

Nationella riktlinjer för prevention och behandling vid ohälsosamma levnadsvanor

Metodbeskrivning
Bilaga

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Förord

Detta dokument är en bilaga och ingår i *Nationella riktlinjer för prevention och behandling vid ohälsosamma levnadsvanor*. Dokumentet ger dels en generell beskrivning av Socialstyrelsens metod för att ta fram nationella riktlinjer för hälso- och sjukvården, socialtjänsten och tandvården, dels en beskrivning av vad som har varit specifikt i arbetet med riktlinjerna för prevention och behandling vid ohälsosamma levnadsvanor.

Förutom denna bilaga består riktlinjerna även av dokumentet *Stöd för styrning och ledning* samt ett antal bilagor med bland annat kunskapsunderlag, indikatorer och en tillstånds- och åtgärdslista.

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Metod för Socialstyrelsens arbete med nationella riktlinjer

Varför vi tar fram nationella riktlinjer

Socialstyrelsens mål med de nationella riktlinjerna är en god vård och omsorg på lika villkor. Riktlinjernas syfte är också att bidra till att rätt åtgärd används för rätt patientgrupp för att på så sätt höja kvaliteten i hälso- och sjukvården, socialtjänsten eller tandvården. De nationella riktlinjerna ska även bidra till att hälso- och sjukvårdens, socialtjänstens och tandvårdens resurser används effektivt, fördelas efter befolkningens behov samt styrs av systematiska och öppna prioriteringsbeslut.

Nationella riktlinjer fokuserar på områden, sociala insatser eller medicinska åtgärder där behovet av vägledning är som störst för beslutsfattare, socialtjänst-, tandvårds- samt hälso- och sjukvårdspersonal. Det kan exempelvis vara områden där kunskapsläget är osäkert, där förhållandet mellan kostnader och nytta är osäkert, eller där det finns omotiverade praxisskillnader. Ett annat skäl till att ta fram nationella riktlinjer är att stödja utvecklingen av en evidensbaserad praktik.

Nationella riktlinjer täcker därmed inte in alla frågeställningar inom ett område. En nationell riktlinje ger rekommendationer om åtgärder på gruppnivå. Riktlinjerna innehåller däremot inte rekommendationer om hur hälso- och sjukvården, socialtjänsten eller tandvården ska organisera sig. Riktlinjerna kan dock vara ett stöd när exempelvis landstingen skapar vårdprogram eller när kommuner och landsting tar fram gemensamma planer inom ett riktlinjeområde.

Beslut om vilka riktlinjer som Socialstyrelsen tar fram fattas av myndigheten. I enstaka fall ger regeringen uppdrag till myndigheten att ta fram nationella riktlinjer för ett visst område.

Varför vi tagit fram riktlinjer för prevention och behandling vid ohälsosamma levnadsvanor

Detta är en revidering av nationella riktlinjer för sjukdomsförebyggande metoder från 2011. I och med revideringen byter riktlinjen namn till Nationella riktlinjer för prevention och behandling vid ohälsosamma levnadsvanor. Revideringen är ett led i myndighetens arbete med att hålla befintliga riktlinjer uppdaterade och aktuella. Ohälsosamma levnadsvanor är vanligt förekommande – enligt Folkhälsomyndigheten är det bara varannan kvinna och var tredje man i åldrarna 16–84 år som rapporterar att de inte har några ohälsosamma levnadsvanor. Forskningen gör ständiga framsteg inom området och ny kunskap har tillkommit sedan de tidigare riktlinjerna publicerades 2011.

Hur vi avgränsar ett riktlinjeområde

I inledningsfasen av arbetet med en riktlinje skapas en lista med tillstånd och åtgärder, så kallade tillstånds- och åtgärdspar. Med tillstånd menar vi ett hälsotillstånd som en person kan ha i form av en sjukdom, ett sjukdomsliknande tillstånd, en funktionsnedsättning eller en levnadsvana. Ett tillstånd kan också vara risk för en sjukdom, eller en särskild förutsättning som kan ha betydelse för vissa risker och sjukdomar. Ett tillstånd kan även vara avsaknaden av en riskfaktor eller sjukdom.

Till varje tillstånd kopplar vi en åtgärd som är möjlig att utföra. Med åtgärder menar vi allt från en behandling eller insats till förebyggande, diagnostiska och uppföljande åtgärder. Exempel på åtgärder är samtalsmetoder för att stödja förändringar i levnadsvanor och därigenom förbättra hälsa och minska risken för sjukdom

Eftersom nationella riktlinjer fokuserar på de frågor inom ett område där det finns behov av vägledning kan det finnas många tillstånds- och åtgärdspar som vi inte tar med i listan.

Hur vi avgränsat dessa riktlinjer

Denna revidering har tagit sin utgångspunkt i de *Nationella riktlinjerna för sjukdomsförebyggande metoder 2011*. Inför revideringen av riktlinjerna gav Socialstyrelsen en rad intressenter möjlighet att lämna synpunkter på vilka frågeställningar som borde ingå i riktlinjerna. Synpunkterna inhämtades genom att skicka ut ett utkast på tillstånds- och åtgärdslista på remiss. Bland intressenterna fanns ett antal specialist- och professionsföreningar, Nationella programrådet för levnadsvanearbete i hälso- och sjukvården, Hälso- och sjukvårdsförvaltningen, Stockholms länds landsting, samt Nätverket hälsofrämjande hälso- och sjukvård (HFS).

Socialstyrelsen fattade slutligt beslut om vilka frågeställningar som skulle ingå i revideringen utifrån riktlinjernas syfte att ge vägledning i lednings- och styrningsfrågor inom områden där behovet av vägledning är särskilt stort.

Ett antal nya åtgärder övervägdes för inkludering inför revideringen av riktlinjerna. Exempel på åtgärder som övervägdes, men som ansågs ligga utanför området var hälsosamtal och skolbaserade interventioner. Vad gäller hälsosamtal passar frågeställningen inte riktlinjeformatet då det är en kombination av befolkningsbaserad och individuell intervention och därmed angränsar till screening. Vad gäller skolbaserade interventioner så omfattar dessa oftast hela klasser (ges på gruppnivå), utförs av pedagoger (som inte omfattas av hälso- och sjukvårdslagen), samt har ett primärpreventivt fokus. Elevhälsan är dock en mottagare för riktlinjerna då dessa möter elever med ohälsosamma levnadsvanor och innefattar professioner som omfattas av hälso- och sjukvårdslagen.

I den tidigare riktlinjen fanns det specifika rekommendationer för ett antal särskilda grupper, som till exempel. vuxna med diabetes, cancer, hjärt-kärlsjukdom, eller vuxna med olycksfallsskada. Generellt sett är dessa grupper vetenskapligt studerade i mindre omfattning än personer utan dessa särskilda förutsättningar. Alla dessa specifika grupper ingår nu i begreppet särskild

risk. I den reviderade riktlinjen ges därför inga enskilda rekommendationer för de specifika grupperna, utan rekommendationer som gäller för särskild risk gäller även dessa grupper.

Ett antal frågeställningar, som ingick i förra versionen, ströks i och med revideringen, främst för att det inte längre ansågs finnas något vägledningsbehov för hälso- och sjukvården i dessa frågor. Exempel på sådana frågeställningar är rökavvänjning med hypnos eller aversionsterapi.

Socialstyrelsens nationella utvärdering av riktlinjerna för sjukdomsförebyggande metoder som publicerades 2014 har också utgjort grund för avgränsningen för de reviderade riktlinjerna.

Hur vi bedömer tillståndets svårighetsgrad

För varje tillstånd i riktlinjerna görs en bedömning av tillståndets svårighetsgrad. Svårighetsgraden avgörs utifrån aktuellt hälsotillstånd och risken för framtida ohälsa.

Bedömningsarbetet utgår från en matris för att, på ett överskådligt sätt, kunna väga samman varje tillståndets påverkan på livskvalitet och livslängd. I matrisen beaktas symtom (fysiska eller psykiska) och funktionsnedsättningar, samt de praktiska och sociala konsekvenser som funktionsnedsättningarna medför. Även frekvensen med vilken tillståndet gör sig påmint beaktas. Matrisen tar också hänsyn till tillståndets varaktighet, risken för framtida livskvalitetspåverkan vid utebliven åtgärd och risken för förtida död.

Den sammanvägda svårighetsgraden av de olika dimensionerna bedöms sedan enligt en fyrgradig skala:

- mycket stor svårighetsgrad
- stor svårighetsgrad
- måttlig svårighetsgrad
- liten svårighetsgrad

I graderingen eftersträvas ett absolut tankesätt relaterat till ohälsa i stort, snarare än endast relativt till andra tillstånd inom det egna området. Mycket stor svårighetsgrad står med andra ord för betydande eller långvariga inskränkningar av hälsan eller stor risk för förtida död alternativt betydande nedsättning av livskvaliteten.

Hur vi bedömt tillståndets svårighetsgrad i dessa riktlinjer

I bedömningen av svårighetsgrad för de fyra olika ohälsosamma levnadsvanorna, som ingår i riktlinjen, har vi utgått ifrån svårighetsgraden för ett antal allvarliga sjukdomar som är förknippade med levnadsvanan och risken att drabbas av dessa sjukdomar till följd av den ohälsosamma levnadsvanan om ingen åtgärd sätts in.

Eftersom det finns ett stort antal sjukdomar som är relaterade till respektive levnadsvana har vi utgått ifrån de vanligast förekommande sjukdomarna med allvarligast konsekvenser och vägt ihop dessa i bedömningen för respek-

tive levnadsvana. I de fall där det finns nationella riktlinjer framtagna för någon av dessa sjukdomar så har vi använt oss av svårighetsgradsbedömningen som gjorts i dessa.

För att uppskatta risken att drabbas av dessa sjukdomar har vi tagit utgångspunkt i den samlade sjukdomsördan, *Global burden of disease* (GBD) för riskfaktorer i Sverige 2015. I GBD finns det angivet hur stor den relativa risken är att drabbas av ett antal allvarliga sjukdomar till följd av en ohälsosam levnadsvana. Alla uppskattade risker gäller dock endast per levnadsvana, det vill säga det finns inga data som visar hur stor risken är att drabbas av en allvarlig sjukdom om man har flera ohälsosamma levnadsvanor samtidigt.

Slutligen har vi viktat svårighetsgraden för de vanligast förekommande sjukdomarna kopplade till den ohälsosamma levnadsvanan mot risken att drabbas, vilket genererat en sammanvägd svårighetsgrad per levnadsvana (se bilaga 1).

