**Participant Flow**

Assessed for eligibility (n=889)

For all outcome measures except weight:

Analysed (n= 31)  
 Excluded from analysis (n=0)

For outcome measure *weight*:

Analysed (n= 29)  
 Excluded from analysis (n=2)

Participants’ weights were not measured at follow-up

For all outcome measures except weight:

Analysed (n= 30)  
 Excluded from analysis (n=1)

Lost to follow-up

For outcome measure *weight*:

Analysed (n= 30)  
 Excluded from analysis (n=1)

Lost to follow-up

**Enrolment**

Lost to follow-up (n=1)

 Did not attend for follow-up interview

Discontinued intervention (n=0)

Allocated to control (n=34)

 Received allocated intervention (n=31)

 Did not receive allocated intervention (n=3)

Lost to follow-up (n=0)

Discontinued intervention (n=0)

Randomised (n=69)

Excluded (n=820)

  Did not meet inclusion criteria (n=564)

  Declined to participate (n=113)

  Unable to contact (n=143)

**Follow-up**

**Allocation**

Allocated to intervention (n=35)

 Received allocated intervention (n=31)

 Did not receive allocated intervention (n=4)

**Analysis**

**Baseline Characteristics**

**Table 1 Demographic characteristics of participants by treatment group at baseline**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Factor** | | **Control group**  **N=31**  **n (%)** | **Intervention group**  **N=31**  **n (%)** | **Total**  **N=62**  **n (%)** |
|  | |  |  |  |
| Participants’ age (years) | |  |  |  |
|  | 35-39 | 0 | 2 (7) | 2 (3) |
|  | 40-44 | 6 (19) | 2 (7) | 8 (13) |
|  | 45-49 | 9 (29) | 5 (16) | 14 (23) |
|  | 50-54 | 4 (13) | 8 (26) | 12 (19) |
|  | 55-59 | 9 (29) | 6 (19) | 15 (24) |
|  | 60-64 | 3 (10) | 8 (26) | 11 (18) |
|  | |  |  |  |
| Marital status | |  |  |  |
|  | Single | 4 (13) | 3 (10) | 7 (11) |
|  | Married/lives with a partner | 20 (65) | 24 (77) | 44 (71) |
|  | Separated/divorced | 5 (16) | 4 (13) | 9 (15) |
|  | In a relationship | 2 (7) | 0 | 2 (3) |
|  | |  |  |  |
| Scottish Index of Multiple Deprivation (SIMD) quintile | |  |  |  |
|  | 1 (most disadvantaged) | 10 (32) | 8 (26) | 18 (29) |
|  | 2 | 3 (10) | 6 (19) | 9 (15) |
|  | 3 | 3 (10) | 4 (13) | 7 (11) |
|  | 4 | 10 (32) | 6 (19) | 16 (26) |
|  | 5 (least disadvantaged) | 5 (16) | 7 (23) | 12 (19) |
|  |  |  |  |  |
| Employment status | |  |  |  |
|  | Employed | 26 (84) | 22 (71) | 48 (77) |
|  | Unemployed | 5 (16) | 5 (16) | 10 (16) |
|  | Retired | 0 | 4 (13) | 4 (7) |
|  | |  |  |  |
| Highest educational attainment | |  |  |  |
|  | University degree | 3 (10) | 5 (16) | 8 (13) |
|  | Vocational qualification/further training | 7 (23) | 12 (39) | 19 (31) |
|  | High school | 20 (65) | 14 (45) | 34 (55) |
|  | No high school education | 1 (3) | 0 | 1 (2) |
|  |  |  |  |  |
| Body mass index (BMI) | |  |  |  |
|  | 29-34 | 16 (52) | 13 (42) | 29 (47) |
|  | 35-39 | 9 (29) | 13 (42) | 22 (36) |
|  | 40-44 | 6 (19) | 5 (16) | 11 (18) |
|  |  |  |  |  |

