



Assessed for eligibility  
(n = 191)

Excluded (n=6)

Failed to meet inclusion  
criteria; i.e., AUDIT < 8  
(n=6)

Randomized  
(n = 185)

Told Intervention, mailed CYD  
materials (n = 91)

Told Waiting list, mailed CYD  
materials (n =94)

Lost to follow-up  
4 weeks (n = 15)  
- questionnaires not received

Lost to follow-up  
4 weeks (n = 13)  
- questionnaires not received

Analyzed (n = 76)

Analyzed (n = 79)  
- additional 2 participants had  
missing Action scale data

Enrolment

Allocation

Follow-up

Analysis