Appendix 1

Round 1 open-ended responses and rationale generated by the experts to the following question:

What intervention components do you believe would be the best bets for helping people reduce their alcohol consumption?

1. Action planning
   - Plans for how to avoid specific triggers for drinking or cope with the motivation to drink when it occurs
   - Self-monitoring is more effective when combined with action planning

2. Behaviour substitution
   - Prompt substitution of the unwanted behaviour with a wanted or neutral behaviour
   - E.g. instead of having a birthday party at a bar, doing some other activity, such as paintballing

3. Environmental triggers and drivers
   - Identify specific triggers and drivers that generate the urge/want/need to drink
   - E.g. pressure to attend pub after work regularly

4. Feedback in relation to goals
   - Related to the one or more goals set and any cumulative goals
   - Needs to give warnings as get near the limit for session, day, week, etc
   - Individualised feedback and information has more relevance and salience
5. Feedback in relation to people

- Consistent overestimation of the drinking levels of peers

- Social norms/normative feedbacks approaches are effective in correcting 
misperceived norms to reduce alcohol consumption and alcohol-related problems

6. Goal-setting

- Set clear goals for a) session, b) day, c) week and cumulative goals

- Tailored to the needs of the client

- Meaningful and achievable goals

7. Habit reversal

- Prompt rehearsal and repetition of an alternative behaviour to replace an unwanted 
habitual behaviour

- E.g. have a soft drink every other round

8. Inhibition training

- Poor inhibitory control has been found to have a causal link with heavy drinking and 
alcohol problems

- Inhibitory control can be experimentally manipulated ('trained'), which results in 
reduced alcohol consumption

- Multiple training sessions may be a viable way to help people to reduce their alcohol 
consumption

- An example of inhibition training is approach-avoidance training: where participants 
are implicitly trained to avoid or approach alcohol-related stimuli
9. **Monitoring**

- People are generally unaware of the level at which they drink
- Important accompaniment to goal setting
- As easy and quick to implement as possible
- Options for different ways of doing it (e.g. repeat last drink, catch-up on missed drinks)

10. **Motivational interviewing**

- Techniques involving prompting the client to provide self-motivating statements and evaluations of own behaviour to minimise resistance to change
- Proven effective in drug abuse and related problems

11. **Provide information**

- Raising awareness of the consequences of drinking different amounts of alcohol might prompt behaviour change
- Brief information (when given by expert/authoritative figures like doctors) can be very effective to curb problem drinking and related problems
- This could include information on the alcohol related risks for different demographic groups

12. **Reward**

- Provide rewards contingent on successfully reducing excessive alcohol use/abstaining