**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) a  Mean (SD)  AUDIT-C Score  Mean (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 6  Month 12  **Mean AUDIT-C Score (SD) [n]**  Month 6  Month 12  **Proportion AUDIT-C Positive % [n]**  Month 6  Month 12  **Mean natural logarithm transformed Drinking Problems Index (SD) [n]**  Month 6  Month 12  **Mean Physical Health-related quality of Life (SF12) (SD) [n]**  Month 6  Month 12  **Mean Mental Health-related quality of life (SF12) (SD) [n]**  Month 6  Month 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)a  1.37 (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) | 0.088  0.575  0.156  0.445  0.427  0.289  0.247  0.735  0.889  0.466  0.232  0.692 |

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 AUDIT  Practice nurse (5 minutes) – interpret and arrange appointment  **Minimal intervention**  Practice nurse (5 minutes)  Self-help booklet a  **Step one – Behavioural Change Counselling**  Nurse training cost Practice nurse (20 minutes)  Self-help booklet a  Four-week telephone assessment b  **Step two – Motivational Enhancement Therapy**  Therapist training cost Three sessions with therapist (40 minutes)  Four-week telephone assessment b  **Step 3 – Specialist alcohol intervention** | 1.63 / participant  3.89 / participant  -  -  3.69 / session  8.72 / session  0.17 / participant  2.42 / participant  12.71 / session  36.84 / participant  2.42 / participant  811 / patient | 1.63 / participant  3.89 / participant  2.17 / participant  0.17 / 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)**  Baseline  Month 6  Month 12  **Screening Cost £**  **Mean Treatment Cost £ (SD)**  **Mean overall cost at month 6 £ (SD)**  Unadjusted  Adjusted a  **Mean overall cost at month 12 £ (SD)**  Unadjusted  Adjusted a  **Mean EQ5D Score (SD)**  Baseline  Month 6  Month 12  **QALY at 6 months (SD)**  Unadjusted  Adjusted b  **QALY at 12 months (SD)**  Unadjusted  Adjusted b  **ICER (£ / QALY)c**  Month 6  Month 12 | 522.53 (1233.05)  443.78 (832.70)  410.65 (729.81)  5.52  46.63 (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)  5.52  2.34  474.98 (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)  0  44.29 (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).