

Supplementary Table 2. Meta-analysis, the effect of motivational interviewing.

Effect Measure/Reference number	<i>n</i>	$\Delta$ effect estimate	<i>P</i> -value (95% CI)
BMI/27	97	0.60	0.250 (-0.42 to 1.62)
BMI/29	16	4.70	0.063 (-0.26 to 9.66)
BMI/35	147	0.48	0.624 (-1.43 to 2.38)
BMI/37	550	0.80	0.001 (0.32 to 1.28)
BMI/46	296	0.30	0.602 (-0.83 to 1.43)
BMI/60	34	0.46	0.836 (-3.90 to 4.82)
Combined BMI effect	1140	0.72 <sup>a</sup>	0.0001 (0.33 to 1.11)
HbA <sub>1c</sub> /5	46	0.69	0.394 (-0.90 to 2.28)
HbA <sub>1c</sub> /29	16	1.00	0/370 (-1.19 to 3.19)
HbA <sub>1c</sub> /35	147	0.46	0.300 (-0.41 to 1.33)
HbA <sub>1c</sub> /60	34	0.15	0.771 (-0.86 to 1.16)
Combined HbA <sub>1c</sub> effect	243	0.43	0.155 (-0.16 to 1.01)
Total blood Cholesterol/14	334	0.90	0.000 (0.74 to 1.06)
Total blood Cholesterol/37	927	0.12	0.005 (0.04 to 0.20)
Total blood Cholesterol/27	97	0.02	0.885 (-0.25 to 0.29)
Combined Total blood Cholesterol effect	1358	0.27 <sup>a</sup>	0.0001 (0.20 to 0.34)
Cigarettes per day/11	40	1.10	0.737 (-5.32 to 7.52)
Cigarettes per day/19	29	1.90	0.056 (-0.05 to 3.85)
Cigarettes per day/24	121	0.10	0.946 (-2.77 to 2.97)
Combined cigarettes per day effect	190	1.32	0.099 (-0.25 to 2.88)
Systolic blood pressure/30	166	4.00	0.117 (-1.00 to 9.00)
Systolic blood pressure/35	150	4.59	0.172 (-1.99 to 11.18)
Combined systolic blood pressure effect	316	4.22 <sup>a</sup>	0.038 (0.23 to 8.99)
BAC/10	34	76.00	0.001 (32.95 to 119.10)
BAC/33	32	41.00	0.384 (-51.34 to 133.30)
BAC/34	28	98.80	0.006 (28.24 to 169.40)
BAC/76	42	48.00	0.096 (-8.56 to 104.60)
BAC/30	100	164.00	0.004 (53.50 to 274.50)
BAC/40	42	59.90	0.086 (-8.46 to 128.30)
Combined BAC effect	278	72.92 <sup>a</sup>	0.0001 (46.80 to 99.04)
SEC/34	28	52.30	0.001 (22.38 to 82.22)
SEC/34	32	280.50	0.346 (-302.6 to 863.60)
SEC/10	32	20.10	0.052 (-0.19 to 40.40)
SEC/39	409	15.10	0.000 (14.17 to 16.04)
SEC/76	42	12.00	0.120 (-3.12 to 27.12)
SEC/51	63	3.39	0.132 (-1.03 to 7.81)
SEC/40	42	16.60	0.098 (-3.04 to 36.24)
Combined SEC effect	648	14.64 <sup>a</sup>	0.0001 (13.73 to 15.55)

<sup>a</sup>Combined estimate is statistical significant within 95% CI. All D effect estimates are positive. Sum weight/sum est\*weight are values from the meta-analysis, where the effect estimates are weighed against number of participants in each study. BMI = body mass index. HbA<sub>1c</sub> (% GHb). BAC = blood alcohol concentration (mg%) blood total cholesterol (mmol/l). CI = confidence interval. SEC = standard ethanol content (standard units). Systolic blood pressure (mmHg).