) | 121 | 8.3 (5.5) | -1.7 (5.4) | 0.2 (-1.1, 1.5) |
| IG2 | 6 | 119 | 8.5 (5.3) | -2.4 (5.6) | 121 | 8.3 (5.5) | -1.7 (5.4) | -0.7 (-2.1, 0.7) |
| Young adults | Marlatt, 1998198 | RAPIǁ; 0-23; worse | IG1 | 12 | 143 | 7.5 (6) | -3.5 (5.3) | 156 | 7.6 (6) | -2.1 (5.4) | -1.4 (-2.6, -0.2); p<0.05 |
| IG1 | 24 | 143 | 7.5 (6) | -4.2 (5.2) | 156 | 7.6 (6) | -2.9 (5.4) | -1.3 (-2.5, -0.1); p<0.05 |
| RAPI + ADS; NR; worse | IG1 | 36 |  | NR | NR |  | NR | NR | 0.3 (NR); p<0.05 |
| IG1 | 48 |  | NR | NR |  | NR | NR | 0.3 (NR); p<0.01 |
| Young adults | Martens, 2010199 | BYAACQ; 0-24; worse | IG1 | 6 | 77 | NR | NR |  | NR | NR | NR; p=0.63† |
| IG1 (Heavy Drinkers) | 6 | 57 | NR | NR |  | NR | NR | NR; p=0.16† |
| Young adults | Neighbors, 2004200 | RAPI¶; 0-100; worse | IG1 | 6 | 126 | 7.2 (6.3) | -1.5 (6.8) | 126 | 7.3 (7.5) | -0.8 (7.6) | -0.6 (-2.4, 1.1) |
| Young adults | Neighbors, 2016239 | YAAPST; 0-37; worse | IG1 | 6 | 177 | 4.3 (3.2) | -0.7 (3.6) | 180 | 4.3 (3.1) | -1 (3.1) | 0.3 (-0.4, 1); NR, NS |
| IG2 | 6 | 173 | 4.3 (3.2) | -1.4 (3.1) | 180 | 4.3 (3.1) | -1 (3.1) | -0.4 (-1, 0.3); NR, NS |
| **General consequences** | Young adults | Schaus, 2009170 | RAPI§; 0-92; worse | IG1 | 6 | 181 | 14.1 (13.1) | -9.1 (11.4) | 182 | 16.1 (13.3) | -9.6 (11.6) | 0.4 (-2, 2.8); p=0.028† |
| IG1 | 9 | 181 | 14.1 (13.1) | -9.5 (11.4) | 182 | 16.1 (13.3) | -9.9 (11.7) | 0.4 (-2, 2.8); p=0.041† |
| IG1 | 12 | 181 | 14.1 (13.1) | -8.3 (11.4) | 182 | 16.1 (13.3) | -8.7 (11.6) | 0.4 (-1.9, 2.8); p=0.556† |
| Young adults | Turrisi, 2009205 | RAPI§; 0-92; worse | IG1 | 10 | 278 | 2.3 (3.2) | 0.6 (3.1) | 305 | 2.5 (3.2) | 1 (3.2) | -0.5 (-1, 0.1); p<0.05† |
| IG2 | 10 | 228 | 2.4 (3.2) | 1 (3.1) | 305 | 2.5 (3.2) | 1 (3.2) | 0 (-0.6, 0.5) |
| IG3 | 10 | 279 | 2.1 (3.2) | 1.5 (3.1) | 305 | 2.5 (3.2) | 1 (3.2) | 0.5 (-0.1, 1); p<0.05 |
| Adults | Watkins, 2017246 | SIP; 0-15; worse | IG1 | 6 | 138 | 9.1 (4.9) | 7 (5.9) | -2.1 (5.5) | 123 | 9.6 (4.8) | 6.2 (5.5); p=0.08 |
| **Legal** | Adults | Burge, 1997188 | ASI – Legal; 0-1; worse | IG1 | 12 | 47 | 0.1 (0.2) | NR | 46 | 0.1 (0.1) | NR | NR, NS† |
| IG1 | 18 | 47 | 0.1 (0.2) | NR | 46 | 0.1 (0.1) | NR | NR, NS† |
| IG2 | 12 | 42 | 0.1 (0.1) | NR | 46 | 0.1 (0.1) | NR | NR, NS† |
