

Treatment types: guided self-change, self-help manual (non-guided)

Study	Treatment conditions (forest plot labelling) and number of participants	Baseline characteristics and treatment goal	Outcomes	Setting and treatment characteristics:
ANDREASSON2002 (Sweden)	<p>Different formats of self-help</p> <p>1. Guided self-change (GSC): n = 46</p> <p>2. Advice only and self-help manual (SHM): n = 47</p>	<p>SADD questionnaire score: 12.1 indicates a medium level of dependence</p>	<p>Continuous: Number of standard drinks per week</p> <p>DDD</p> <p>In the last 90 days</p> <p>One standard drink = 12 g alcohol</p> <p>Dichotomous: Attrition (if available): number of participants who have dropped out for any reason</p>	<p>Setting: Outpatient treatment clinic</p> <p>Treatment characteristics: GSC: one assessment session, four treatment sessions, two follow-up telephone calls; brief CBT/MET</p> <p>SHM: one assessment session, one session feedback/advice, 24-page self-help manual</p> <p>Assessment points: 9- and 23-month follow-up</p>