

# Effectiveness of brief interventions in primary health care settings to decrease alcohol consumption by adult non-dependent drinkers: A systematic review of systematic reviews

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**Objective:** To evaluate the effectiveness of brief interventions in the primary health care setting to decrease alcohol consumption in non-alcoholic adult drinkers. **Method:** Systematic review of systematic reviews and meta-analyses of randomized clinical trials published in English and Spanish and indexed in EMBASE, MEDLINE (PubMed), Web of Science, Scopus, and The Cochrane Library, from their inception to January 2014. The quality of the studies was evaluated with the AMSTAR instrument. **Results:** Seven studies, published from 1999 to 2011, were included in the review (six meta-analyses, one systematic review). These studies were heterogeneous in terms of design, type and length of interventions analyzed, participants, responsible professionals, and results. Five studies reported a moderate decrease in alcohol consumption and four showed a decrease in the number of participants who consumed alcohol above the established risk level. **Conclusion:** Brief interventions have a moderate effect on reducing alcohol consumption among excessive drinkers or people who consume excessive amounts of alcohol and as a consequence these interventions increased the number of people drinking alcohol below established limits of risk. Brief interventions with multiple contacts or follow-up sessions are the most effective. © 2014 .

Alcohol consumption

Patient education

Prevention

Primary health care

Review

adult

alcohol abstinence

alcohol consumption

alcoholism

Article

attitude to health

clinical effectiveness

human

intervention study

meta analysis

outcome assessment

patient counseling

primary health care

priority journal

psychotherapy

randomized controlled trial (topic)

risk assessment

risk reduction

systematic review

systematic review (topic)

Alcohol-Related Disorders

drinking behavior

literature

paramedical personnel

patient education

prevention and control

primary health care

Adult

Alcohol Drinking

Alcohol-Related Disorders

Allied Health Personnel

Humans

Patient Education as Topic

Primary Health Care

Review Literature as Topic