| IG2 | 18 | 42 | 0.1 (0.1) | NR | 46 | 0.1 (0.1) | NR | NR, NS† |
| IG3 | 12 | 40 | 0.1 (0.1) | NR | 46 | 0.1 (0.1) | NR | NR, NS† |
| IG3 | 18 | 40 | 0.1 (0.1) | NR | 46 | 0.1 (0.1) | NR | NR, NS† |
| **Liver Enzymes** | Adults | Aalto, 2000 | ALT; NA | IG1 (Men) | 36 | 99 | 38 (21) | 9 (70.9) | 88 | 49.1 (45.9) | -1.8 (43.8) | 10.8 (-5.9, 27.5); NR, NS |
| IG1 (Women) | 36 | 38 | 33 (23.2) | -5.8 (20.8) | 40 | 25.6 (19.3) | 0.4 (21) | -6.2 (-15.5, 3.1); NR, NS |
| AST; NA | IG1 (Men) | 36 | 99 | 30.9 (12.6) | 6.2 (45.8) | 88 | 36.4 (29) | 0.9 (27.5) | 5.3 (-5.4, 16); NR, NS |
| IG1 (Women) | 36 | 38 | 31.5 (29.4) | -1.4 (28.5) | 40 | 24.4 (11.8) | 1.5 (17.2) | -2.9 (-13.4, 7.6); NR, NS |
| CDT; NA | IG1 (Men) | 36 | 97 | 22.6 (13.7) | -0.9 (13.7) | 88 | 21 (16.1) | -0.2 (14.9) | -0.7 (-4.8, 3.4); NR, NS |
| CDT; NA | IG1 (Women) | 36 | 38 | 23.8 (12.3) | -1.6 (12.2) | 40 | 21.2 (7.8) | -0.6 (7.7) | -1 (-5.6, 3.6); NR, NS |
| GGT; NA | IG1 (Men) | 36 | 88 | 81.9 (72) | 8.3 (88.1) | 88 | 94.5 (183.5) | -14 (159) | 22.3 (-15.7, 60.3); NR, NS |
| IG1 (Women) | 36 | 38 | 79.8 (135) | -24.5 (117.9) | 40 | 35.7 (24.6) | 3.1 (28.4) | -27.6 (-66.1, 10.9); NR, NS |
| MCV; NA | IG1 (Men) | 36 | 98 | 94.2 (4.2) | -1 (4.2) | 88 | 94.5 (4) | -1.3 (4) | 0.3 (-0.9, 1.5); NR, NS |
| IG1 (Women) | 36 | 40 | 96.9 (4.2) | -1 (3.9) | 38 | 94.4 (3.9) | -0.8 (4) | -0.2 (-2, 1.6);NR, NS |
| Burge, 1997188 | ALT; NA | IG1 | 12 | 47 | 36.6 (27.2) | NR | 46 | 49.9 (56.1) | NR | NR, NS† |
| IG1 | 18 | 47 | 36.6 (27.2) | NR | 46 | 49.9 (56.1) | NR | NR, NS† |
| IG2 | 12 | 42 | 56.5 (97.6) | NR | 46 | 49.9 (56.1) | NR | NR, NS† |
| IG2 | 18 | 42 | 56.5 (97.6) | NR | 46 | 49.9 (56.1) | NR | NR, NS† |
| IG3 | 12 | 40 | 68.6 (175.2) | NR | 46 | 49.9 (56.1) | NR | NR, NS† |
| IG3 | 18 | 40 | 68.6 (175.2) | NR | 46 | 49.9 (56.1) | NR | NR, NS† |
| AST; NA | IG1 | 12 | 47 | 43 (37.2) | NR | 46 | 55.3 (104.5) | NR | NR, NS† |
| IG1 | 18 | 47 | 43 (37.2) | NR | 46 | 55.3 (104.5) | NR | NR, NS† |
| IG2 | 12 | 42 | 57.1 (109.7) | NR | 46 | 55.3 (104.5) | NR | NR, NS† |
| IG2 | 18 | 42 | 57.1 (109.7) | NR | 46 | 55.3 (104.5) | NR | NR, NS† |
| IG3 | 12 | 40 | 54 (79.1) | NR | 46 | 55.3 (104.5) | NR | NR, NS† |