För t.ex. rökning har vi värderat svårighetsgraden för, och risken att få, lungcancer, KOL och hjärt-kärlsjukdom. Svårighetsgraden är hämtad från riktlinjerna för vård vid lungcancer, stroke och astma-KOL, samt hjärtsjukvård. Den relativa risken att drabbas av sjukdomarna är hämtad från GBD. För snusning finns inga separata data i GBD och därför har risken värderats med hjälp av svenska data i samråd med Cecilia Magnusson på Karolinska Institutet.

För riskbruk av alkohol har projektledningen gjort en kvalitativ bedömning av svårighetsgraden för cancer i mun-näsa-hals och olycksfall eftersom det saknas riktlinjer för dessa sjukdomar eller tillstånd. Projektledningen har även gjort en kvalitativ bedömning av risken att ett riskbruk av alkohol övergår till ett beroende eller missbruk och svårighetsgraden av ett beroende eller missbruk. I nationella riktlinjer för vård och stöd vid missbruk och beroende, som vänder sig till både hälso- och sjukvården och socialtjänsten, finns inga svårighetsgradsbedömningar gjorda. Det beror på att det inte finns något lagligt stöd för att prioritera utifrån svårighetsgraden inom socialtjänsten.

För ohälsosamma matvanor har sjukdomarna tjocktarms- och ändtarmscancer, hjärt-kärlsjukdom och diabetes typ 2 använts för att bedöma svårighetsgraden. För att bedöma risken för sjukdom har vi använt den matvanan i GBD som gav den högsta risken för respektive sjukdom. Till exempel ger processat kött den högsta relativa risken för diabetes typ 2 och hjärt-kärlsjukdom.

För otillräcklig fysisk aktivitet är det samma sjukdomar som för ohälsosamma matvanor som legat till grund för svårighetsgradsbedömningarna.

För vissa grupper är ohälsosamma levnadsvanor mer riskfyllda än för andra och svårighetsgraden har därmed höjts ytterligare. Exempel på sådana grupper är personer som har en sjukdom, biologiska riskmarkörer, social sårbarhet, eller andra riskfaktorer (t.ex. flera ohälsosamma levnadsvanor samtidigt eller en olycksfallsskada). Detta gäller även barn och ungdomar där den ohälsosamma levnadsvanan kan påverka deras fysiska, psykiska och sociala utveckling negativt. Hos gravida som röker, snusar eller brukar alkohol har

dessutom svårighetsgraden bedömts vara ytterligare förhöjd. Vid dessa tillstånd har risken med den ohälsosamma levnadsvanan både för den gravida och fostret vägts in.

Projektledningen har utfört bedömningarna med visst stöd från Prioriteringscentrum.

Hur vi tar fram kunskapsunderlag

Hur vi tar fram vetenskapligt underlag

Socialstyrelsen anlitar vetenskapligt välmeriterade experter inom aktuellt riktlinjeområde för att granska vetenskapliga studier för våra tillstånds- och åtgärdspar. Med hjälp av Socialstyrelsens informationsspecialister gör experterna en systematisk litteratursökning efter i första hand välgjorda systematiska översikter. I andra hand söker experterna efter enskilda studier av god kvalitet.

De effekter av en åtgärd som vi avser att utvärdera ska i första hand vara individnära. Exempel på sådana mått är förbättrad överlevnad, livskvalitet och förbättrad funktionsförmåga. Beroende på det område som riktlinjerna gäller kan det dock finnas olika typer av effektmått som är viktiga att utvärdera.

De systematiska översikternas och de enskilda studiernas kvalitet granskas sedan med hjälp av särskilda mallar. Utifrån underlaget ska experterna kunna bedöma vilken effekt åtgärderna har på tillståndet och hur stark evidensen, eller den vetenskapliga grunden, är för effekten. Vi formulerar slutsatser om åtgärdens effekt på tillståndet samt anger med vilken evidensstyrka vi drar denna slutsats, exempelvis måttligt starkt vetenskapligt underlag (se tabell 1a). I det här skedet summerar vi alltså det rådande kunskapsläget men ger inte några rekommendationer.

För att värdera och gradera evidens i vetenskapliga studier använder vi GRADE (från engelskans ”The Grading of Recommendations, Assessment, Development and Evaluation”), som är en internationellt vedertagen metod. GRADE:s evidensgradering bygger på en fyrgradig skala – starkt, måttligt starkt, begränsat och otillräckligt vetenskapligt underlag.

Tabell 1b beskriver översiktligt de aspekter som ingår i en bedömning av effektmåttets evidensstyrka för en aktuell åtgärd vid ett specifikt tillstånd.

Tabell 1a. Olika nivåer av evidens

Evidensstyrkan för det vetenskapliga underlaget bedöms utifrån hur tillförlitligt det vetenskapliga underlaget är

Evidensstyrka	Förklaring
Starkt vetenskapligt underlag (⊕⊕⊕⊕)	Innebär en stark tilltro till att den beräknade effekten ligger nära den verkliga effekten.
Måttligt starkt vetenskapligt underlag (⊕⊕⊕○)	Innebär viss osäkerhet, men den beräknade effekten ligger sannolikt nära den verkliga effekten.
Begränsat vetenskapligt underlag (⊕⊕○○)	Innebär en begränsad tilltro till att den beräknade effekten ligger nära den verkliga effekten.
Otillräckligt vetenskapligt underlag (⊕○○○)	Innebär ytterst begränsad tilltro till att den beräknade effekten ligger nära den verkliga effekten. Vetenskapligt underlag saknas, tillgängliga studier har låg kvalitet eller studier av likartad kvalitet är varandra motsägande.

Tabell 1b. Evidensgradering av studier enligt GRADE

Graderingen utgår bland annat från studiedesign, studiekvalitet, överförbarhet och studieresultatets säkerhet

Evidensstyrka	Studiedesign	Sänker graderingen	Höjer graderingen för observationsstudier
Starkt vetenskapligt underlag (⊕⊕⊕⊕)	Randomiserade kontrollerade studier (utgår från ⊕⊕⊕⊕)	Bristar i studiernas tillförlitlighet (högst -2)	Stor effekt och inga sannolika förväxlingsfaktorer (confounders) (högst +2)
Måttligt starkt vetenskapligt underlag (⊕⊕⊕○)		Bristande överensstämmelse mellan studierna (högst -2)	Tydligt dosrespons samband (högst +1)
Begränsat vetenskapligt underlag (⊕⊕○○)	Observationsstudier (utgår från ⊕⊕○○)	Bristande överförbarhet (högst -2)	Förväxlingsfaktorer (confounders) som inte kontrollerats för borde ha bidragit till större effekt om de tagits med i analysen (hög sannolikhet för att effekttestimatet är en underskattning av den sanna effekten) (högst +1)
Otillräckligt vetenskapligt underlag (⊕○○○)		Bristande precision (högst -2)	-
		Hög sannolikhet för publikationsbias (högst -1)	

Hur vi tagit fram det vetenskapliga underlaget i dessa riktlinjer

Socialstyrelsen har i detta riktlinjeprojekt anlitat experter för att ta fram vetenskapligt underlag för cirka hälften av frågeställningarna medan resterande frågeställningar har tagits fram av utredare på Socialstyrelsen. Breda litteratursökningar för samtliga frågeställningar, uppdelade per levnadsvaneområde, har gjorts av utredare på Socialstyrelsen (bilaga 2).

I första hand har sökningar gjorts efter systematiska översikter, men för en rad frågeställningar har även sökningar gjorts efter enskilda randomiserade kontrollerade studier. Detta gäller speciellt för barn och ungdomar där det funnits begränsat med vetenskapliga studier. För ett antal frågeställningar

har metaanalyser utförts med hjälp av Cochrane Collaborations Review Manager 5.3.

Utfallsmåttet för samtliga frågeställningar i riktlinjen har varit beteendeförändring, till exempel, minskning av alkoholkonsumtion eller ökning av fysisk aktivitet. Hälsorelaterade utfall, som effekter på sjukdomsutveckling, har inte utvärderats.

Efter att experter och utredare på Socialstyrelsen gallrat, sammanställt och värderat kunskapsunderlaget har områdesansvarig expert samt hela projektledningsgruppen granskat och bedömt kvaliteten på kunskapsunderlagen innan de har gått vidare till prioriteringsgruppen.

När det vetenskapliga underlaget är otillräckligt

Det finns ibland åtgärder där det saknas vetenskapligt underlag från randomiserade kontrollerade studier eller där evidensstyrkan av andra orsaker bedöms som otillräcklig, vilket innebär att det inte går att uttala sig om effekter, bieffekter eller oönskade effekter. Om det samtidigt inte förväntas någon ny forskning om en åtgärd kan Socialstyrelsen därmed överväga om det är möjligt att samla in beprövad erfarenhet av åtgärden. För att kunna vägleda hälso- och sjukvården, socialtjänsten eller tandvården, och för att kunna rangordna tillstånds- och åtgärdspar, krävs då ett ställningstagande om en åtgärd rimligen kan anses medföra större nytta än olägenhet. Ställningstagandet formuleras som ett eller flera påståenden, så kallade konsensuspåståenden.

Socialstyrelsen använder en modell för att systematiskt samla in beprövad erfarenhet. Modellen går ut på att – utifrån ett så kallat konsensusförfarande – bedöma om det råder enighet om en åtgärds effekt. Genom ett anonymt förfarande via en webbaserad enkät får yrkesverksamma inom ett hälso- och sjukvårds- eller socialtjänstområde – en så kallad konsensuspanel – på egen hand (och inte vid en gemensam samling) ta ställning till en åtgärds nytta och olägenhet utifrån sin beprövade erfarenhet, genom att de instämmer eller inte instämmer i ett eller flera konsensuspåståenden. Konsensus har uppnåtts när minst 75 procent av panelen är samstämmiga i sina svar.

Ett konsensusförfarande kan till exempel vara lämpligt att genomföra om åtgärden är etiskt omöjlig att utvärdera vetenskapligt (till exempel palliativ vård eller livshotande tillstånd). Konsensus lämpar sig dock inte när det finns starka motstående intressen eller åsikter om en åtgärd inom professionen.

Hur vi hanterat otillräckligt vetenskapligt underlag i dessa riktlinjer

I detta riktlinjeprojekt har endast ett fåtal frågeställningar med otillräckligt vetenskapligt underlag bedömts lämpliga att genomgå ett konsensusförfarande. För de få frågeställningar där det bedömdes aktuellt att samla in beprövad erfarenhet så var antalet svarande för få för att kunna uppnå konsensus. För de tillstånds- och åtgärdspar där det inte har bedömts tillämpligt med ett konsensusförfarande eller där antalet svarande i panelen har varit för få har istället en extrapolering från andra underlag/frågeställningar gjorts. Detta gäller framför allt frågeställningarna som berör vuxna med särskild risk, där

det vetenskapliga underlaget för den generella vuxna befolkningen har använts som underlag även för vuxna med särskild risk i prioriteringsarbetet.

