

# The clinical effectiveness and cost-effectiveness of brief intervention for excessive alcohol consumption among people attending sexual health clinics: a randomised controlled trial (SHEAR)

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## Plain English summary

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## Plain English summary

**M**any people who attend sexual health clinics drink more than the recommended amount of alcohol. We therefore set out to examine whether or not giving advice about alcohol and health to people who attend these clinics and drink excessively helped them drink less and achieve better sexual health, and whether or not the provision of such advice provided good value for money.

We conducted the study in three sexual health clinics in London. We gave half of the people attending these clinics who were drinking above recommended levels of alcohol a leaflet on health and lifestyle. The other half was offered brief intervention. This consisted of brief advice, a leaflet on alcohol and health, and the offer of an appointment with an alcohol health worker (AHW) who could provide further information and support. We collected follow-up information from people 6 months after they entered the study.

At follow-up, we found little difference in the amount that people who had been offered brief intervention were drinking. People offered the intervention drank just over 2 units of alcohol – about one pint of lager – less per week. We did not find differences in sexual health between those who were offered brief intervention and those who were not.

Many people who attend sexual health clinics are drinking at above recommended levels but the type of intervention we examined did not lead to big differences in the amount they drank. Offering this type of intervention to people who attend sexual health clinics and drink excessively does not provide a good use of resources.



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