Evidensprofil

Arena flexibel treatment compared to ordinary inpatient/outpatient treatment for substance problems among children and adolescents

**Patient or population:** patients with substance problems among children and adolescents

**Settings:** after-care following residential treatment

**Intervention:** arena flexibel treatment

**Comparison:** ordinary inpatient/outpatient treatment

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Illustrative comparative risks* (95% CI)</th>
<th>Relative effect (95% CI)</th>
<th>No of Participants (studies)</th>
<th>Quality of the evidence (GRADE)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>abstinence from any use of alcohol and other drugs - 3 months (Godley 2006) Follow-up: 3 months*</td>
<td>Assumed risk</td>
<td>Corresponding risk</td>
<td>Arena flexibel treatment</td>
<td>RR 1.34 (0.87 to 2.07)</td>
<td>176 (1 study)</td>
</tr>
<tr>
<td>Ordinary inpatient/outpatient treatment</td>
<td>282 per 1000</td>
<td>378 per 1000 (245 to 584)</td>
<td>Moderate</td>
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<tr>
<td>Study population</td>
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<tr>
<td>abstinence from any use of alcohol and other drugs - 9 months (Godley 2006) Follow-up: 9 months*</td>
<td>Study population</td>
<td>RR 1.49 (0.86 to 2.58)</td>
<td>176 (1 study)</td>
<td>⊕⊕⊕⊝ moderate7</td>
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<tr>
<td>Ordinary inpatient/outpatient treatment</td>
<td>192 per 1000</td>
<td>287 per 1000 (165 to 496)</td>
<td>Moderate</td>
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The basis for the assumed risk (e.g. the median control group risk across studies) is provided in footnotes. The corresponding risk (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI).

CI: Confidence interval; RR: Risk ratio;

GRADE Working Group grades of evidence

**High quality:** Further research is very unlikely to change our confidence in the estimate of effect.

**Moderate quality:** Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.

**Low quality:** Further research is very likely to have an important impact on our confidence in the estimate of effect and is likely to change the estimate.

**Very low quality:** We are very uncertain about the estimate.

1 Studien er fra USA, deltakerne er i alderen 12-17 år.
2 Ambulant tilbud som oppfølging etter døgnbehandling.
3 Ordinær poliklinisk behandling
4 Deltakerne ble testet 3, 6 og 9 mnd underveis i intervissjøen, dvs etter utskrivning fra døgnbehandling.
5 Konfidentsintervallet er regnet ut i grade-prosessen.
6 Randomiseringen er tilfredsstilende beskrevet. Lav frafall (manglende oppfølging data for 4% ved 3 mnd og 6% ved 9 mnd).
7 Lav statistisk styrke pga rel ativ lav N.