Hur vi tar fram hälsoekonomiskt underlag

Parallellt med arbetet med övrigt vetenskapligt underlag tar hälsoekonomiska experter fram underlag om åtgärdens kostnadseffektivitet vid det aktuella hälsotillståndet och vilken evidens som finns för det. Socialtjänsten använder inte uttrycket *hälsoekonomi* om de uträkningar man gör om en insats och dess kostnadseffektivitet, men vi har valt att använda begreppet genomgående för alla våra riktlinjer.

Även de hälsoekonomiska experterna gör en systematisk litteraturgenomgång för att hitta publicerade hälsoekonomiska utvärderingar med relevans för de aktuella tillstånds- och åtgärdsparerna inom riktlinjeområdet. Tillstånd och åtgärder i dessa sökningar utgår från samma sökord som i de övriga vetenskapliga underlagen. När riktlinjen innehåller flera möjliga åtgärder för ett tillstånd görs en samlad sökning för alla åtgärder. De effektmått som vi helst använder för att värdera kostnadseffektiviteten inom hälso- och sjukvården är kvalitetsjusterade levnadsår (så kallade QALY) och vunna levnadsår. Inom tandvården kan man exempelvis se på antal kariesade och saknade tanddytor (så kallade DMS). Inom socialtjänsten används till exempel minskad hemlöshet, ökad livskvalitet och ökat deltagande i samhällslivet som effektmått.

I de fall där vi gör bedömningen att studien är av god kvalitet och relevant för svenska förhållanden anger vi att evidensen är god (tabell 2a). I de fall där vi gör bedömningen att studien är av god kvalitet men har vissa brister när det gäller relevans för svenska förhållanden redovisar vi det som viss evidens. När det saknas relevanta studier gör experterna ofta egna modellberäkningar, kalkyler eller skattningar. Kostnadseffektiviteten klassificerar vi sedan enligt fyra kategorier eller som inte bedömbart när det saknas ett underlag för att beräkna den (tabell 2b).

Tabell 2a. Klassificering av den hälsoekonomiska evidensen

Hälsoekonomisk evidens klassas enligt fyra kategorier (förutsatt att studien är relevant) beroende på hur vi tagit fram underlaget

Hälsoekonomisk evidens	Beskrivning
God	Studie av god kvalitet med säkra resultat.
Viss	Studie av godtagbar kvalitet.
Kalkylerad	Fördjupade kalkyler.
Skattad	Egen bedömning, framtagen i dialog med faktagruppens experter.

Tabell 2b. Klassificering av kostnaden per vunnet kvalitetsjusterat levnadsår (QALY) eller vunnet levnadsår

Klassificering av kostnad	Beskrivning
Låg	Under 100 000 kr per vunnet QALY eller vunnet levnadsår.
Måttlig	100 000–499 999 kr per vunnet QALY eller vunnet levnadsår.
Hög	500 000–1 000 000 kr per vunnet QALY eller vunnet levnadsår.
Mycket hög	Över 1 000 000 kr per vunnet QALY eller vunnet levnadsår.
Ej bedömd	Åtgärdens effekt har inte bedömts.

Hur vi tagit fram det hälsoekonomiska underlaget i dessa riktlinjer

Det hälsoekonomiska underlaget har tagits fram av Institutet för hälso- och sjukvårdsekonomi (IHE). Projektledningen såg över alla frågeställningar i riktlinjerna för att identifiera åtgärder där en bedömning av kostnadseffektivitet var extra viktig att utföra. Utgångspunkten har dock varit att de flesta åtgärderna i denna riktlinje är kostnadseffektiva.

Utav fem tillstånds- och åtgärdspar, som bedömdes vara relevanta för en hälsoekonomisk bedömning, var det vetenskapliga underlaget för åtgärdens effekt otillräcklig för tre. Hälsoekonomisk bedömning gjordes därför för två tillstånds- och åtgärdspar, men där det visade sig att det hälsoekonomiska underlaget var otillräckligt för att kunna göra en bedömning av kostnadseffektiviteten.

Hur vi rangordnar tillstånd och åtgärder

Socialstyrelsen utformar ett förslag till rangordning där varje tillstånds- och åtgärdspar får en rekommendation efter angelägenhetsgrad baserad på en samlad bedömning av tillståndets svårighetsgrad, effekten av åtgärden, och dess evidens samt kostnadseffektiviteten. Inom socialtjänsten finns inget lagligt stöd för att prioritera utifrån svårighetsgraden, så därför vägs i stället de övriga komponenterna samman.

Rangordningen utgår från hälso- och sjukvårdens etiska plattform i propositionen *Prioriteringar inom hälso- och sjukvården* (prop. 1996/97:60), socialtjänstlagens bärande principer och de vetenskapliga underlagen. I arbetet finns representation från olika yrkesgrupper inom riktlinjeområdet (till exempel läkare, socionomer, sjuksköterskor, psykologer och sjukgymnaster), aktuella vårdnivåer (primär- och närsjukvård, länssjukvård, regionsjukvård) eller olika verksamheter inom socialtjänsten. I arbetet finns även representation från olika delar av landet.

Åtgärderna rangordnas i en skala från 1 till 10. Siffran 1 anger åtgärder med högst prioritet. Siffran 10 anger åtgärder som ger mycket liten nytta alternativt liten nytta i förhållande till kostnaden vid det aktuella tillståndet.

Varje riktlinjeområde rangordnas för sig, och man jämför de olika åtgärderna för ett tillstånd inom just det området. Siffran 5 betyder inte nödvändigtvis samma sak i riktlinjerna för prevention och behandling vid ohälsosamma levnadsvanor som i riktlinjerna för hjärtsjukvård. Inte heller ska en åtgärd som har fått siffran 1 i en riktlinje ställas mot en som fått siffran 3 i en annan. Däremot är ramarna för rangordningen densamma i alla riktlinjer:

- Åtgärder med dokumenterad effekt eller stöd i beprövad erfarenhet kan rangordnas mellan 1 och 10.
- Svåra hälsotillstånd och effektiva åtgärder rangordnas högre än mindre allvarliga sjukdomstillstånd och mindre effektiva åtgärder (ett tillstånds svårighetsgrad är dock ingen grund för rangordning inom socialtjänsten).
- Åtgärder med stor nytta för individen i förhållande till kostnaden rangordnas högre än åtgärder med liten nytta i förhållande till kostnaden.

- Åtgärder som kan betecknas som andrahandsval rangordnas lägre än förstahandsvalet. Hur mycket lägre rangordningen blir beror på hur mycket sämre effekten eller kostnadseffektiviteten är.

Förutom rangordningssiffrorna kan tillstånds- och åtgärdspar bli klassificerade som så kallade *icke-göra*-rekommendationer eller *FoU*-rekommendationer. Icke-göra innebär att åtgärden ska utmönstras ur hälso- och sjukvården, tandvården eller socialtjänsten för att

- det finns vetenskaplig dokumentation för att åtgärden inte har någon effekt (eller mycket sämre effekt än annan behandling)
- balansen mellan negativa och positiva effekter är påtagligt ogynnsam för individen
- fyndet av den diagnostiska åtgärden inte påverkar den fortsatta handläggningen.

FoU står för forskning och utveckling och innebär att åtgärden endast ska genomföras inom ramen för forskning och utveckling i form av systematisk utvärdering för att

- det saknas ett vetenskapligt underlag för effekten
- det vetenskapliga underlaget är otillräckligt och ytterligare forskning kan tillföra ny kunskap.

När Socialstyrelsen uppdaterar riktlinjer inom ett område tittar vi särskilt igenom det vetenskapliga underlaget för FoU-rekommendationerna för att se om ny kunskap tillkommit så att vi kan rangordna dessa.

Hur vi rangordnat tillstånd och åtgärder i dessa riktlinjer

I prioriteringsgruppen har 19 personer deltagit. Av dessa är majoriteten kliniskt verksamma inom hälso- och sjukvård och med kunskaper om och erfarenhet av arbete med ohälsosamma levnadsvanor. Gruppen har bestått av läkare, sjuksköterskor, dietister, fysioterapeuter samt en folkhälsovetare, en barnmorska, en arbetsterapeut, en psykolog och en tandläkare. Gruppen har bestått av fler kvinnor än män, men representerat olika vårdnivåer och företrätt alla sjukdomsregioner. Samtliga deltagare har deklarerat jävsförhållanden och bedömts som opartiska.

Rekrytering av representanter till prioriteringsarbetet har skett genom nomineringar från sjukvårdsregionerna via Nationella samordningsgruppen för kunskapsstyrning för hälso- och sjukvård (NSK) alternativt direkt via professionsföreningarna.

För att nå konsensus i prioriteringsgruppen vid rangordningen av tillstånd och åtgärder har en modifierad Delphimetod använts. I korthet innebär metoden att kunskapsunderlagen som ligger till grund för rangordningen skickas ut till prioriteringsmedlemmarna via webbenkäter. Varje deltagare har sedan gått igenom kunskapsunderlagen på egen hand och gett ett förslag på en

rangordningssiffra eller rekommendation om FoU eller icke-göra för de aktuella tillstånds- och åtgärdsparerna. I enkäten har det funnits möjlighet att kommentera och motivera sitt förslag.

Resultaten och kommentarerna har sedan sammanställts och oidentifierats och skickats ut till gruppen tillsammans med en ny webbenkät. Prioriteringsmedlemmarna har därefter fått möjlighet att revidera sina tidigare svar utifrån övriga medlemmars kommentarer och förslag till rangordning.

Vid efterföljande fysiska möten har prioriteringsgruppen utgått från den andra omgångens resultat och diskuterat sig fram till ett slutgiltigt förslag om rangordning som hela gruppen står bakom.

Hur vi tar fram nationella indikatorer

För varje riktlinje tar Socialstyrelsen fram nationella indikatorer. Indikatorerna är olika slags mått som man kan använda för att följa upp att hälso- och sjukvården, socialtjänsten eller tandvården utför de åtgärder som riktlinjerna rekommenderar samt olika kvalitetsaspekter i den vård och omsorg som erbjuds. En indikator kan exempelvis vara andelen personer med depression som får kognitiv beteendeterapi, andelen personer med diabetes som röker, väntetid till kranskärlsröntgen vid stabil kärlkramp och 5-årsöverlevnad vid bröst-, prostata-, tjocktarms- eller ändtarmscancer.

