

Effective interventions in the problematic use of alcohol and other drugs

Intervenciones eficaces en consumo problemático de alcohol y otras drogas

Lefio, Luis Alvaro

Villarroel, Sebastián Raúl

Rebolledo, Cristian

Zamorano, Pamela

Rivas, Katherine

Objective. Synthesize and assess the available scientific evidence from the period 2008-2012 on interventions of demonstrated efficacy in the treatment and rehabilitation of adolescents and adults engaged in the problematic use of alcohol and other substances. **Methods.** A systematic review was undertaken with search and analysis of national and international literature on the subject in Spanish and English in the main international databases: PubMed/MEDLINE, LILACS, Embase, PsycINFO, SciELO, the databases of the York University Centre for Reviews and Dissemination (DARE, ETS Database), the Cochrane Library, and other sources of gray literature. The search criteria included randomized clinical trials and systematic reviews but excluded observational studies, qualitative studies, and articles of poor methodological quality. **Results.** The final sample consisted of 69 studies. The psychosocial interventions shown to be effective were cognitive behavioral therapy, family interventions, self-h