| **Liver Enzymes** | Adults | Burge, 1997188 | AST; NA | IG3 | 18 | 40 | 54 (79.1) | NR | 46 | 55.3 (104.5) | NR | NR, NS† |
| GGT; NA | IG1 | 12 | 47 | 90.7 (88.2) | NR | 46 | 142.5 (205.5) | NR | NR, NS† |
| IG1 | 18 | 47 | 90.7 (88.2) | NR | 46 | 142.5 (205.5) | NR | NR, NS† |
| IG2 | 12 | 42 | 162.6 (408) | NR | 46 | 142.5 (205.5) | NR | NR, NS† |
| IG2 | 18 | 42 | 162.6 (408) | NR | 46 | 142.5 (205.5) | NR | NR, NS† |
| IG3 | 12 | 40 | 133.7 (180.1) | NR | 46 | 142.5 (205.5) | NR | NR, NS† |
| IG3 | 18 | 40 | 133.7 (180.1) | NR | 46 | 142.5 (205.5) | NR | NR, NS† |
| MCV  MCV; NA | IG1 | 12 | 47 | 91.5 (4.8) | NR | 46 | 90 (6.3) | NR | NR, NS† |
| IG1 | 18 | 47 | 91.5 (4.8) | NR | 46 | 90 (6.3) | NR | NR, NS† |
| IG2 | 12 | 42 | 90.1 (4.7) | NR | 46 | 90 (6.3) | NR | NR, NS† |
| IG2 | 18 | 42 | 90.1 (4.7) | NR | 46 | 90 (6.3) | NR | NR, NS† |
| IG3 | 12 | 40 | 91.4 (5.3) | NR | 46 | 90 (6.3) | NR | NR, NS† |
| IG3 | 18 | 40 | 91.4 (5.3) | NR | 46 | 90 (6.3) | NR | NR, NS† |
| Adults | Emmen, 2005193 | CDT; NA | IG1 | 6 | 54 | 2.6 (1) | 0.1 (0.3) | 55 | 2.4 (1.1) | 0.1 (0.9) | 0 (-0.2, 0.2); p=0.69† |
| Adults | Scott, 1990171 | GGT; NA | IG1 (Men) | 12 | 80 | 29.6 (29.5) | 6.6 (51.1) | 74 | 35.5 (34.4) | -1.8 (36.7) | 8.4 (-5.6, 22.4); NR, NS |
| **Liver Enzymes** | Adults | Scott, 1990171 | GGT; NA | IG1 (Women) | 12 | 33 | 16.4 (18.4) | 0.1 (21.4) | 39 | 22 (25) | -4.2 (22.9) | 4.3 (-6, 14.6); NR, NS |
| MCV; NA | IG1 (Men) | 12 | 80 | 93.7 (4.5) | 0.2 (4.5) | 74 | 93.5 (3.4) | -0.3 (3.9) | 0.5 (-0.8, 1.8); NR, NS |
| IG1 (Women) | 12 | 33 | 93.5 (3.4) | -1.1 (4.1) | 39 | 93.7 (4.4) | -0.4 (4.4) | -0.7 (-2.7, 1.3); NR, NS |
| Adults | Wallace, 1988174 | GGT; NA | IG1 (Men) | 6 | 306 | 27.8 (24.5) | -1 (27.5) | 304 | 26.7 (22.7) | 0 (21.8) | -1 (-4.9, 2.9) |
| IG1 (Men) | 12 | 306 | 27.8 (24.5) | -2.4 (15.7) | 304 | 26.7 (22.7) | 1.1 (17.4) | -3.5 (-6.1, -0.9); p<0.01 |
| IG1 (Women) | 6 | 126 | 13.7 (15.7) | 0.3 (16.3) | 132 | 12 (11.5) | 0.7 (10.5) | -0.4 (-3.8, 3) |
| IG1 (Women) | 12 | 126 | 13.7 (15.7) | 0.3 (5.6) | 132 | 12 (11.5) | 0.5 (6.9) | -0.2 (-1.7, 1.3); NR, NS |
| **Medical/physical** | Adults | Aalto, 2000206 | Physical health status; 1-5; better | IG1 (Men) | 36 | 94 | 3.3 (0.8) | -0.1 (0.9) | 84 | 3.3 (0.8) | -0.1 (0.8) | 0 (-0.2, 0.2); NR, NS |
