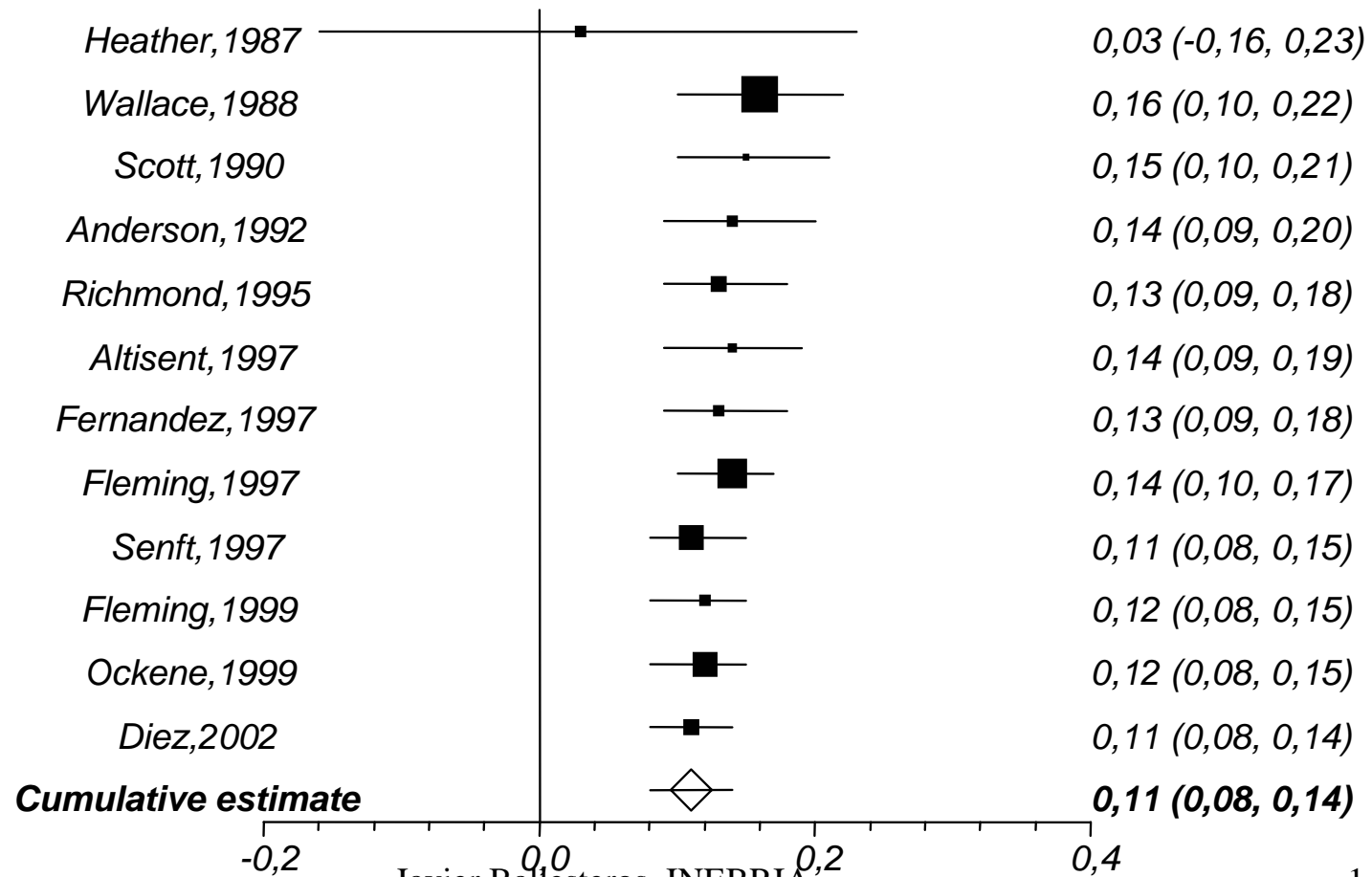


How effective are BIs in Primary Care settings vs usual GPs care to reduce the frequency of hazardous drinkers?

Bayesian cumulative meta-analysis for risk difference

Ballesteros J *et al.*, Alcohol Clin Exp Res 2004; 28:608-18



How do BIs efficacy compare with other interventions in PC or other settings?

Intervention	RD (95% CI)	NNT	Source
BIs vs usual care	0.11 (0.08 to 0.14) [6 – 12 m]	9	Ballesteros,2004
Counselling in PC	0.14 (0.06 to 0.21) [< 6 m]	8	Bower, 2003
	0.03 (-0.06 to 0.13) [> 6 m]	34	
BIs in General Hospital	0.12 (-0.02 to 0.31) [2 – 12 m]	9	Emmen,2004

Ballesteros J *et al.*, Alcohol Clin Exp Res 2004; 28:608-18

Bower P *et al.*, Psychol Med 2003; 33:203-15

Emmen MJ *et al.*, BMJ 2004; 328:318

BIs in Primary Care. Summary of main findings

- The effectiveness of BIs over short-term follow-up (≤ 12 m) has been proved beyond any reasonable doubt
- BIs, as usual for interventions focussing upon behavioural change, show significant results in the range of small to moderate effects [11%; 95% CrI = 8 to 14%]
- BUT
- Data regarding their efficacy over long-term follow-up (> 12 m) is scant and does not agree among studies:
 - Aalto *et al.* Alcohol Clin Exp Res 2000; 24:1680-6
 - Aalto *et al.* Alcohol Alcohol 2001; 36:224-30
 - Wutzke *et al.* Addiction 2002; 97:665-75
 - Fleming *et al.* Alcohol Clin Exp Res 2002; 26:36-43
- AND
- There are important barriers for their systematic implementation in Primary Care:
 - Beich *et al.* BMJ 2002; 325:870 / BMJ 2003; 327:536

Issues for a research agenda

- Are all BIs born equal? Dose-trend relationship between intensity of BIs and appropriate outcomes
- Which are the most appropriate outcomes to be used as evidence for efficacy in Primary Care? Mean alcohol decrease; biochemical markers; % of subjects attaining a “non-hazardous” drinking...
- Which are the most relevant predictive variables for a good outcome? Care-seekers vs non-care-seekers; recruitment of different types of harmful drinking...
- Ways to improve BIs efficacy over the long-term
- Ways to overcome the barriers so far reported for their regular implementation in Primary Care (work overload...)