

**TABLE 1: CLINICAL STUDIES OF SBI** <sup>17</sup>

Comparison of Four Clinical Studies Evaluating the Effectiveness of Brief Interventions in Emergency Departments and Inpatient Trauma Units						
Study	Study Design and Setting	Patient Population and Admission Criteria	Intervention	Followup Rate	Outcome	Effect
Monti et al. 1999	Design: Randomized controlled trial (RCT) Setting: Emergency Department (ED)	94 patients ages 18–19, admitted to an Emergency Department (ED) after an alcohol-related event • Positive blood alcohol concentration (BAC) or • Report of drinking prior to the event that precipitated treatment	• Standard care • One 35- to 40-minute brief intervention (BI) (motivational interview)  Interventions performed by 12 experienced research assistants (bachelor's and master's level)  No followup sessions	• 3 months (phone): 93% • 6 months (in person): 89%	• Decrease in alcohol consumption in both groups • Greater reduction alcohol-related injuries during the followup period in the BI group • Greater reduction other alcohol-related problems (e.g., drinking and driving, social and legal problems) in the BI Group	Positive effect with the BI
Gentilello et al. 1999	Design: RCT Setting: Inpatient Trauma Center	762 patients ages ≥18 admitted to a trauma center • BAC ≥100 mg/dL or • SMAST score ≥3 or • BAC 1–99 mg/dL and SMAST score of 1 or 2 or • BAC 1–99 mg/dL and elevated GGT or • SMAST score of 1 or 2 and elevated GGT	• Standard care • One 30-minute BI (motivational interview)  Interventions performed by one Ph.D.-level psychologist  Followup letter sent after 1 month	• 6 months: 75% • 12 months: 54%	• Greater reduction in alcohol-related injuries during the followup period in the BI group • Greater decrease in alcohol consumption in the BI group • Greater reduction in ED visits and hospitalizations in the BI group	Positive effect with the BI

Comparison of Four Clinical Studies Evaluating the Effectiveness of Brief Interventions in Emergency Departments and Inpatient Trauma Units continued

Study	Study Design and Setting	Patient Population and Admission Criteria	Intervention	Followup Rate	Outcome	Effect
Longabaugh et al. 2001	Design: RCT Setting: ED	539 patients ages 3 ≥ 18 with evidence of harmful or hazardous drinking, whose injury did not require hospitalization • Breath BAC ≥ 0.03 mg/dL or • Report of alcohol use 6 hours prior to injury or • AUDIT score ≥ 8	• Standard care • One 40- to 60-minute BI • One 40- to 60-minute BI followed by scheduled return visit (booster) 7-10 days later (BIB)  Interventions performed by 8 clinically experienced research assistants (Ph.D., master's or bachelor's level)	1 year (phone, mail, in person): 83%	• Greater reduction in alcohol-related injuries during the followup period in the BIB group • Decreases in alcohol consumption in all groups • Greater reduction in alcohol-related negative consequences in the BIB group	Positive effect with the BIB
Spirito et al. 2004	Design: RCT Setting: ED in an urban level-1 trauma center	Adolescents treated in an ED after an alcohol-related event • Positive for alcohol in breath, saliva, or blood or • Self-reported alcohol use 6 hours prior to injury  Note: 47% of adolescents asked to participate refused	• Standard care (5 minutes) • One 35- to 45-minute BI (motivational interview)  Interventions performed by 12 clinically experienced research assistants (bachelor's and master's level)  No followup sessions	• 3 months (phone): 93.4% • 6 months (in person): 89.5% • 12 months (in person): 89.5%	• Greater reduction in frequency of drinking and binge drinking for patients with pre-existing problematic alcohol use in the BI group	Positive effect with the BI for problem drinkers