| IG1 (Women) | 36 | 36 | 3.3 (1) | -0.1 (1) | 39 | 3.3 (0.8) | 0 (0.9) | -0.1 (-0.5, 0.3); NR, NS |
| Burge, 1997 | ASI – Medical; 0-1; worse | IG1 | 12 | 47 | 0.3 (0.3) | NR | 46 | 0.3 (0.3) | NR | NR; p=0.047† |
| IG1 | 18 | 47 | 0.3 (0.3) | NR | 46 | 0.3 (0.3) | NR | NR; p=0.047† |
| IG2 | 12 | 42 | 0.4 (0.3) | NR | 46 | 0.3 (0.3) | NR | NR, NS† |
| IG2 | 18 | 42 | 0.4 (0.3) | NR | 46 | 0.3 (0.3) | NR | NR, NS† |
| IG3 | 12 | 40 | 0.4 (0.3) | NR | 46 | 0.3 (0.3) | NR | NR, NS† |
| IG3 | 18 | 40 | 0.4 (0.3) | NR | 46 | 0.3 (0.3) | NR | NR, NS† |
| Crawford, 2014185 | QALYs; 0-0.5; better | IG1 | 6 | 290 | NR | 0.46 (0.06)# | 301 | NR | -0.45 (0.07)# | -0.01  (-0.02, 0.003) |
| Drummond, 2009208 | Quality of Life, Physical Health; 0-100; better | IG1 | 6 | 39 | 40.5 (7.3) | -0.1 (3.7) | 52 | 40.6 (7.6) | 0.1 (4.3) | -0.2 (-1.9, 1.5); NR, NS† |
| Heather, 1987209 | Physical health status; NR; better | IG1 | 6 | 29 | 357.1 (136.7) | 53.7 (132.2) | 32 | 341.7 (140.5) | 36.4 (128) | 17.3 (-48.1, 82.7); NR, NS |
| IG2 | 6 | 29 | 387.6 (94.5) | 30.7 (121.1) | 32 | 341.7 (140.5) | 36.4 (128) | -5.7  (-68.2, 56.8); NR, NS |
| Upshur, 2015218 | Quality of Life, Physical Health; NR; better | IG1 | 6 | 40 | 41.9 (10.8) | 0.9 (11.2) | 36 | 40 (9) | 1 (9.2) | -0.1 (-5.2, 5) |
| Older adults | Ettner, 2014183 | SF-12 PCS; 0-100; better | IG1 | 6 | 439 | 48.9 (9.7) | 1.4 (9.4) | 610 | 48.8 (9.3) | 1.2 (8.9) | 0.2 (-0.9, 1.3); NR, NS |
| IG1 | 12 | 439 | 48.9 (9.7) | 0.9 (9.3) | 610 | 48.8 (9.3) | 1.1 (9.1) | -0.2 (-1.3, 0.9); NR, NS |
| Watson, 2013230 | SF-12 PCS; 0-100; better | IG1 | 6 | 237 | 47.7 (11.2) | -0.3 (11.3) | 233 | 47.3 (11) | 0.4 (11.1) | -0.7 (-2.8, 1.3); NR, NS |
| IG1 | 12 | 228 | 47.7 (11.2) | -0.4 (11.6) | 228 | 47.3 (11) | 0.1 (11) | -0.6 (-2.6, 1.5); NR, NS |
| **Mental health** | Adults | Aalto, 2000206 | Mental health status; 1-5; better | IG1 (Men) | 36 | 94 | 2.9 (0.9) | 0.1 (0.9) | 84 | 3 (0.9) | -0.1 (0.9) | 0.2 (-0.1, 0.5); NR, NS |
| IG1 (Women) | 36 | 37 | 3.2 (1) | -0.3 (1) | 39 | 3.1 (1) | -0.1 (1.1) | -0.2 (-0.7, 0.3); NR, NS |
| Adults | Burge, 1997188 | ASI – Psychiatric; 0-1; worse | IG1 | 12 | 47 | 0.2 (0.2) | NR | 46 | 0.2 (0.3) | NR | NR, NS† |
