

## Findings from a systematic review of alcohol and substance misuse interventions delivered remotely

No studies involving service user and provider experiences were found. Therefore, our evaluation is amongst the first to include these voices and combine it with outcome data from services – it provides a unique and in-depth evaluation.

Most remote interventions identified were website or app based, so our wider evaluation is amongst the first to focus on interventions delivered mainly by phone and video calls.



Remotely delivered interventions can help people to reduce their drug or alcohol use. There is more evidence relating to alcohol use than other substances.



The review identified a number of promising approaches for supporting people to reduce their alcohol/drug use. A behaviour change techniques (BCT) table with further details is available [here](#).



Some of the most promising approaches include helping people to avoid exposure to things or people that 'cue' the alcohol and drug use; helping people to weigh up the pros and cons; and supporting people to track their use so they can observe how much they are using.

