

Table 2.4

Summary of Cumulative Evidence Scores

Treatment Modality	Np	Nm	WEIn	MQS	SEV	CES	COST
Brief Intervention	17	6	+26	13.0	2.5	+239	46
Social Skills Training	11	5	+15	11.1	3.8	+128	270
Motivational Enhancement	5	2	+6	13.6	3.0	+87	46
Community Reinforcement Approach	4	0	+6	13.3	3.0	+80	492
Behavior Contracting	4	0	+6	10.8	3.8	+73	164
Aversion Therapy, Nausea	3	3	+1	10.3	3.8	+34	1380
Client-Centered Therapy	3	1	+3	9.8	3.3	+34	738*
Relapse Prevention	3	4	0	12.6	3.0	+34	433
Self-Help Manual	2	1	+1	12.7	3.0	+33	20*
Cognitive Therapy	3	4	0	10.3	3.6	+22	433
Covert Sensitization	3	5	-1	10.9	3.5	+18	328
Marital/Family Therapy, Behavioral	3	2	+2	13.4	3.6	+15	513
Disulfiram	10	11	+7	10.8	3.8	+09	637
Behavioral Self-Control Training	14	16	+10	13.0	2.9	-07	105
Systematic Desensitization	1	2	-1	11.0	3.0	-07	120
Lithium	3	3	+1	11.3	3.8	-08	441
Marital/Family, Nonbehavioral	3	4	0	12.4	3.7	-22	513
Aversion Therapy, Electrical	6	9	+1	11.1	3.8	-25	410
Hypnosis	0	4	-4	10.8	3.8	-41	738
Milieu Therapy	3	7	-3	11.7	3.6	-41	1960
Psychedelic Medication	2	6	-4	9.9	3.6	-45	637
Unspecified "Standard" Treatment	0	3	-3	10.7	3.0	-53	738*
Videotape Self-Confrontation	0	6	-6	10.8	3.8	-77	548
Antianxiety Medication	1	7	-6	7.4	3.3	-79	637
Metronidazole	1	10	-9	9.6	3.7	-102	637
Relaxation Training	3	11	-7	11.1	2.8	-109	120
Confrontational Counseling	0	7	-7	12.4	2.9	-125	375
Psychotherapy	1	9	-8	11.3	3.1	-127	4050
General Alcoholism Counseling	1	15	-14	11.3	3.4	-214	738
Educational Lectures/Films	3	18	-14	9.9	2.2	-239	135

Table 2.4 in the *Summary of Cumulative Evidence Scores* describes and clearly identifies promising treatment interventions in the field of alcoholism treatment.

The authors argue against the view that all treatments for people with alcohol problems are equally effective and that there is a single superior approach.

3rd Millennium online programs incorporate Brief Intervention Techniques, Motivational Enhancement, and Social Skills Training.

Table 2.4 from *HANDBOOK OF ALCOHOLISM TREATMENT APPROACHES*
2nd Edition by Reid K. Hester & William R. Miller of The University of New Mexico