| IG1 | 18 | 47 | 0.2 (0.2) | NR | 46 | 0.2 (0.3) | NR | NR, NS† |
| IG2 | 12 | 42 | 0.1 (0.2) | NR | 46 | 0.2 (0.3) | NR | NR, NS† |
| IG2 | 18 | 42 | 0.1 (0.2) | NR | 46 | 0.2 (0.3) | NR | NR, NS† |
| IG3 | 12 | 40 | 0.2 (0.2) | NR | 46 | 0.2 (0.3) | NR | NR, NS† |
| IG3 | 18 | 40 | 0.2 (0.2) | NR | 46 | 0.2 (0.3) | NR | NR, NS† |
| Adults | Drummond, 2009208 | Quality of Life, Mental Health; 0-11; better | IG1 | 6 | 39 | 45.6 (13.2) | 3.2 (9.4) | 52 | 49.2 (10.7) | 1.2 (7.2) | 2 (-1.5, 5.5); NR, NS† |
| Adults | Upshur, 2015218 | Quality of Life, Mental Health; NR; better | IG1 | 6 | 40 | 35.6 (10.8) | 3.9 (11.7) | 36 | 34.8 (11) | 4.3 (10.8) | -0.4 (-6, 5.2); NR, NS |
| **Mental health** | Adults | Watkins, 2017246 | PHQ-8; 0-24; worse | IG1 | 6 | 138 | 11 (6.5) | -3 (6.4) | 123 | 12 (6.2) | -3 (6.3) | 0 (-1.5, 1.5); NR, NS |
| Older adults | Ettner, 2014183 | GDS; 0-5; better | IG1 | 12 | 439 | NR | NR | 610 | NR | NR | β=0.1 (0, 0.3); p<0.05 |
| SF-12 MCS; 0-100; better | IG1 | 6 | 439 | 44.5 (6.8) | -0.3 (7) | 610 | 44.3 (6.7) | -0.7 (6.7) | 0.4 (-0.4, 1.2); p<0.10 |
| IG1 | 12 | 439 | 44.5 (6.8) | -0.5 (6.8) | 610 | 44.3 (6.7) | -0.5 (6.8) | 0 (-0.8, 0.8); NR, NS |
| Watson, 2013230 | SF-12 MCS; 0-100; better | IG1 | 6 | 237 | 51.8 (9.5) | -0.1 (9.7) | 233 | 50.2 (10.7) | 0.3 (10.7) | -0.4 (-2.2, 1.5); NR, NS |
| IG1 | 12 | 228 | 51.8 (9.5) | 0.1 (9.6) | 228 | 50.2 (10.7) | 1.4 (10.3) | -1.2 (-3.1, 0.6); p=0.466 |
| Pregnant women | Osterman, 2014221 | Basic psychological need satisfaction; NR; better | IG1 | 1 | 44 | 5.7 (0.8) | 0.4 (0.8) | 49 | 5.4 (0.9) | 0.3 (0.9) | 0.1 (-0.2, 0.4) |
| IG1 | 5 | 49 | 5.7 (0.8) | 0.5 (0.7) | 49 | 5.4 (0.9) | 0.6 (0.9) | -0.1 (-0.4, 0.3); NR, NS |
| **Other health/ related outcomes** | Young adults | Schaus, 2009170 | Risk-taking behaviors; NR; worse | IG1 | 6 | 181 | 5.4 (10.1) | -3.9 (8.8) | 182 | 6.6 (12.1) | -4.9 (10.6) | 1 (-1, 3); p=0.685† |
| IG1 | 9 | 181 | 5.4 (10.1) | -4 (8.8) | 182 | 6.6 (12.1) | -4.4 (13.7) | 0.3 (-2.1, 2.7); p=0.485† |
| IG1 | 12 | 181 | 5.4 (10.1) | -2.3 (10.3) | 182 | 6.6 (12.1) | -1.8 (15.2) | -0.5 (-3.2, 2.2); p=0.261† |
| **Pregnancy outcomes** | Pregnant women | Chang, 1999181 | Birth weight; NA | IG1 | 5 | 123 | NR | 3360  (NR) | 127 | NR | 3406  (NR) | NR, NS |