En indikator ska

- ha vetenskaplig rimlighet (så kallad validitet), det vill säga bygga på en kunskapsbas (vetenskap eller beprövad erfarenhet) om vad som utmärker god vård och omsorg och att den verkligen mäter det den avser mäta
- vara relevant, det vill säga ha betydelse för områden där det finns problem, behövs förbättringar och där vård- och omsorgssystemet respektive socialtjänsten kan påverka det som indikatorn mäter
- vara mätbar, det vill säga vara beskriven så att den kan mätas på ett tillförlitligt sätt – exempelvis ska termer och begrepp vara tydligt definierade.

Indikatorer i dessa riktlinjer

I och med revideringen av de nationella riktlinjerna för prevention och behandling vid ohälsosamma levnadsvanor har Socialstyrelsen sett över de befintliga indikatorerna som finns på området. De allra flesta är dock fortfarande utvecklingsindikatorer då det inte är möjligt att inhämta uppgifter via nationella register. Men det är viktigt att påpeka att många utvecklingsindikatorer redan idag kan följas upp på lokal eller regional nivå.

I arbetet med indikatorer har fem experter deltagit. En mer utförlig beskrivning finns i *Indikatorbilagan* som finns att ladda ner på www.socialstyrelsen.se.

Hur vi arbetar med stöd för styrning och ledning

Som ett stöd för styrningen och ledningen i hälso- och sjukvården, socialtjänsten eller tandvården väljer Socialstyrelsen ut ett antal tillstånds- och åtgärdspar som myndigheten benämner som centrala rekommendationer. Oftast gäller det åtgärder som inte utförs i tillräcklig utsträckning i dag men borde utföras, och åtgärder som utförs i dag men inte borde utföras. Det handlar alltså om de rekommendationer som i störst utsträckning kan komma att påverka praxis och resursfördelningen inom området.

För att stödja mottagarna att tolka och tillämpa de rekommendationer som har en rangordning (1–10) formulerar Socialstyrelsen rekommendationerna som åtgärder som hälso- och sjukvården, socialtjänsten eller tandvården *bör*, *kan* eller *kan i undantagsfall* erbjuda vid ett visst tillstånd. Formuleringen *bör* används för rekommendationer med rangordning 1–3, *kan* för 4–7 och *kan i undantagsfall* för 8–10.

Myndigheten beskriver även de ekonomiska och organisatoriska konsekvenser som de centrala rekommendationerna kan förväntas leda till i jämförelse med nuvarande praxis. Beräkningen av de ekonomiska konsekvenserna utgår från en bedömning av gapet mellan dagens användning i praxis inom området och en förväntad nivå när Socialstyrelsens rekommendation införs i hälso- och sjukvården, socialtjänsten eller tandvården. Data och uppgifter hämtas från kvalitetsregister, Socialstyrelsens hälsodataregister, databaser hos Tandvårds- och läkemedelsförmånsverket och Statistiska centralbyrån och Sveriges kommuner och landsting samt publicerade studier och rapporter. Dessutom har vi en dialog med experter och professioner inom området. Samma arbets sätt har använts för att bedöma organisatoriska konsekvenser.

I det fortsatta arbetet fram till en slutlig version utgörs ytterligare underlag av de analyser av rekommendationernas konsekvenser som sjukvårdsregionerna själva gör, som en del av förberedelserna och genomförandet av ett nationellt seminarium. Dessa analyser är viktiga i det fortsatta arbetet fram till en slutlig version.

De centrala rekommendationerna presenteras i dokumentet *Stöd för styrning och ledning*.

Hur vi arbetat med stöd för styrning och ledning i dessa riktlinjer

Socialstyrelsen har, med stöd av prioriterings- och projektledningsgruppen som ingått i arbetet med riktlinjerna, valt ut 17 tillstånds- och åtgärdspar som så kallade centrala rekommendationer. Fokus har varit på fyra grupper som anses som särskilt viktiga att uppmärksamma i förhållande till ohälsosamma levnadsvanor, det vill säga, vuxna med särskild risk, inför operation, barn och ungdomar samt gravida.

Beskrivningen av de ekonomiska och organisatoriska konsekvenser som rekommendationerna kan förväntas leda till har försvårats av att det i stor utsträckning saknas data på nationell nivå om vilka åtgärder som utförs och i vilken utsträckning dessa utförs av hälso- och sjukvården.

Hur vi för en diskussion om riktlinjerna

Socialstyrelsen ger först ut en remissversion av riktlinjerna. Remissversionen diskuteras på regionala eller nationella seminarier för beslutsfattare. Sjukvårdsregioner, landsting och kommuner förbereder seminariet. De gör bland annat en beskrivning av praxis och en analys av hur riktlinjerna kan komma att påverka deras verksamhet. Det finns även möjlighet för övriga intressenter, såsom yrkesföreningar, patient- och brukarorganisationer och allmänheten att lämna skriftliga synpunkter på remissversionen.

Konsekvensanalyserna och synpunkterna är viktiga för Socialstyrelsen i det fortsatta arbetet med att ta fram en slutlig version av riktlinjerna.

När de regionala eller nationella seminarierna är genomförda och Socialstyrelsen har tagit ställning till eventuella skriftligt inkomna synpunkter ger vi ut en slutlig version av riktlinjerna.

Hur vi fört en diskussion om dessa riktlinjer

I och med publiceringen av remissversionen kan hälso- och sjukvården inleda arbetet med att införa rekommendationerna. Ett nationellt seminarium kommer att anordnas den 16 januari 2018, där Socialstyrelsen med experter och alla sjukvårdsregioner är inbjudna att delta.

Sjukvårdsregionerna och övriga intressenter, såsom myndigheter, organisationer och allmänhet, ges sedan möjlighet att lämna skriftliga synpunkter på remissversionen fram till och med den 9 februari 2018.

Synpunkter på remissversionen kommer att hanteras och en uppdatering av kunskapsunderlagen och prioritering kommer att genomföras under tiden fram till den planerade publiceringen av slutversionen sommaren 2018.

Bilaga 1. Matris svårighetsgrad

Matris för bedömning av svårighetsgrad för respektive ohälsosam levnadsvana.

Levnadsvana	Svårighetsgrad			Risk att drabbas (utan åtgärd)			Svårighetsgrad viktad mot risk			Sammanvägd svårighetsgrad
Rökning	Cancer	KOL	Hjärt-kärlsjukdom	Cancer	KOL	Hjärt-kärlsjukdom	Cancer	KOL	Hjärt-kärlsjukdom	Stor-Mycket stor
	Mycket stor	Måttlig-Stor	Stor-Mycket stor	Mycket stor	Mycket stor	Mycket stor	Mycket stor	Måttlig-Stor	Stor-Mycket stor	
Ohälsosamma matvanor	Cancer	Hjärt-kärlsjukdom	Diabetes	Cancer	Hjärt-kärlsjukdom	Diabetes	Cancer	Hjärt-kärlsjukdom	Diabetes	Stor
	Mycket stor	Stor-Mycket stor	Liten-Måttlig	Stor	Stor-Mycket stor	Stor	Stor-Mycket stor	Stor	Liten	
Alkohol	Cancer	Olycka	Missbruk	Cancer	Olycka	Missbruk	Cancer	Olycka	Missbruk	Måttlig-Stor
	Stor	Måttlig-Stor	-	Stor	Mycket stor	-	Måttlig-Stor	Måttlig-Stor	Måttlig	
Otillräcklig fysisk aktivitet	Cancer	Hjärt-kärlsjukdom	Diabetes	Cancer	Hjärt-kärlsjukdom	Diabetes	Cancer	Hjärt-kärlsjukdom	Diabetes	Måttlig-Stor
	Mycket stor	Stor	Liten-Måttlig	Måttlig	Stor	Stor	Stor	Måttlig-Stor	Liten	
Snusning	Cancer	Hjärt-kärlsjukdom	Diabetes	Cancer	Hjärt-kärlsjukdom	Diabetes	Cancer	Hjärt-kärlsjukdom	Diabetes	Liten-Måttlig
	Stor	Stor-Mycket stor	Liten-Måttlig	Måttlig	Liten-Måttlig	Måttlig	Måttlig	Måttlig	Liten	

Bilaga 2. Sökstrategier

Tobaksbruk – vuxna

Dokumentation

av informationssökning Databas: PubMed Databasleverantör: NLM Datum: 2016-05-24

Ämne: NR Sjukdomsförebyggande metoder

Dagligt tobaksbruk hos vuxen - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	"Tobacco Use"[Mesh] OR "Tobacco Use Disorders"[Mesh]	133259
2.	FT	tobacco[tiab] OR snus[tiab] OR snuff[tiab] OR smoking[tiab] OR smoker[tiab] OR smokers[tiab] OR cigar*[tiab] OR cigarette[tiab] OR cigarettes[tiab] OR hookah[tiab] OR pipe[tiab] OR pipes[tiab] OR waterpipe[tiab] OR waterpipes[tiab] OR water pipe[tiab] OR water pipes[tiab] OR e-cig*[tiab] OR nicotine[tiab] OR chew[tiab] OR chewing tobacco[tiab] OR polytobacco[tiab]	274696
3.		1. OR 2.	303414
4.	MeSH	"Tobacco Use Cessation"[Mesh]	23327
5.	FT	cessation[tiab] OR cease[tiab] OR quit[tiab] OR quitting[tiab] OR stop[tiab] OR stopping[tiab]	125326
6.		4. OR 5.	132790
7.	MeSH	Attitude to health [MeSH] OR "Communication"[Majr] OR "Computers, Handheld"[Mesh] OR "Consumer Health Information"[Mesh] OR "Counseling"[Majr] OR "Decision Making"[Mesh] OR "Health Education"[Mesh:NoExp] OR "Health Promotion"[Mesh] OR "Internet"[Mesh] OR "Interview, Psychological"[Mesh] OR "Motivation"[Mesh:NoExp] OR "Pamphlets"[Mesh] OR "Patient Education as Topic"[Mesh:NoExp] OR "Preventive Health Services"[Mesh:NoExp] OR "Preventive Medicine"[Mesh:NoExp] OR "Primary Prevention"[Mesh:NoExp] OR "Psychotherapy"[Majr] OR Referral and consultation [MeSH] OR "Reinforcement (Psychology)"[Mesh] OR "Secondary Prevention"[Mesh] OR "Self Efficacy"[Mesh] OR "Self-Help Groups"[Mesh:NoExp] OR "Social Support"[Majr] OR "Telecommunications"[Mesh] OR "Tertiary Prevention"[Mesh]	1176742
8.	FT	advice*[tiab] OR app[tiab] OR apps[tiab] OR attitude*[tiab] OR behavior change*[tiab] OR behavior modification*[tiab] OR behavior program*[tiab] OR behavior therapies[tiab] OR behavior therapy[tiab] OR behavioral change*[tiab] OR behaviour change*[tiab] OR behaviour modification*[tiab] OR behaviour program*[tiab] OR behaviour therapies[tiab] OR behaviour therapy[tiab] OR behavioural change*[tiab] OR booklet*[tiab] OR brief intervention[tiab] OR brochure*[tiab] OR cessation group*[tiab] OR cessation intervention*[tiab] OR cessation program*[tiab] OR cessation strateg*[tiab] OR	3600337

