Evidensprofil

Group therapy compared to individual therapy (or both) for substance use problems among adults

Patient or population: patients with substance use problems among adults
Settings:
Intervention: group therapy
Comparison: individual therapy (or both)

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Illustrative comparative risks* (95% CI)</th>
<th>Relative effect (95% CI)</th>
<th>No of Participant(s) (studies)</th>
<th>Quality of the evidence (GRADE)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>percentage days abstinent from alcohol (Sobell 2009) Follow-up: 12 months</td>
<td>The mean percentage days abstinent from alcohol (sobell 2009) in the intervention groups was 0.16 standard deviations lower (0.44 lower to 0.13 higher)</td>
<td>188 (1 study)</td>
<td>⊕⊕⊕ ⊝ moderate</td>
<td></td>
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</tr>
<tr>
<td>percentage days abstinent from drugs (Sobell 2009) Follow-up: 12 months</td>
<td>The mean percentage days abstinent from drugs (sobell 2009) in the intervention groups was 0.22 standard deviations higher (0.42 lower to 0.85 higher)</td>
<td>39 (1 study)</td>
<td>⊕⊕⊕ ⊝ moderate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>seeking further help for alcohol problems (John 2003) Follow-up: 12 months</td>
<td>Study population 236 per 1000 413 per 1000 (290 to 588)</td>
<td>RR 1.75 (1.23 to 2.49)</td>
<td>322 (1 study)</td>
<td>⊕⊕⊕ ⊝ moderate</td>
<td></td>
</tr>
<tr>
<td>alcohol abstinence rates (John 2003) 6 months Follow-up: 6 months</td>
<td>Study population 224 per 1000 286 per 1000 (197 to 416)</td>
<td>RR 1.28 (0.88 to 1.86)</td>
<td>322 (1 study)</td>
<td>⊕⊕⊕ ⊝ moderate</td>
<td></td>
</tr>
<tr>
<td>alcohol abstinence rates (John 2003) 12 months Follow-up: 12 months</td>
<td>Study population 174 per 1000 223 per 1000 (156 to 307)</td>
<td>OR 1.36 (0.88 to 2.1)</td>
<td>322 (1 study)</td>
<td>⊕⊕⊕ ⊝ moderate</td>
<td></td>
</tr>
</tbody>
</table>

*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; OR: Odds 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.
Vi har regnet ut effektstørrelsen basert på gjennomsnitt og standardavvik.

Cognitive-behavioural motivational intervention (Guided self change treatment model) delivered in group or individually.

Usikkert resultat, konfidensintervall som krysser 0-punktet.

Vi har regnet ut relative risk basert på antall som har oppnådd utfallsmålet i henholdsvis interventionsgruppa og kontrollgruppa (gruppe vs individuell behandling).

Signifikant forskjell.

Group sessions vs. individual counselling, both with motivational interviewing as central approach

Intervensjonsgruppen (gruppebehandling) fikk også 14 dagers døgnbehandling i forkant av gruppene.

Ikke signifikant forskjell.
Group couple treatment compared to individual couple treatment for substance use problems among adults with spouse/cohabitant

**Patient or population:** patients with substance use problems among adults with spouse/cohabitant

**Settings:**

**Intervention:** group couple treatment

**Comparison:** individual couple treatment

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Illustrative comparative risks* (95% CI)</th>
<th>Relative effect (95% CI)</th>
<th>No of Participant (studies)</th>
<th>Quality of the evidence (GRADE)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Assumed risk</td>
<td>Corresponding risk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual couple treatment</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug Using Days (Li 2007)</td>
<td>The mean drug using days (Li 2007) in the intervention groups was 0.51 standard deviations higher</td>
<td></td>
<td>27</td>
<td>⊕⊕⊕⊕</td>
<td></td>
</tr>
<tr>
<td>Follow-up: 6 months</td>
<td>(0.26 lower to 1.28 higher)</td>
<td></td>
<td>(1 study)</td>
<td>Low</td>
<td></td>
</tr>
<tr>
<td>Adverse Consequences of Drug Use (Li 2007)</td>
<td>The mean adverse consequences of drug use (Li 2007) in the intervention groups was 0.16 standard deviations lower</td>
<td></td>
<td>27</td>
<td>⊕⊕⊕⊕</td>
<td></td>
</tr>
<tr>
<td>Follow-up: 6 months</td>
<td>(0.92 lower to 0.6 higher)</td>
<td></td>
<td>(1 study)</td>
<td>Low</td>
<td></td>
</tr>
</tbody>
</table>

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**CI:** Confidence interval;

**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.

*The program - both group and individual - has been developed for clients who present with substance use problems and concurrent disorders (mental health problems).*

*Behandling av ett par, med en terapeut (Brief Couples Therapy)*

*Behandling av to par, med to terapeuter (Brief Couples Therapy)*

*Åtte møter, enten 90 min for par i gruppe eller 60 min for par alene.*

*Usikkert resultat, konfidensintervall som krysser 0-punktet.*

*Lav N, 12 par i individuell behandling og 15 par i gruppebehandling. Kun 20 par fulførte totalt.*