

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)						
Outcomes	Illustrative comparative risks* (95% CI)		Relative effect (95% CI)	No of Participants (studies)	Quality of the evidence (GRADE)	Comments
	Assumed risk	Corresponding risk				
	Individual therapy (or both)	Group therapy				
percentage days abstinent from alcohol (Sobell 2009) Follow-up: 12 months		The mean percentage days abstinent from alcohol (sobell 2009) in the intervention groups was <b>0.16 standard deviations lower</b> (0.44 lower to 0.13 higher) <sup>1</sup>		188 (1 study <sup>2</sup> )	⊕⊕⊕ ⊖ <b>moderate</b> <sup>3</sup>	
percentage days abstinent from drugs (Sobell 2009) Follow-up: 12 months		The mean percentage days abstinent from drugs (sobell 2009) in the intervention groups was <b>0.22 standard deviations higher</b> (0.42 lower to 0.85 higher) <sup>1</sup>		39 (1 study <sup>2</sup> )	⊕⊕⊕ ⊖ <b>moderate</b> <sup>3</sup>	
seeking further help for alcohol problems (John 2003) Follow-up: 12 months	Study population		RR 1.75 (1.23 to 2.49) <sup>4,5</sup>	322 (1 study <sup>6</sup> )	⊕⊕⊕ ⊖ <b>moderate</b> <sup>7</sup>	
	236 per 1000	413 per 1000 (290 to 588)				
	Moderate					
alcohol abstinence rates (John 2003) 6 months Follow-up: 6 months	Study population		RR 1.28 (0.88 to 1.86) <sup>4,8</sup>	322 (1 study <sup>6</sup> )	⊕⊕⊕ ⊖ <b>moderate</b> <sup>7</sup>	
	224 per 1000	286 per 1000 (197 to 416)				
	Moderate					
alcohol abstinence rates (John 2003) 12 months Follow-up: 12 months	Study population		OR 1.36 (0.88 to 2.1) <sup>4,8</sup>	322 (1 study <sup>6</sup> )	⊕⊕⊕ ⊖ <b>moderate</b> <sup>7</sup>	
	174 per 1000	223 per 1000 (156 to 307)				
	Moderate					
*The basis for the <b>assumed risk</b> (e.g. the median control group risk across studies) is provided in footnotes. The <b>corresponding risk</b> (and its 95% confidence interval) is based on the assumed risk in the comparison group and the <b>relative effect</b> of the intervention (and its 95% CI).						
CI: Confidence interval; RR: Risk ratio; OR: Odds ratio;						
GRADE Working Group grades of evidence						
<b>High quality:</b> Further research is very unlikely to change our confidence in the estimate of effect.						
<b>Moderate quality:</b> Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.						
<b>Low quality:</b> 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.						
<b>Very low quality:</b> We are very uncertain about the estimate.						

<sup>1</sup> Vi har regnet ut effektstørrelsen basert på gjennomsnitt og standardavvik.

<sup>2</sup> Cognitive-behavioural motivational intervention (Guided self change treatment model) delivered in group or individually.

<sup>3</sup> Usikkert resultat, konfidensintervall som krysser 0-punktet.

<sup>4</sup> Vi har regnet ut relative risk basert på antall som har oppnådd utfallsmålet i henholdsvis intervensjonsgruppa og kontrollgruppa (gruppe vs individuell behandling).

<sup>5</sup> Signifikant forskjell.

<sup>6</sup> Group sessions vs. individual counselling, both with motivational interviewing as central approach

<sup>7</sup> Intervensjonsgruppen (gruppebehandling) fikk også 14 dagers døgntbehandling i forkant av gruppene.

<sup>8</sup> Ikke signifikant forskjell.

Group couple treatment compared to individual couple treatment for substance use problems among adults with spouse/cohabitant					
<b>Patient or population:</b> patients with substance use problems among adults with spouse/cohabitant <sup>1</sup> <b>Settings:</b> <b>Intervention:</b> group couple treatment <sup>2</sup> <b>Comparison:</b> individual couple treatment <sup>3</sup>					
Outcomes	Illustrative comparative risks* (95% CI)		Relative effect (95% CI) s	No of Participant the (studies)	Quality of the evidence (GRADE)
	Assumed risk	Corresponding risk			
	Individual couple treatment	Group couple treatment			
<b>drug using days (Li 2007)</b> Follow-up: 6 months		The mean drug using days (li 2007) in the intervention groups was <b>0.51 standard deviations higher</b> (0.26 lower to 1.28 higher)	27 (1 study <sup>4</sup> )	⊕⊕⊕⊖	<b>low</b> <sup>5,6</sup>
<b>adverse consequences of drug use (Li 2007)</b> Follow-up: 6 months		The mean adverse consequences of drug use (li 2007) in the intervention groups was <b>0.16 standard deviations lower</b> (0.92 lower to 0.6 higher)	27 (1 study <sup>4</sup> )	⊕⊕⊕⊖	<b>low</b> <sup>5,6</sup>
*The basis for the <b>assumed risk</b> (e.g. the median control group risk across studies) is provided in footnotes. The <b>corresponding risk</b> (and its 95% confidence interval) is based on the assumed risk in the comparison group and the <b>relative effect</b> of the intervention (and its 95% CI).  <b>CI:</b> Confidence interval;					
GRADE Working Group grades of evidence <b>High quality:</b> Further research is very unlikely to change our confidence in the estimate of effect. <b>Moderate quality:</b> Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate. <b>Low quality:</b> 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. <b>Very low quality:</b> We are very uncertain about the estimate.					
<sup>1</sup> The program - both group and individual - has been developed for clients who present with substance use problems and concurrent disorders (mental health problems). <sup>2</sup> Behandling av ett par, med en terapeut (Brief Couples Therapy) <sup>3</sup> Behandling av maks fire par, med to terapeuter (Brief Couples Therapy) <sup>4</sup> Åtte møter, enten 90 min for par i gruppe eller 60 min for par alene. <sup>5</sup> Usikkert resultat, konfidensintervall som krysser 0-punktet. <sup>6</sup> Lav N, 12 par i individuell behandling og 15 par i gruppebehandling. Kun 20 par fullførte totalt.					