

Supplementary Table 1. Studies with objective outcome measures, the assessment of clinical relevance and statistical significant effect and demonstration of statistical data.

Reference	Objective outcome measure	Is the effect of the outcome measure evaluated as clinically relevant	Does the article conclude the effect is statistically significant, 95% CI	Does the article show sufficient statistical data (mean, SD, SE) ^a
5	HbA _{1c} : interventions group fall = 11.75 to 11.02 %GHb; control group fall = 10.82 to 10.78 %GHb	Yes	Yes	Yes
6	B-gamma GT mean fall from 190–30mM	Yes	Yes	No
8	HIV +/- (does behaviour determine status as HIV+ or HIV-)	Yes	Yes	No
9	HIV +/- (does behaviour determine status as HIV+ or HIV-)	Yes	No	No
10	Peak BAC (blood alcohol concentration) mean fall from 140 to 90 mg%	Yes	Yes	Yes
11	Nicotine test <10 ng/ml (smoking or not)	Yes	Yes	Yes
12	Blood cholesterol fall = 3.5mg/dL	Yes	Yes	No
13	Blood alcohol fall = 168 to 149 mg/dL	Yes	Yes	No
14	Blood cholesterol fall = 9.5 to 8.6 mg/dL, diet-cholesterol fall = 183 to 157 mg/1000kcal	Yes	Yes	Yes
15	Length of stay, 47 to 21 fall in hospitalised days for psychiatric patients	Yes	Yes	No
16	Moderate physical activity = using a minimum of 5–7.5kcal/min., body mass index (BMI) fall	Yes	Yes	No
17	Urine cocaine test +/- (drug addiction or not)	Yes	Yes	No
19	Urine cocaine test +/- (drug addiction or not)	Yes	No	Yes
21	Number of encounters sustained with the patient as a measure of adherence	Yes	Yes	No
22	Nicotine test <10 ng/ml (smoking or not)	Yes	Yes	No
24	Urine cocaine test +/- (drug addiction or not)	Yes	Yes	Yes
26	Number of encounters sustained with the patient as a measure of adherence	Yes	No	No
27	Fall = BMI = 27 to 26, total cholesterol = 7 to 6, Energy intake = 1900 to 1650 kcal/day, fat intake = 70 to 17 g/day	Yes	Yes	Yes
29	HbA _{1c} fall = 10.8 to 9.8 %GHb, weight loss 6 kg, BMI fall = 34.7 to <30	Yes	Yes	Yes
30	Systolic BT = 140-134, diastolic BT = 80-75, weight loss = 2 kg, alcohol intake fall = 170g/day	Yes	Yes	Yes
33	BAC (mg%), Standard ethanol content (SEC) (units)	Yes	Yes	Yes
34	BAC (mg%), SEC (units)	Yes	Yes	Yes
35	BMI = -0.5, weight = -0.5 kg, systolic/diastolic blood pressure fall = 3 units (mmHg) per blood pressure, HbA _{1c} = 9.8 to 8.8 %GHb	Yes	No	Yes
37	Weight loss = -2.5 kg, total cholesterol fall = 0.1 mM (3.8 mg/dL), LDL fall = 0.1mM, FFA fall = 0.15mM, BMI fall = 1.5	Yes	Yes	Yes
38	Number of admissions for drug addicts	Yes	Yes	No
39	SEC (units)	Yes	Yes	Yes
40	SEC fall = 23 to 12 units, Peak BAC fall = 75 to 56 mg%	Yes	Yes	Yes
43	Metadon dosis in mg	Yes	Yes	No
44	Number of admissions for drug addicts	Yes	Yes	No
45	Number of admissions for drug addicts	Yes	Yes	No
46	Weight loss, BMI	No	No	Yes
49	Peak BAC (mg%) fall	Yes	Yes	No
51	SEC (units)	Yes	Yes	Yes
52	Cost-benefit analysis, admissions, referrals, out-patients	Yes	Yes	No
60	HbA _{1c} fall = 7.4 to 6.9 %GHb, BMI fall = 0.5	Yes	Yes	Yes
65	Compliance towards taking HIV medication	Yes	No	No
66	Drinks per drinking day	Yes	No	No
67	Carbon monoxide test	Yes	Yes	No
72	BAC (mg%)	Yes	Yes	No
73	BAC (mg%)	No	No	No
76	BAC (mg%), SEC (units)	Yes	Yes	Yes
77	Length of hospital stay, treatment participation	Yes	No	No

^aStatistical data is shown in Table 6 and has been used in the meta-analysis. CI = confidence interval. SD = standard deviation. SE = standard error.