**Table 1: Demographic and outcome measures at baseline, month 6 and month 12 for those followed up by allocated group.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Baseline** | **Month 6** | **Month 12** |
|  | Stepped Care(n= 266) | Minimal(n=263) | Stepped Care(n=240) | Minimal(n=234) | Stepped Care(n=234) | Minimal(n=232) |
| **Demographic characteristics**Male n (%)Mean age (SD)Smoker n (%)In employment n (%)Married/ cohabiting n (%)Owner-occupier n (%)**Outcome measures**Average drinks per day (ADD) aMean (SD)AUDIT-C ScoreMean (SD)Positive n (%)Drinking Problems Index (DPI)*(Higher scores equate to more problems)*Mean (SD)Health Related Quality of Life (SF12)*(Higher scores equate to better QoL, population mean 50)*Mean physical components (SD)Mean mental components (SD)  | 220 (82.7)62.9 (5.82)44 (17.2)89 (34.5)188 (71.5)211 (80.2)3.38 (2.24)8.26 (2.19)250 (95.1)2.64 (2.90)47.7 (11.2)51.8 (9.51) | 205 (77.9)62.7 (5.86)46 (18.3)93 (36.0)172 (66.9)202 (78.6)3.42 (2.19)8.25 (2.26)244 (94.2)3.08 (3.33)47.3 (11.0)50.2 (10.7) | ------2.45 (1.85)7.02 (2.48)203 (85.3)1.79 (2.60)47.4 (11.3)55.0 (9.80) | ------2.81 (2.03)7.38 (2.55)205 (88.7)2.41 (3.22)47.7 (11.2)50.5 (10.6) | ------2.56 (2.09)7.07 (2.48)194 (84.7)1.90 (3.03)47.2 (11.9)52.0 (9.72) | ------2.49 (1.93)6.96 (2.66)188 (82.1)2.25 (3.04)47.5 (11.0)51.5 (9.85) |

a standard drink = 1 unit = 8g ethanol

**Table 2: Adjusted outcomes and mean difference versus minimal group at 6 and 12 months by allocated group.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Stepped Care** | **Minimal** | **Mean difference****(95% CI)** | **p-value** |
| **Mean natural logarithm transformed ADD (SD) [n]**Month 6Month 12**Mean AUDIT-C Score (SD) [n]**Month 6Month 12**Proportion AUDIT-C Positive % [n]**Month 6Month 12**Mean natural logarithm transformed Drinking Problems Index (SD) [n]**Month 6Month 12**Mean Physical Health-related quality of Life (SF12) (SD) [n]**Month 6Month 12**Mean Mental Health-related quality of life (SF12) (SD) [n]**Month 6Month 12 | 1.119 (0.034) [234]1.129 (0.037) [226]7.085 (0.159) [236]7.116 (0.166) [227]81.8 [236]89.0 [227]0.799 (0.040) [236]0.793 (0.038) [227]51.21 (0.443) [234]51.63 (0.462) [224]47.15 (0.423) [234]47.07 (0.489) [224] | 1.192 (0.034) [230]1.104 (0.037) [223]7.373 (0.160) [228]6.957 (0.166) [226]81.6 [228]89.4 [226]0.864 (0.040) [229]0.802 (0.038) [225]51.30 (0.448) [228]52.11 (0.463) [223]47.87 (0.429) [228]47.71 (0.490) [223] | -0.073 (-0.156 to 0.011)0.025 (-0.062 to 0.112)-0.288 (-0.687 to 0.111)0.160 (-0.250 to 0.569)0.81 (0.48 to 1.37)a1.37 (0.76 to 2.47)a-0.064 (-0.173 to 0.045)-0.018 (-0.125 to 0.088)-0.088 (-1.329 to 1.153)-0.478 (-0.809 to 1.766)-0.722 (-1.905 to 0.462)-0.637 (-1.998 to 0.723) | 0.0880.5750.1560.4450.4270.2890.2470.7350.8890.4660.2320.692 |

a Adjusted odds ratio reported for proportion.

**Table 3: Costs associated with screening and interventions (2010 prices in £ sterling)**

|  |  |  |
| --- | --- | --- |
| **Source of cost** | **Stepped Care(£ sterling)** | **Minimal(£ sterling)** |
| **Opportunistic screening cost**Information letter and copy of AUDITPractice nurse (5 minutes) – interpret and arrange appointment**Minimal intervention**Practice nurse (5 minutes)Self-help booklet a**Step one – Behavioural Change Counselling** Nurse training costPractice nurse (20 minutes)Self-help booklet aFour-week telephone assessment b**Step two – Motivational Enhancement Therapy**Therapist training costThree sessions with therapist (40 minutes)Four-week telephone assessment b**Step 3 – Specialist alcohol intervention** | 1.63 / participant3.89 / participant--3.69 / session8.72 / session0.17 / participant2.42 / participant12.71 / session36.84 / participant2.42 / participant811 / patient | 1.63 / participant3.89 / participant 2.17 / participant0.17 / participant-------- |

a “Safer drinking: A self-help guide”.

b Includes practice nurse time, call costs at 5p per minute and line rental.

**Table 4: Economic outcomes at baseline, 6 and 12 months and mean difference versus minimal by allocated group.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Stepped Care** | **Minimal** | **Mean difference****(95% CI)** |
| **Mean resource use in previous 6 months £ (SD)**BaselineMonth 6Month 12**Screening Cost £****Mean Treatment Cost £ (SD)****Mean overall cost at month 6 £ (SD)**UnadjustedAdjusted a**Mean overall cost at month 12 £ (SD)**UnadjustedAdjusted a**Mean EQ5D Score (SD)**BaselineMonth 6Month 12**QALY at 6 months (SD)**UnadjustedAdjusted b**QALY at 12 months (SD)**UnadjustedAdjusted b**ICER (£ / QALY)c**Month 6Month 12 | 522.53 (1233.05)443.78 (832.70)410.65 (729.81)5.5246.63 (145.88)495.53 (843.78)488.48 (826.32)906.18 (1369.31)895.04 (2049.45)0.8066 (0.2204)0.8052 (0.2238)0.8098 (0.2304)0.4030 (0.1026)0.3966 (0.0394)0.8067 (0.2012)0.7951(0.1054)-- | 468.25 (727.41)467.52 (903.42)602.38 (2263.20)5.522.34474.98 (903.42)482.10 (826.32)1077.36 (2635.77)1088.61 (2049.47)0.7767 (0.2507)0.7606 (0.2451)0.7891 (0.2257)0.3843 (0.1164)0.3908 (0.0394)0.7717 (0.2214)0.7834 (0.1054)-- | 54.28 (-139.67 to 248.23)-23.74 (-189.96 to 142.49)-191.74 (-512.90 to 129.43)044.29 (24.50 to 64.08)20.56 (-146.75 to 187.87)6.38 (-164.09 to 151.33)-171.18 (-574.06 to 231.70)-193.57 (-585.06 to 197.93)0.0299 (-0.0152 to 0.0751)0.0446 (-0.0003 to 0.0895)0.0207 (-0.0229 to 0.0644)0.0186 (-0.0024 to 0.0396)0.0058 (-0.0018 to 0.0133)0.0350 (-0.0055 to 0.0755)0.0117 (-0.0084 to 0.0318)-1100 (-85991 to 95546)-7997 (-238341 to 172319) |

a Adjusted for baseline resource use.

b Adjusted for baseline EQ5D.

c Incremental cost-effectiveness ratio (pound sterling/quality adjusted life-year).