| Tzilos, 2011235 | Birth weight; NA | IG1 | 1 | 27 | NR | 3189.6 (328.0) | 23 | NR | 2965.3 (387.7) | NR; p=0.03† |
| Gestational age; NA | IG1 | 1 | 27 | NR | NR | 23 | NR | NR | NR; p=0.17† |
| Head circumference; NA | IG1 | 1 | 27 | NR | NR | 23 | NR | NR | NR; p=0.72† |
| **Quality of life** | Adults | Crawford, 2014185 | EQ-SD; 0-1; better | IG1 | 6 | 290 | 0.9 (0.15) | 0.02 (0.16) | 301 | 0.90 (0.16) | 0.02 (0.15) | 0.00 (-0.02, 0.03) |
| Adults | Watkins, 2017246 | SF-12 MCS; 0-100; better | IG1 | 6 | 138 | 40.1 (10.8) | 0.9 (11.7) | 123 | 39.5 (10.9) | 1.3 (11.6) | 1.0 (-1.6, 3.6); p=0.41 |
| Adults | Watkins, 2017246 | SF-12 PCS; 0-100; better | IG1 | 6 | 138 | 47.6 (9.9) | 0.5 (10.8) | 123 | 47.2 (10.2) | --0.5 (10.5) | Effect size: 1.49 (-2.05 to 5.03); p=0.41 |

\* Mean difference in change unless otherwise indicated

† Study reported from adjusted model

‡ RR calculated using negative binomial model

§ Frequency coded 0-4 (0 = none, 1 = 1-2 times, 2 = 3-5 times, 3 = 6-10 times, 4 = >10 times)

ǁ Frequency coded 0-1 (0 = none, 1 = ≥ 1-2 times)  
¶ Modified version  
# Post-test score

**Abbreviations**: ALT = Alanine aminotransferase; APQ = Alcohol Problems Questionnaire; APS = Addiction Potential Scale; AREAS = Academic Role Expectations and Alcohol Scale; ASI = Addiction Severity Index; AST = Aspartate aminotransferase; BL = baseline; BYAACQ = Brief Young Adult Alcohol Consequences Questionnaire; CDT = Carbohydrate-deficient transferrin; CG = control group; CI = confidence interval; DBP = Diastolic blood pressure; DPI = Drinking Problems Index; EQ-5D = European Quality of Life-5 Dimensions; FU = followup; GDS = Geriatric Depression Scale; GGT = Gamma-glutamyl transferase; IG = intervention group; MCS = Mental component score; MCV = Mean corpuscular volume; mos = months; n = number of participants; NA = not applicable; NOS = not otherwise specified; NR = not reported; NS = not statistically significant; PCS = Physical component score; pop = population; QALYs = Quality-adjusted life years; RAPI = Rutgers Alcohol Problem Inventory; RoGM = Ratio of geometric means; RR = Relative risk; SBP = Systolic blood pressure; SIP = Short Index of Problems; YAAPST = Young Adult Alcohol Problems Screening Test