

Duration of therapy - does it matter?

A review and meta analysis of therapy for Alcohol Use Disorder

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No significant associations between duration of therapy and reduction in use of alcohol

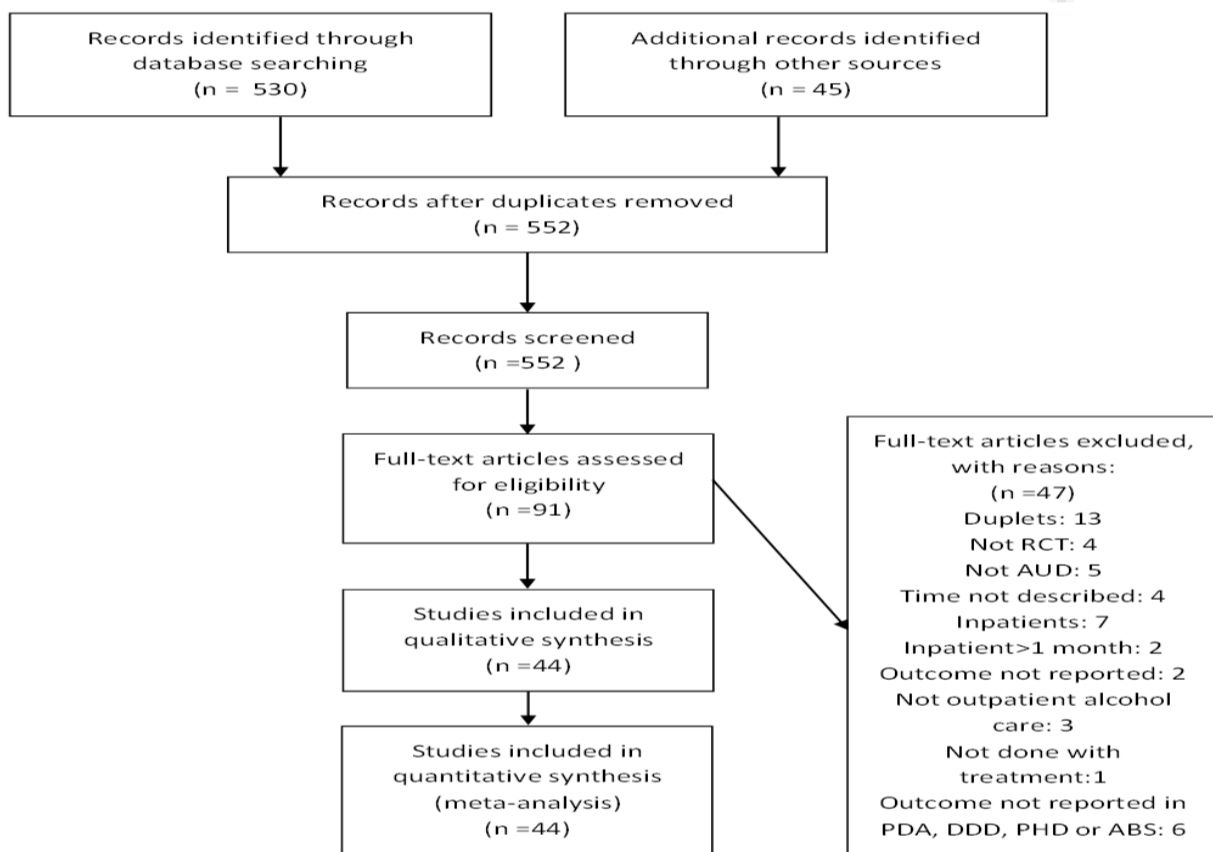


Effect significantly associated with:

- Number of research assessments
- Frequency of treatment



PRISMA guidelines



	Percent days abstinent	Percent days heavy drinking	Drinks per day	Percent participants abstinent
Multiple regression analysis				
Research assessments	11.27***	-8.32***	-4.29***	
Weeks in treatment				1.58**
Frequency of treatment				29.18*

*p<0.05, ** p<0.01, *** p<0.001

Discussion

Efficacy contra effectiveness studies- research assessments an important factor

Emphasizes the importance of addressing alcohol problems and control points

The heterogeneity of people with alcohol use disorders - The good enough level model a better fit?

Strengths/Limitations

Generalizability. No more than 26 weeks. Not specific form of therapy. No control group. Quality of studies

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Contact information

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Results Description of Studies

44 Studies, 8485 Participants, Mean duration of treatment: 18 (4-82) weeks and 15 (2-36) sessions.

Mean number of research assessments: 5 (2-18)

Types of therapy mainly cognitive behavioral therapy, motivational interviewing and twelve step facilitation

