

**TABLE 1.3. Summary of Outcome Studies Evaluating the GSC Treatment Model for Clients with Alcohol Problems**

Study and group	Variable	Pretreatment	Posttreatment	Change
Andréasson, Hansagi, & Oesterlund (2002)				
4GSCS ( <i>n</i> = 30)	Mean drinks/DD	5.2	4.5	-13%
1GSCS ( <i>n</i> = 29)	Mean drinks/DD	6.3	4.7	-25%
Ayala et al. (1998)				
INDIV ( <i>n</i> = 177)	Prop abstinent	0.73	0.82	+9%
INDIV ( <i>n</i> = 177)	Mean drinks/DD	9.2	6.5	-29%
Breslin et al. (1998)				
SC ( <i>n</i> = 33)	Prop abstinent	0.28	0.45	+17%
NSC ( <i>n</i> = 36)	Prop abstinent	0.24	0.37	+13%
M. B. Sobell, Sobell, & Gavin (1995)				
BC ( <i>n</i> = 36)	Prop abstinent	0.32	0.61	+29%
RP ( <i>n</i> = 33)	Prop abstinent	0.33	0.50	+17%
BC ( <i>n</i> = 36)	Mean drinks/DD	6.7	4.2	-37%
RP ( <i>n</i> = 33)	Mean drinks/DD	5.1	3.6	-29%
M. B. Sobell, Sobell, & Leo (2000)				
DSS ( <i>n</i> = 19)	Prop abstinent	0.23	0.47	+24%
NSS ( <i>n</i> = 24)	Prop abstinent	0.21	0.44	+23%
DSS ( <i>n</i> = 19)	Mean drinks/DD	6.3	4.3	-21%
NSS ( <i>n</i> = 24)	Mean drinks/DD	5.8	4.6	-20%
L. C. Sobell et al. (2009)				
INDIV ( <i>n</i> = 107)	Prop abstinent	0.30	0.58	+28%
GRP ( <i>n</i> = 105)	Prop abstinent	0.30	0.53	+23%
INDIV ( <i>n</i> = 107)	Mean drinks/DD	6.4	4.1	-36%
GRP ( <i>n</i> = 105)	Mean drinks/DD	6.7	4.6	-31%
L. C. Sobell et al. (2002)				
ME/PF ( <i>n</i> = 321)	Prop abstinent	0.21	0.35	+14%
B/DG ( <i>n</i> = 336)	Prop abstinent	0.23	0.34	+11%
ME/PF ( <i>n</i> = 321)	Mean drinks/DD	5.9	4.7	+20%
B/DG ( <i>n</i> = 336)	Mean drinks/DD	5.9	4.7	+20%

*Note.* All studies had to have a minimum of 1 year of follow-up. Study and group designations: 4GSCS, 4 GSC sessions; 1GSCS, 1 GSC session; INDIV, individual treatment; SC, supplemental care; NSC, no supplemental care; BC, behavioral counseling; RP, behavioral counseling plus cognitive relapse prevention; DSS, directed social support; NSS, natural social support; GRP, group treatment; ME/PF, motivational enhancement/personalized feedback; B/DG, bibliotherapy/drinking guidelines. Prop abstinent, proportion of days abstinent; Mean drinks/DD, mean number of drinks consumed per drinking day. Change is defined as the percentage of change pretreatment to posttreatment. From M. B. Sobell and L. C. Sobell (2005, p. 205). Copyright 2005 by the Springer Publishing Company. Reprinted by permission.