client education[tiab] OR cognitive analytic therap*[tiab] OR cognitive therapies[tiab] OR cognitive therapy[tiab] OR communicat*[ti] OR computer*[tiab] OR consultation*[tiab] OR conversation*[tiab] OR counsel*[ti] OR counseling[tiab] OR counselling[tiab] OR decision balance[tiab] OR decisional balance[tiab] OR digital[tiab] OR ehealth[tiab] OR e-health[tiab] OR extended intervention*[tiab] OR external referral[tiab] OR feedback[tiab] OR goal setting[tiab] OR group therapies[tiab] OR group therapy[tiab] OR Health Belief Model[tiab] OR health education[tiab] OR health information*[tiab] OR health literacy[tiab] OR health promotion*[tiab] OR health screening[tiab] OR help*[ti] OR helpline*[tiab] OR hot line*[tiab] OR hotline*[tiab] OR intensive intervention*[tiab] OR internet tablet*[tiab] OR internet*[tiab] OR intervention*[ti] OR interview*[ti] OR leaflet*[tiab] OR lifestyle change*[tiab] OR mhealth[tiab] OR m-health[tiab] OR minimal intervention*[tiab] OR mobile health[tiab] OR motivation[tiab] OR motivational[tiab] OR online[tiab] OR palm pilot*[tiab] OR palm top*[tiab] OR palmtop*[tiab] OR pamphlet*[tiab] OR patient education[tiab] OR personal digital assistant*[tiab] OR phone[tiab] OR phones[tiab] OR prevention program*[tiab] OR preventive medicine[tiab] OR primary prevention*[tiab] OR process of change[tiab] OR processes of change[tiab] OR program*[ti] OR psychotherapies[tiab] OR psychotherapy[tiab] OR quitline*[tiab] OR readiness to change[tiab] OR reinforcement*[tiab] OR screen tablet*[tiab] OR secondary prevention*[tiab] OR self determination theory[tiab] OR self efficacy[tiab] OR self help[tiab] OR service*[ti] OR skills training[tiab] OR smart tablet*[tiab] OR smartphone*[tiab] OR sms[tiab] OR social cognitive theor*[tiab] OR social ecological model[tiab] OR social learning theor*[tiab] OR social media[tiab] OR solving[ti] OR stages of change[tiab] OR support[ti] OR system*[ti] OR tablet computer*[tiab] OR telephone*[tiab] OR tertiary prevention*[tiab] OR text messag*[tiab] OR Theory of Planned Behavior*[tiab] OR theory of reasoned action[tiab] OR therapeutic[ti] OR therapies[ti] OR therapy[ti] OR Transtheoretical Model[tiab] OR Trans Theoretical Model[tiab] OR treatment*[ti] OR web*[tiab] OR written information[tiab]

9.	7. OR 8.	4279558
10.	3. AND 6. AND 9.	22640
11.	10. AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	983

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed):

Vid sökning på MeSH-termer i PubMed inkluderas automatiskt de mer specifika underordnade termer som ev. kan finnas under resp. term

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utsluts

MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)

FT = Fritextterm/er

tiab= sökning i titel- och abstractfälten

**) De fetmarkerade referenserna finns nedspårade

Databas: Cochrane library **Databasleverantör:** Wiley **Datum:** 2016-05-24

Ämne: NR Sjukdomsförebyggande metoder

Dagligt tobaksbruk hos vuxen - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Tobacco Use] explode all trees	5784
2.	MeSH	MeSH descriptor: [Tobacco Use Disorder] explode all trees	873
3.	FT/TI, AB, KW	tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco:ti,ab,kw (Word variations have been searched)	21500
4.		1. OR 2. OR 3.	21500
5.	MeSH	MeSH descriptor: [Tobacco Use Cessation] explode all trees	3505
6.	FT/TI, AB, KW	cessation or cease or quit or quitting or stop or stopping:ti,ab,kw (Word variations have been searched)	19410
7.		5. OR 6.	19410
8.	MeSH	MeSH descriptor: [Attitude to Health] explode all trees	29476
9.	MeSH	MeSH descriptor: [Behavior Therapy] explode all trees	12531
10.	MeSH	MeSH descriptor: [Counseling] explode all trees	4026
11.	MeSH	MeSH descriptor: [Decision Making] explode all trees	3385
12.	MeSH	MeSH descriptor: [Interview, Psychological] explode all trees	653
13.	MeSH	MeSH descriptor: [Patient Education as Topic] this term only	7493
14.	MeSH	MeSH descriptor: [Health Promotion] explode all trees	4964
15.	MeSH	MeSH descriptor: [Motivation] this term only	3605
16.	MeSH	MeSH descriptor: [Telecommunications] explode all trees	4403
17.	MeSH	MeSH descriptor: [Internet] explode all trees	2546
18.	MeSH	MeSH descriptor: [Referral and Consultation] explode all trees	2072
19.	MeSH	MeSH descriptor: [Psychotherapy] explode all trees	18594
20.	MeSH	MeSH descriptor: [Self Efficacy] explode all trees	1995
21.	MeSH	MeSH descriptor: [Social Support] explode all trees	2722
22.	MeSH	MeSH descriptor: [Communication] explode all trees	11471
23.	MeSH	MeSH descriptor: [Self-Help Groups] this term only	676
24.	MeSH	MeSH descriptor: [Preventive Health Services] this term only	558
25.	MeSH	MeSH descriptor: [Health Education] this term only	3313
26.	MeSH	MeSH descriptor: [Consumer Health Information] explode all trees	278
27.	MeSH	MeSH descriptor: [Primary Prevention] this term only	936

28.	MeSH	MeSH descriptor: [Secondary Prevention] explode all trees	2624
29.	MeSH	MeSH descriptor: [Tertiary Prevention] explode all trees	2
30.	FT/TI, AB, KW	advice* or app or apps or attitude* or "behavior change*" or "behavior modification*" or "behavior program*" or "behavior therapies" or "behavior therapy" or "behavioral change*" or "behaviour change*" or "behaviour modification*" or "behaviour program*" or "behaviour therapies" or "behaviour therapy" or "behavioural change*" or booklet* or "brief intervention" or brochure* or "cessation group*" or "cessation intervention*" or "cessation program*" or "cessation strateg*" or "client education" or "cognitive analytic therap*" or "cognitive therapies" or "cognitive therapy" or computer* or consultation* or conversation* or counseling or counselling or decision balance or decisional balance or digital or ehealth or e-health or "extended intervention*" or "external referral" or feedback or "goal setting" or "group therapies" or "group therapy" or "Health Belief Model" or "health education" or "health information*" or "health literacy" or "health promotion*" or "health screening" or helpline* or "hot line*" or hotline* or "intensive intervention*" or "internet tablet*" or internet* or leaflet* or "lifestyle change*" or mhealth or "m-health" or "minimal intervention*" or "mobile health" or motivation or motivational or online or "palm pilot*" or "palm top*" or palmtop* or pamphlet* or "patient education" or "personal digital assistant*" or phone or phones or "prevention program*" or "preventive medicine" or "primary prevention*" or "process of change" or "processes of change" or psychotherapies or psychotherapy or quitline* or "readiness to change" or reinforcement* or "screen tablet*" or "secondary prevention*" or "self determination theory" or "self efficacy" or "self help" or "skills training" or "smart tablet*" or smartphone* or sms or "social cognitive theor*" or "social ecological model" or "social learning theor*" or "social media" or "stages of change" or "tablet computer*" or telephone* or "tertiary prevention*" or "text messag*" or "Theory of Planned Behavior*" or "theory of reasoned action" or "Trans Theoretical Model" or "Transtheoretical Model" or web* or "written information":ti,ab,kw or communicat* or counsel* or help* or intervention* or interview* or program* or service* or solving or support or system* or therapeutic or therapies or therapy or treatment*:ti (Word variations have been searched)	363834
31.		8. OR 9. OR 10. OR 11. OR 12. OR 13. OR 14. OR 15. OR 16. OR 17. OR 18. OR 19. OR 20. OR 21. OR 22. OR 23. OR 24. OR 25. OR 26. OR 27. OR 28. OR 29. OR 30.	380329
32.		4. AND 7. AND 31. AND Publication Year from 2008	2624: CDSR/87 DARE/122 HTA/35

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

This term only = Endast den termen söks, de mer specifika, underordnade termerna utesluts

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews
 DARE = Database of Abstracts of Reviews of Effects
 HTA = Health Technology Assessment Database

**)

De fetmarkerade referenserna finns nedsparade

Databas: PsycINFO Databasleverantör: Ebsco Datum: 2016-05-24 Ämne: NR Sjukdomsförebyggande metoder Dagligt tobaksbruk hos vuxen - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)			
Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Smokeless Tobacco" OR DE "Tobacco Smoking"	26,378
2.	FT/TI, AB, SU	OR DE "Electronic Cigarettes" TI (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR AB (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR SU (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco)	56,703
3.		1. OR 2.	56,703
4.	DE	DE "Nicotine Withdrawal" OR DE "Smoking Cessation"	11,075
5.	FT/TI, AB, SU	TI (cessation OR cease OR quit OR quitting OR stop OR stopping) OR AB (cessation OR cease OR quit OR quitting OR stop OR stopping) OR SU (cessation OR cease OR quit OR quitting OR stop OR stopping)	38,142
6.		4. OR 5.	38,401
7.	DE	DE "Health Attitudes" OR DE "Decision Making" OR DE "Choice Behavior" OR DE "Professional Referral" OR DE "Professional Consultation" OR DE "Self-Efficacy" OR DE "Change Strategies" OR DE "Behavior Change" OR DE "Behavior Modification" OR DE "Life Coaching" OR MM "Counseling" OR DE "Group Counseling" OR DE "Text Messaging" OR DE "Lifestyle Changes" OR DE "Motivation" OR DE "Online Social Networks" OR DE "Cellular Phones" OR DE "Audiovisual Communications Media" OR DE "Audiotapes" OR DE "Digital Video" OR DE "Educational Audiovisual Aids" OR DE "Films" OR DE "Photographs" OR DE "Radio" OR DE "Television" OR DE "Television Advertising" OR DE "Videotapes" OR DE "Hot Line Services" OR DE "Blog" OR DE "Computer Mediated Communication" OR DE "Electronic Learning" OR DE "Social Media" OR DE "Telecommunications Media" OR DE "Internet" OR DE "Telephone Systems" OR DE "Behavior Therapy" OR DE "Online Therapy" OR MM "Psychotherapy" OR DE "Social Support" OR DE "Communication" OR DE "Electronic Communication" OR DE "Interpersonal Communication" OR DE "Group Discussion" OR DE "Interviewing" OR DE "Interviews" OR DE "Self-Help Techniques" OR DE "Client Education" OR DE "Health	406,469

