

**A CARLAT PSYCHIATRY  
REFERENCE TABLE**

<b>Results Showing Measures of Alcohol Use for AA/TSF Compared to Other Interventions</b>		
<b>Variable measured</b>	<b>AA/TSF compared to other interventions</b>	<b>Certainty of evidence</b>
Improved rates of continuous abstinence	Better at 12 months	High
Percentage of days abstinent	No difference at 12 months; better at 24 & 36 months	Very low
Longest period abstinent	No difference at 6 months	Low
Drinking intensity	No difference at 12 months	Low to moderate
Alcohol-related consequences	No difference at 12 months	Moderate
Alcohol addiction severity	One study found AA/TSF better at 12 months	Low

*AA/TSF = Alcoholics Anonymous/Twelve-Step Facilitation*

From the Research Update:  
**“Is AA the Toast of the Town?”**  
 By Edmund Higgins, MD  
*The Carlat Addiction Treatment Report*, Volume 8, Number 6, September/October 2020  
[www.carlataddictiontreatment.com](http://www.carlataddictiontreatment.com)