**Table 2 Recent drinking history of participants by treatment group at baseline**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Factor** | | **Control group**  **N=31**  **n (%)** | **Intervention group**  **N=31**  **n (%)** | **Total**  **N=62**  **n (%)** |
|  |  |  |  |  |
| Alcohol consumption | |  |  |  |
|  | Mean weekly consumption (units (SD)) | 53.3 (40.7) | 41.1 (31.9) | 47.2 (36.8) |
|  | |  |  |  |
| Total consumption in previous 28 days | |  |  |  |
|  | ≤ 84 units | 4 (13) | 3 (10) | 7 (11) |
|  | 85-149 units | 9 (29) | 17 (55) | 26 (42) |
|  | 150-199 units | 5 (16) | 6 (19) | 11 (18) |
|  | 200-249 units | 6 (19) | 2 (7) | 8 (13) |
|  | ≥ 250 units | 7 (23) | 3 (10) | 10 (16) |
|  |  |  |  |  |
| Number of drinking days in previous 28 days | |  |  |  |
|  | 0 days | 0 | 0 | 0 |
|  | 1-4 days | 2 (7) | 1 (3) | 3 (5) |
|  | 5-9 days | 6 (19) | 6 (19) | 12 (19) |
|  | 10-14 days | 10 (32) | 7 (23) | 17 (27) |
|  | 15-19 | 4 (13) | 9 (29) | 13(21) |
|  | ≥ 20 days | 9 (29) | 8 (26) | 17 (28) |
|  |  |  |  |  |
| Number of binge drinking days in previous 28 days (> 8 units in one session) | |  |  |  |
|  | 0 days | 1 (3) | 1 (3) | 2 (3) |
|  | 1-4 days | 6 (19) | 6 (19) | 12 (19) |
|  | 5-9 days | 9 (29) | 14 (45) | 23 (37) |
|  | 10-14 days | 9 (29) | 3 (10) | 12 (19) |
|  | 15-19 | 4 (13) | 6 (19) | 10 (16) |
|  | ≥ 20 days | 2 (7) | 1 (3) | 3 (5) |

**Outcome measures**

Primary outcome measures

**1. Recruitment and retention of participants**

The recruitment target of 60 men was exceeded using two methods (GP registers and Time Space Sampling).

Retention of participants was 98% at follow up (see flow diagram).

**2. Acceptability of the intervention**

**Table 3 Acceptability of the study methods**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Control group**  **N=30**  **(%)** | **Intervention group**  **N=31**  **(%)** |
|  | |  |  |
| Usefulness of the information given | |  |  |
|  | Very useful | 10 (33) | 12 (39) |
|  | Useful | 17 (57) | 16 (52) |
|  | Don’t know | 2 (7) | 3 (10) |
|  | Not very useful | 1 (3) | 0 |
|  | |  |  |
| Participant would recommend the study to others | | 24 (80) | 26 (84) |
|  | |  |  |
| Participant benefitted from taking part | | 23 (77) | 22 (71) |
|  |  |  |  |
| Participant discussed the study with other people? | | 22 (73) | 23 (71) |
|  | |  |  |
| Participant gave suggestions on how to improve the study | | 14 (47) | 15 (48) |
|  | |  |  |

**3. Engagement with components of the behaviour change strategy**

Text message responses were received from all but two of the participants in the intervention group (94%). The number of responses per participant ranged from 0 – 41 (mean 14.7, median 12).

**Table 4 Responses to key components of the behaviour change strategy**

|  |  |  |
| --- | --- | --- |
| **Component of the behaviour change strategy addressed by text message question** | **Number of responses**  **(N=31)** | **Examples of text message responses received from participants** |
| Self-monitoring of alcohol consumption | 17 | *5 pints And 7 nips I've done great this week* |
| Perceived benefits of drinking less | 21 | *To stave off periods of gout, lose weight, feel generally healthier* |
| Awareness of harmful effects of obesity | 21 | *I struggle on the golf course after 1st 9* |
| Considered reducing drinking in the past week? | 25 | Multiple choice question |
| Goal setting | 17 | *No drinking mid week would be a goal* |
| Action planning | 13 | *I've got a plan. Instead of buying 75cl bottles I'm going to buy 37.5's instead* |
| Perceived benefits of changing current drinking | 19 | *Getting my health back and getting back into my 32 jeans* |
| Coping planning | 9 | *I would go to my workshop or gym and try to keep myself busy* |
| Changes made to drinking patterns during intervention period | 20 | Multiple choice question |
| Reported actual benefits of drinking less at the end of the intervention period | 12 | *Yes, feeling fresher in the mornings and getting into work sharp.* |

*Secondary outcome measures*

**1. The impact of the study on the perceived benefits of moderated drinking**

**Table 5 Perceived harms associated with drinking too much alcohol**

|  |  |  |
| --- | --- | --- |
| Perceived Harm | Control group  N=30 | Intervention group  N=31 |
| Short term negatives (acute harms) | 19 | 20 |
| Long term health problems | 18 | 21 |
| Money problems | 6 | 8 |
| Family problems | 5 | 4 |
| Overweight/obesity | 5 | 9 |
| Addiction dependence | 2 | 3 |
| Losing job/licence | 3 | 6 |
| Other | 0 | 1 |