		Knowledge" OR DE "Health Literacy" OR DE "Health Promotion" OR DE "Health Education" OR DE "Prevention" OR DE "Relapse Prevention" OR DE "Motivational Interviewing" OR DE "Readiness to Change" OR DE "Stages of Change"	
8.	FT/TI, AB, SU	TI (advice* OR app OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR brochure* OR "cessation group*" OR "cessation intervention*" OR "cessation program*" OR "cessation strateg*" OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR helpline* OR "hot line*" OR hotline* OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR mhealth OR "m-health" OR "minimal intervention*" OR "mobile health" OR motivation OR motivational OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR web* OR "written information" OR communicat* OR counsel* OR help* OR intervention* OR interview* OR program* OR service* OR solving OR support OR system* OR therapeutic OR therapies OR therapy OR treatment*) OR AB (advice* OR app OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR brochure* OR "cessation group*" OR "cessation intervention*" OR "cessation program*" OR "cessation strateg*" OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR conversation* OR counseling OR	2,555,362

counselling OR "decision balance" OR "decisional balance" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR helpline* OR "hot line*" OR hotline* OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR mhealth OR "m-health" OR "minimal intervention*" OR "mobile health" OR motivation OR motivational OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR web* OR "written information" OR communicat* OR counsel* OR help* OR intervention* OR interview* OR program* OR service* OR solving OR support OR system* OR therapeutic OR therapies OR therapy OR treatment*) OR SU (advice* OR app OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR brochure* OR "cessation group*" OR "cessation intervention*" OR "cessation program*" OR "cessation strateg*" OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR helpline* OR "hot line*" OR hotline* OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR mhealth OR "m-health" OR "minimal intervention*" OR "mobile health" OR motivation OR motivational OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR

		psychotherapy OR quitline* OR "readiness to change" OR reinforcement* OR "screen tablet**" OR "secondary prevention**" OR "self determination theory" OR "self efficacy" OR "self help" OR "skills training" OR "smart tablet**" OR smartphone* OR sms OR "social cognitive theor**" OR "social ecological model" OR "social learning theor**" OR "social media" OR "stages of change" OR "tablet computer**" OR telephone* OR "tertiary prevention**" OR "text messag**" OR "Theory of Planned Behavio**" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR web* OR "written information" OR communicat* OR counsel* OR help* OR intervention* OR interview* OR program* OR service* OR solving OR support OR system* OR therapeutic OR therapies OR therapy OR treatment*)	
9.		7. OR 8.	2,589,752
10.		3. AND 6. AND 9. AND Limiters - Publication Year: 2008-; Language: Danish, English, Norwegian, Swedish	7,423
11.	ZC	(ZC "systematic review") or (ZC "meta analysis")	26,694
12.		10. AND 11.	223

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB, SU = fritextsökning i fälten för titel, abstract, ämnesord

ZC = Methodology

**)

De fetmarkerade referenserna finns nedsparade

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-05-24

Ämne: NR Sjukdomsförebyggande metoder

Dagligt tobaksbruk hos vuxen – Nikotinläkemedel inkl. Vareniklin och Bupropion

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	"Tobacco Use"[Mesh] OR "Tobacco Use Disorder"[Mesh]	133327
2.	FT	tobacco[tiab] OR snus[tiab] OR snuff[tiab] OR smoking[tiab] OR smoker[tiab] OR smokers[tiab] OR cigar*[tiab] OR cigarette[tiab] OR cigarettes[tiab] OR hookah[tiab] OR pipe[tiab] OR pipes[tiab] OR waterpipe[tiab] OR waterpipes[tiab] OR e-cig*[tiab] OR nicotine[tiab] OR chew[tiab] OR chewing tobacco[tiab] OR polytobacco[tiab]	274885
3.		1. OR 2.	303612
4.	MeSH	"Tobacco Use Cessation"[Mesh]	23344
5.	FT	cessation[tiab] OR cease[tiab] OR quit[tiab] OR quitting[tiab] OR stop[tiab] OR stopping[tiab]	125407
6.		4. OR 5.	132875
7.	MeSH	"Tobacco Use Cessation Products"[Mesh] OR "Varenicline"[Mesh] OR "Bupropion"[Mesh]	4722
8.	FT	nicotine patch*[tiab] OR nicotine transdermal patch*[tiab] OR nicotine replacement*[tiab] OR smoking cessation product*[tiab] OR nicotine nasal	5056

	spray*[tiab] OR nicotine polacrilex[tiab] OR nicotine polacrilices[tiab] OR nicotine chewing gum*[tiab] OR nicotine replacement therap*[tiab] OR nicotine gum*[tiab] OR nicotine spray*[tiab] OR nicotine inhalat*[tiab] OR nicotine inhalant*[tiab] OR nicotine lozenge*[tiab] OR varenicline[tiab] OR bupropion[tiab]	
9.	7. OR 8.	8205
10.	3. AND 6. AND 9.	5186
11.	10. AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	242

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed):

Vid sökning på MeSH-termer i PubMed inkluderas automatiskt de mer specifika underordnade termer som ev. kan finnas under resp. term

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utesluts

MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)

FT = Fritextterm/er

tiab= sökning i title- och abstractfälten

**)

De fetmarkerade referenserna finns nedspårade

Databas: Cochrane library **Databasleverantör:** Wiley **Datum:** 2016-05-24

Ämne: NR Sjukdomsförebyggande metoder

Dagligt tobaksbruk hos vuxen – Nikotinläkemedel inkl. Vareniklin och Bupropion

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Tobacco Use] explode all trees	5784
2.	MeSH	MeSH descriptor: [Tobacco Use Disorder] explode all trees	873
3.	FT/TI, AB, KW	tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco:ti,ab,kw (Word variations have been searched)	21500
4.		1. OR 2. OR 3.	21500
5.	MeSH	MeSH descriptor: [Tobacco Use Cessation] explode all trees	3505
6.	FT/TI, AB, KW	cessation or cease or quit or quitting or stop or stopping:ti,ab,kw (Word variations have been searched)	19413
7.		5. OR 6.	19413
8.	MeSH	MeSH descriptor: [Tobacco Use Cessation Products] explode all trees	291
9.	MeSH	MeSH descriptor: [Varenicline] explode all trees	170
10.	MeSH	MeSH descriptor: [Bupropion] explode all trees	571
11.	FT	"nicotine patch*" or "nicotine transdermal patch*" or "nicotine replacement*" or "smoking cessation product*" or "nicotine nasal spray*" or "nicotine polacrilex" or "nicotine polacrilices" or "nicotine chewing gum*" or "nicotine replacement therap*" or "nicotine gum*" or "nicotine spray*" or "nicotine inhalat" * or "nicotine inhalant*" or "nicotine lozenge*" or varenicline or bupropion:ti,ab,kw (Word variations have been searched)	2096

12.

8. OR 9. OR 10. OR 11. AND Publication Year from 2008

1301:
CDSR/34
DARE/41
HTA/22

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedspårade

Databas: PsycINFO **Databasleverantör:** Ebsco **Datum:** 2016-05-24**Ämne:** NR Sjukdomsförebyggande metoder

Dagligt tobaksbruk hos vuxen – Nikotinläkemedel inkl. Vareniklin och Bupropion

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Smokeless Tobacco" OR DE "Tobacco Smoking"	26,358
2.	FT/TI, AB, SU	OR DE "Electronic Cigarettes" TI (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR AB (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR SU (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco)	56,640
3.		1. OR 2.	56,640
4.	DE	DE "Nicotine Withdrawal" OR DE "Smoking Cessation"	11,069
5.	FT/TI, AB, SU	TI (cessation OR cease OR quit OR quitting OR stop OR stopping) OR AB (cessation OR cease OR quit OR quitting OR stop OR stopping) OR SU (cessation OR cease OR quit OR quitting OR stop OR stopping)	38,111
6.		4. OR 5.	38,370
7.	DE	DE "Bupropion"	860
8.	FT/TI, AB, SU	TI ("nicotine patch*" or "nicotine transdermal patch*" or "nicotine replacement*" or "smoking cessation product*" or "nicotine nasal spray*" or "nicotine polacrilex" or "nicotine polacrilices" or "nicotine chewing gum*" or "nicotine replacement therap*" or "nicotine gum*" or "nicotine spray*" or "nicotine inhalat" * or "nicotine inhalant*" or "nicotine lozenge*" or varenicline or bupropion) OR AB ("nicotine patch*" or "nicotine transdermal patch*" or "nicotine replacement*" or "smoking cessation product*" or "nicotine nasal spray*" or "nicotine polacrilex" or "nicotine polacrilices" or "nicotine chewing gum*" or "nicotine replacement therap*" or "nicotine gum*" or "nicotine spray*" or "nicotine inhalat" * or "nicotine inhalant*" or "nicotine lozenge*" or varenicline or	2,667

		bupropion) OR SU ("nicotine patch**" or "nicotine transdermal patch**" or "nicotine replacement**" or "smoking cessation product**" or "nicotine nasal spray**" or "nicotine polacrilex" or "nicotine polacrilices" or "nicotine chewing gum**" or "nicotine replacement therap**" or "nicotine gum**" or "nicotine spray**" or "nicotine inhalat" * or "nicotine inhalant**" or "nicotine lozenge**" or varenicline or bupropion)	
9.		7. OR 8.	3,378
10.		3. AND 6. AND 9. AND Limiters - Publication Year: 2008-; Language: Danish, English, Norwegian, Swedish	1,297
11.	ZC	(ZC "systematic review") or (ZC "meta analysis")	26,617
12.		10. AND 11.	40

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB, SU = fritextsökning i fälten för titel, abstract och ämnesord

ZC = Methodology

**)

De fetmarkerade referenserna finns nedspårade

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-05-24

Ämne: NR Sjukdomsförebyggande metoder

Dagligt tobaksbruk hos vuxen – Aversionsterapi, hypnos, akupunktur

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	"Tobacco Use"[Mesh] OR "Tobacco Use Disorder"[Mesh]	133327
2.	FT	tobacco[tiab] OR snus[tiab] OR snuff[tiab] OR smoking[tiab] OR smoker[tiab] OR smokers[tiab] OR cigar*[tiab] OR cigarette[tiab] OR cigarettes[tiab] OR hookah[tiab] OR pipe[tiab] OR pipes[tiab] OR waterpipe[tiab] OR waterpipes[tiab] OR e-cig*[tiab] OR nicotine[tiab] OR chew[tiab] OR chewing tobacco[tiab] OR polytobacco[tiab]	274885
3.		1. OR 2.	303612
4.	MeSH	"Tobacco Use Cessation"[Mesh]	23344
5.	FT	cessation[tiab] OR cease[tiab] OR quit[tiab] OR quitting[tiab] OR stop[tiab] OR stopping[tiab]	125407
6.		4. OR 5.	132875
7.	MeSH	"Aversive Therapy"[Mesh] OR "Acupuncture"[Mesh] OR "Acupuncture Therapy"[Mesh] OR "Hypnosis"[Mesh] OR "Complementary Therapies"[Mesh:NoExp]	46345
8.	FT	hypnosis[tiab] OR hypnoses[tiab] OR hypnotism[tiab] OR hypnotherap*[tiab] OR hypnotic[tiab] OR acupuncture[tiab] OR aversion therap*[tiab] OR aversive therap*[tiab] OR adverse therap*[tiab] OR adersion therap*[tiab] OR alternative medicine[tiab] OR complementary medicine[tiab]	40548
9.		7. OR 8.	61319
10.		3. AND 6. AND 9.	291

11.	10. AND Filters: Meta-Analysis, Systematic Reviews, Publication date from 2008/01/01, Danish, English, Norwegian, Swedish.	14
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*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed)

Exp = Termen söks inklusive de mer specifika termerna som finns underordnade

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utsluts

FT = Fritextterm/er

tiab= sökning i title- och abstractfälten

**)

De fetmarkerade referenserna finns nedspårade

Databas: Cochrane library Databasleverantör: Wiley Datum: 2016-05-09			
Ämne: NR Sjukdomsförebyggande metoder			
Dagligt tobaksbruk hos vuxen – Aversionsterapi, hypnos, akupunktur			
Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Tobacco Use] explode all trees	5784
2.	MeSH	MeSH descriptor: [Tobacco Use Disorder] explode all trees	873
3.	FT/TI, AB, KW	tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco:ti,ab,kw (Word variations have been searched)	21501
4.		1. OR 2. OR 3.	21501
5.	MeSH	MeSH descriptor: [Tobacco Use Cessation] explode all trees	3505
6.	FT/TI, AB, KW	cessation or cease or quit or quitting or stop or stopping:ti,ab,kw (Word variations have been searched)	19410
7.		5. OR 6.	19410
8.	MeSH	MeSH descriptor: [Aversive Therapy] explode all trees	91
9.	MeSH	MeSH descriptor: [Acupuncture] explode all trees	160
10.	MeSH	MeSH descriptor: [Acupuncture Therapy] explode all trees	3765
11.	MeSH	MeSH descriptor: [Hypnosis] explode all trees	630
12.	MeSH	MeSH descriptor: [Complementary Therapies] this term only	429
13.	FT/TI, AB, KW	hypnosis or hypnoses or hypnotism or hypnotherap* or hypnotic or acupuncture or "aversion therap*" or "aversive therap*" or "adversive therap*" or "adversiotherap*" or "alternative medicine" or "complementary medicine":ti,ab,kw (Word variations have been searched)	15246
14.		8. OR 9. OR 10. OR 11. OR 12. OR 13.	15962
15.		4. AND 7. AND 14. AND Publication Year from 2008	43: CDSR/4 DARE/4 HTA/0

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

This term only = Endast den termen söks, de mer specifika, underordnade termerna utsluts

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords
 **)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedsparade

Databas: PsycINFO Databasleverantör: Ebsco Datum: 2016-05-24 Ämne: NR Sjukdomsförebyggande metoder Dagligt tobaksbruk hos vuxen – Aversionsterapi, hypnos, akupunktur			
Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Smokeless Tobacco" OR DE "Tobacco Smoking" OR DE "Electronic Cigarettes"	26,358
2.	FT/TI, AB, SU	TI (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR AB (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR SU (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco)	56,640
3.		1. OR 2.	56,640
4.	DE	DE "Nicotine Withdrawal" OR DE "Smoking Cessation"	11,069
5.	FT/TI, AB, SU	TI (cessation OR cease OR quit OR quitting OR stop OR stopping) OR AB (cessation OR cease OR quit OR quitting OR stop OR stopping) OR SU (cessation OR cease OR quit OR quitting OR stop OR stopping)	38,111
6.		4. OR 5.	38,370
7.	DE	DE "Aversion Therapy" OR DE "Covert Sensitization" OR DE "Hypnosis" OR DE "Hypnotherapy" OR DE "Acupuncture" OR DE "Alternative Medicine"	15,637
8.	FT/TI, AB, SU	TI (hypnosis OR hypnoses OR hypnotism OR hypnotherap* OR hypnotic OR acupuncture OR "aversion therap*" OR "aversive therap*" OR "adversive therap*" OR "adversion therap*" OR "alternative medicine" OR "complementary medicine") OR AB (hypnosis OR hypnoses OR hypnotism OR hypnotherap* OR hypnotic OR acupuncture OR "aversion therap*" OR "aversive therap*" OR "adversive therap*" OR "adversion therap*" OR "alternative medicine" OR "complementary medicine") OR SU (hypnosis OR hypnoses OR hypnotism OR hypnotherap* OR hypnotic OR acupuncture OR "aversion therap*" OR "aversive therap*" OR "adversive therap*" OR "adversion therap*" OR "alternative medicine" OR "complementary medicine")	27,500
9.		7. OR 8.	27,559
10.		3. AND 6. AND 9. AND Limiters - Publication Year: 2008-; Language: Danish, English, Norwegian, Swedish	64

11.	ZC	ZC "systematic review" OR ZC "meta analysis"	26,617
12.		10. AND 11.	3

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB, SU = fritextsökning i fälten för titel, abstract, ämnesord

ZC = Methodology

**)

De fetmarkerade referenserna finns nedspårade

Tobaksbruk – ungdomar

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-08-24

Ämne: NR Sjukdomsförebyggande metoder

Rökning/snusning hos ungdomar under 18 år.

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	"Parents"[Mesh] OR "Parenting"[Mesh] OR "Parent-Child Relations"[Mesh]	125858
2.	FT	parent[tiab] OR parental[tiab] OR parents[tiab] OR parenting[tiab] OR parenthood[tiab] OR famil*[tiab] OR mother*[tiab] OR father*[tiab]	1233586
3.	MeSH	"Adolescent"[Mesh] OR "Minors"[Mesh] OR "Adolescent Health Services"[Mesh] OR "Child"[Mesh] OR "Child Health Services"[Mesh] OR "Child Health"[Mesh] OR "School Health Services"[Mesh] OR "School Nursing"[Mesh] OR "Infant"[Mesh]	3093746
4.	FT	adolescent*[tiab] OR adolescence[tiab] OR teen*[tiab] OR youth*[tiab] OR minors[tiab] OR child*[tiab] OR preschool*[tiab] OR pre-school*[tiab] OR school-age*[tiab] OR schoolage*[tiab] OR schoolchild*[tiab] OR school*[tiab] OR infant*[tiab] OR toddler*[tiab]	1685302
5.		1. OR 2. OR 3. OR 4.	4331203
6.	MeSH	"Tobacco Use"[Mesh] OR "Tobacco Use Disorder"[Mesh]	134777
7.	FT	tobacco[tiab] OR snus[tiab] OR snuff[tiab] OR smoking[tiab] OR smoker[tiab] OR smokers[tiab] OR cigar*[tiab] OR cigarette[tiab] OR cigarettes[tiab] OR hookah[tiab] OR pipe[tiab] OR pipes[tiab] OR waterpipe[tiab] OR waterpipes[tiab] OR water pipe[tiab] OR water pipes[tiab] OR e-cig*[tiab] OR nicotine[tiab] OR chew[tiab] OR chewing tobacco[tiab] OR polytobacco[tiab]	279238
8.		6. OR 7.	308143
9.		5. AND 8.	80480
10.		9. AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	963

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed)

FT = Fritextterm/er

tiab= sökning i title- och abstractfälten

**)

De fetmarkerade referenserna finns nedspårade

Databas: Cochrane library **Databasleverantör:** Wiley InterScience **Datum:** 2016-08-24

Ämne: NR Sjukdomsförebyggande metoder

Rökning/snusning hos ungdomar under 18 år.

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	FT/TI,AB, KW	adolescent* or adolescence or teen* or youth* or minors or child* or preschool* or "pre-school*" or "school-age*" or schoolage* or schoolchild* or school* or infant* or toddler* or family or parent* or mother* or father*:ti,ab,kw (Word variations have been searched)	210650
2.	MeSH	MeSH descriptor: [Parents] explode all trees	3334
3.	MeSH	MeSH descriptor: [Parenting] explode all trees	854
4.	MeSH	MeSH descriptor: [Parent-Child Relations] explode all trees	1540
5.	MeSH	MeSH descriptor: [Adolescent] explode all trees	85385
6.	MeSH	MeSH descriptor: [Adolescent Health Services] explode all trees	172
7.	MeSH	MeSH descriptor: [Child] explode all trees	199
8.	MeSH	MeSH descriptor: [Child Health Services] explode all trees	691
9.	MeSH	MeSH descriptor: [Child Health] explode all trees	6
10.	MeSH	MeSH descriptor: [School Health Services] explode all trees	1218
11.	MeSH	MeSH descriptor: [School Nursing] explode all trees	80
12.		{or #1-#11}	210664
13.	MeSH	MeSH descriptor: [Tobacco Use] explode all trees	5810
14.	MeSH	MeSH descriptor: [Tobacco Use Disorder] explode all trees	875
15.	FT/TI, AB, KW	tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco:ti,ab,kw (Word variations have been searched)	21786
16.		{or #13-#15}	21786
17.		12. AND 16. AND Publication Year from 2008	2438: CDSR/82 DARE/35 HTA/7

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedspårade

Databas: PsycINFO Databasleverantör: Ebsco Datum: 2016-08-24

Ämne: NR Sjukdomsförebyggande metoder

Rökning/snusning hos ungdomar under 18 år.