**Table 6 Knowledge of and beliefs about BMI, alcohol and weight**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Control group**  **N=30**  **n (%)** | **Intervention group**  **N=31**  **n (%)** |
|  | |  |  |
| Number of men who report knowing their current BMI | | 4 (13) | 4 (13) |
|  | |  |  |
| Number who have counted the number of calories they consume from alcohol | |  |  |
|  | Yes, before taking part in the study | 1 (3) | 2 (7) |
|  | Yes, since taking part in the study | 0 | 5 (16) |
|  | Both before and since taking part in the study | 2 (7) | 2 (7) |
|  |  |  |  |
| Number who believe that alcohol contributed to them becoming overweight | | 24 (80) | 26 (84) |
|  | |  |  |

**2. Intention to reduce alcohol consumption**

**Table 7 Participants’ intentions and actions to reduce drinking at follow up**

|  |  |  |  |
| --- | --- | --- | --- |
| **Intention/action** | | **Control group**  **N=30** | **Intervention group**  **N=31** |
| Since the study began… | |  |  |
|  | I have thought about cutting down | 16 | 22 |
|  | I have made a plan to cut down | 3 | 11 |
|  | I have tried to cut down | 9 | 19 |
|  | I have successfully cut down | 10 | 16 |
|  | I have made a plan to deal with difficult situations | 4 | 11 |
|  | I consider myself at risk from effects of alcohol | 7 | 9 |

**3. Self-efficacy in ability to reduce drinking and lose weight at follow up**

**Table 8 Drinking refusal self-efficacy skills**

|  |  |  |  |
| --- | --- | --- | --- |
| Refusal statement | | **Control group**  **N=30**  **n (%)** | **Intervention group**  **N=31**  **n (%)** |
|  | |  |  |
| Do you think you could resist alcohol when you are watching TV? | | | |
|  | Strongly Agree | 19 (63) | 25 (81) |
|  | Agree | 11 (37) | 4 (13) |
|  | \*Don’t know/disagree/strongly disagree | 0 | 2 (7) |
|  | |  |  |
| Do you think you could resist alcohol when someone offers you a drink | | | |
|  | Strongly Agree | 15 (50) | 16 (52) |
|  | Agree | 9 (30) | 12 (39) |
|  | \*Don’t know/disagree/strongly disagree | 6 (20) | 3 (10) |
|  | |  |  |
| Do you think you could resist alcohol when your friends are drinking? | | | |
|  | Strongly Agree | 7 (23) | 10 (32) |
|  | Agree | 7 (23) | 7 (23) |
|  | \*Don’t know/disagree/strongly disagree | 16 (53) | 14 (45) |
|  | |  |  |
| Do you think you could resist alcohol when you are bored? | | | |
|  | Strongly Agree | 17 (57) | 18 (58) |
|  | Agree | 8 (27) | 9 (29) |
|  | \*Don’t know/disagree/strongly disagree | 5 (17) | 4 (13) |

\* Three categories were combined due to the low number of responses to these categories

**Primary outcomes for a full trial**

**1. Reported weekly alcohol consumption,** **measured using the alcohol Timeline Follow Back (TLFB) questionnaire**

**Table 9 Comparison of alcohol consumption at baseline and follow-up**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Factor** | **Control group**  **N=30** | | **Intervention group**  **N=31** | |
| **Baseline** | **Follow-up** | **Baseline** | **Follow-up** |
| Mean weekly consumption (units (SD)) | 53.3 (41.4) | 38.4 (35.3) | 41.1 (31.9) | 30.8 (33.0) |
| Mean number of drinking days (SD) in previous 28 days | 14.8 (7.5) | 11.8 (7.9) | 15.2 (6.3) | 13.2 (6.9) |
| Mean intake per drinking session (units (SD)) | 15.3 (7.9) | 13.2 (5.7) | 11.7 (7.7) | 9.2 (7.0) |
| Mean number of binge drinking\* days in previous 28 days | 9.77 (6.6) | 8.37 (6.8) | 8.65 (6.0) | 6.32 (5.8) |

\*over 8 units in one session

**2. Weight loss, measured using Seca 813 medical scale**

**Table 10 Comparison of weight at baseline and follow-up**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Control group**  **(N=30)** | **Intervention group**  **(N=29)** |
| Mean Weight kg (SD) | |  |  |
|  | Baseline | 110.8 (12) | 110.9 (18) |
|  | Follow-up | 110.1 (11) | 111.3 (18) |

**Adverse events**

There were no adverse events associated with this study.