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	FT/TI, AB	TI (adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR "pre-school*" OR "school-age*" OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*) OR AB (adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR "pre-school*" OR "school-age*" OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*)	963,766
2.	FT/TI, AB	TI (family or parent* or mother* or father*) OR AB (family or parent* or mother* or father*)	512,594
3.	DE	DE "Parents" OR DE "Mothers" OR DE "Fathers" OR DE "Parenting" OR DE "Parent Child Communication" OR DE "Parent Child Relations" OR DE "Parental Involvement" OR DE "Parental Attitudes"	123,314
4.	ZG	(ZG "adolescence (13-17 yrs)") or (ZG "childhood (birth-12 yrs)") or (ZG "infancy (2-23 mo)") or (ZG "preschool age (2-5 yrs)") or (ZG "school age (6-12 yrs)")	675,978
5.		1. OR 2. OR 3. OR 4.	1,296,016
6.	DE	DE "Smokeless Tobacco" OR DE "Tobacco Smoking" OR DE "Electronic Cigarettes"	26,781
7.	FT/TI, AB, SU	TI (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR AB (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco) OR SU (tobacco or snus or snuff or smoking or smoker or smokers or cigar* or cigarette or cigarettes or hookah or pipe or pipes or waterpipe or waterpipes or "e-cig*" or nicotine or chew or "chewing tobacco" or polytobacco)	60,156
8.		6. OR 7.	60,156
9.		5. AND 8. AND Limiters - Publication Year: 2008-; Language: Danish, English, Norwegian, Swedish	10,921
10.	ZC	(ZC "systematic review") OR (ZC "meta analysis")	27,726
11.		9. AND 10.	157

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB = fritextsökning i fälten för titel och abstract

ZG = Age group

ZC = Methodology

+ = Termen söks inklusive de mer specifika termerna som finns underordnade

**)

De fetmarkerade referenserna finns nedspårade

Alkoholbruk – vuxna

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-06-10

Ämne: NR Sjukdomsförebyggande metoder

Riskbruk av alkohol hos vuxna – Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
Alkoholhissbruk			
1.	MeSH	"Alcohol-Related Disorders"[Mesh] OR "Alcohol Drinking"[Mesh] OR "Alcoholics"[Mesh] OR "Alcoholic Beverages"[Mesh]	154419
2.	FT/TI, AB	alcohol abus*[tiab] OR alcohol addict*[tiab] OR alcohol consumption[tiab] OR alcohol dependen*[tiab] OR alcohol disorder*[tiab] OR alcohol drink*[tiab] OR alcohol intake[tiab] OR alcohol misus*[tiab] OR alcohol problem*[tiab] OR alcohol us*[tiab] OR alcoholic beverage*[tiab] OR alcoholics[tiab] OR alcoholism[tiab] OR alcohol-related disorder*[tiab] OR binge drink*[tiab] OR daily alcohol*[tiab] OR drinking behavio*[tiab] OR drinking pattern*[tiab] OR drinking problem*[tiab] OR episodic drink*[tiab] OR excessive alcohol*[tiab] OR excessive drink*[tiab] OR harmful drink*[tiab] OR hazardous drink*[tiab] OR heavy drink*[tiab] OR problem alcohol*[tiab] OR problem drink*[tiab] OR problematic alcohol*[tiab] OR problematic drink*[tiab] OR risk drink*[tiab] OR risky drink*[tiab]	120560
3.		1. OR 2.	199403
Intervention mot alkoholmissbruk			
4.	MeSH	Attitude to health [MeSH] OR "Communication"[Majr] OR "Computers, Handheld"[Mesh] OR "Consumer Health Information"[Mesh] OR "Counseling"[Majr] OR "Decision Making"[Mesh] OR "Harm Reduction"[Mesh] "Health Education"[Mesh:NoExp] OR "Health Literacy"[Mesh] OR "Health Promotion"[Mesh] OR "Internet"[Mesh] OR "Interview, Psychological"[Mesh] OR "Motivation"[Mesh:NoExp] OR "Pamphlets"[Mesh] OR "Patient Education as Topic"[Mesh:NoExp] OR "Preventive Health Services"[Mesh:NoExp] OR "Preventive Medicine"[Mesh:NoExp] OR "Primary Prevention"[Mesh:NoExp] OR "Psychotherapy"[Majr] OR Referral and consultation [MeSH] OR "Reinforcement (Psychology)"[Mesh] OR "Secondary Prevention"[Mesh] OR "Self Efficacy"[Mesh] OR "Self-Help Groups"[Mesh] OR "Social Support"[Majr] OR "Telecommunications"[Mesh] OR "Temperance"[Mesh] OR "Tertiary Prevention"[Mesh]	601156
5.	FT/TI, AB	abstinence[tiab] OR abuse prevent*[tiab] OR advice*[tiab] OR alcohol intervention*[tiab] OR alcohol prevent*[tiab] OR alcohol therap*[tiab] OR alcohol treatment*[tiab] OR alcoholics anonymous[tiab] OR app[tiab] OR apps[tiab] OR attitude*[tiab] OR behavior change*[tiab] OR behavior modification*[tiab] OR behavior program*[tiab] OR behavior therapies[tiab] OR behavior therapy[tiab] OR behavioral change*[tiab] OR behaviour change*[tiab] OR behaviour modification*[tiab] OR behaviour program*[tiab] OR behaviour therapies[tiab] OR behaviour therapy[tiab] OR behavioural change*[tiab] OR booklet*[tiab] OR brief intervention[tiab] OR brochure*[tiab] OR cessation[tiab] OR client education[tiab] OR cognitive analytic therap*[tiab] OR	4442842

cognitive therapies[tiab] OR cognitive therapy[tiab] OR communicat*[ti] OR computer*[tiab] OR consultation*[tiab] OR controlled drink*[tiab] OR conversation*[tiab] OR counsel*[ti] OR counseling[tiab] OR counselling[tiab] OR decision balance[tiab] OR decisional balance[tiab] OR digital[tiab] OR ehealth[tiab] OR e-health[tiab] OR extended intervention*[tiab] OR external referral[tiab] OR family therap*[tiab] OR feedback[tiab] OR goal setting[tiab] OR group therapies[tiab] OR group therapy[tiab] OR harm reduction[tiab] OR Health Belief Model[tiab] OR health education[tiab] OR health information*[tiab] OR health literacy[tiab] OR health promotion*[tiab] OR health screening[tiab] OR help*[ti] OR helpline*[tiab] OR hot line*[tiab] OR hotline*[tiab] OR intensive intervention*[tiab] OR internet tablet*[tiab] OR internet*[tiab] OR intervention*[ti] OR interview*[ti] OR leaflet*[tiab] OR lifestyle change*[tiab] OR mhealth[tiab] OR m-health[tiab] OR minimal intervention*[tiab] OR misuse prevention[tiab] OR mobile health[tiab] OR motivation[tiab] OR motivational[tiab] OR online[tiab] OR palm pilot*[tiab] OR palm top*[tiab] OR palmtop*[tiab] OR pamphlet*[tiab] OR patient education[tiab] OR personal digital assistant*[tiab] OR phone[tiab] OR phones[tiab] OR prevention program*[tiab] OR preventive medicine[tiab] OR primary prevention*[tiab] OR process of change[tiab] OR processes of change[tiab] OR program*[ti] OR psychotherapies[tiab] OR psychotherapy[tiab] OR quitline*[tiab] OR readiness to change[tiab] OR reduction[tiab] OR rehabilitation[tiab] OR reinforcement*[tiab] OR screen tablet*[tiab] OR secondary prevention*[tiab] OR self determination theory[tiab] OR self efficacy[tiab] OR self help[tiab] OR service*[ti] OR skills training[tiab] OR smart tablet*[tiab] OR smartphone*[tiab] OR sms[tiab] OR social cognitive theor*[tiab] OR social ecological model[tiab] OR social learning theor*[tiab] OR social media[tiab] OR sociothera*[tiab] OR solving[ti] OR stages of change[tiab] OR support[ti] OR system*[ti] OR tablet computer*[tiab] OR telephone*[tiab] OR tertiary prevention*[tiab] OR text messag*[tiab] OR Theory of Planned Behavio*[tiab] OR theory of reasoned action[tiab] OR therapeutic[ti] OR therapies[ti] OR therapy[ti] OR Transtheoretical Model[tiab] OR Trans Theoretical Model[tiab] OR treatment*[ti] OR treatment program*[tiab] OR web*[tiab] OR withdrawal[tiab] OR written information[tiab]

- | | | |
|----|--|-------------|
| 6. | 4. OR 5. | 4711613 |
| 7. | 3. AND 6. | 60856 |
| 8. | 7. AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish | 1305 |

Upptäckt av alkoholmissbruk

- | | | | |
|----|-----------|---|---------|
| 9. | FT/TI, AB | detection[tiab] OR detecting[tiab] OR screen[tiab] OR screening[tiab] OR Addiction Acknowledgement Scale[tiab] OR Addiction Potential Scale[tiab] OR Alcohol Use Disorders Identification Test*[tiab] OR CAGE questionnaire[tiab] OR CAGE screen*[tiab] OR Cut down, Annoyed, Guilt, Eye opener[tiab] OR Computerized Lifestyle Assessment*[tiab] OR Drug Use Screening Inventory*[tiab] OR Five Shot Questionnaire[tiab] OR MacAndrew Alcoholism | 1156371 |
|----|-----------|---|---------|

10.	Scale*[tiab] OR Michigan Alcohol Screening Test[tiab] OR RAPS4[tiab] OR RAPS-4[tiab] OR Self-Administered Alcohol Screening Test[tiab] OR SAAST[tiab] OR Substance abuse subtly screening inventory[tiab] OR Substance abuse subtle screening inventory[tiab] OR T-ACE[tiab] OR Tolerance, Annoyed, Cut down, Eye-opener[tiab] OR (TWEAK[tiab] AND (screen*[tiab] OR test[tiab]))	255
11.	3. AND 9. AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish 10. NOT 8.	51

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed)

Exp = Termen söks inklusive de mer specifika termerna som finns underordnade

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utesluts

MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)

FT = Fritextterm/er

tiab= sökning i title- och abstractfälten

**)

De fetmarkerade referenserna finns nedspårade

Databas: Cochrane library **Databasleverantör:** Wiley InterScience **Datum:** 2016-06-10, 2016-06-17

Ämne: NR Sjukdomsförebyggande metoder

Riskbruk av alkohol hos vuxna – Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Alcohol-Related Disorders] explode all trees	3892
2.	MeSH	MeSH descriptor: [Alcohol Drinking] explode all trees	2815
3.	MeSH	MeSH descriptor: [Alcoholics] explode all trees	8
4.	MeSH	MeSH descriptor: [Alcoholic Beverages] explode all trees	440
5.	FT/Ti, AB	"alcohol abus*" or "alcohol addict*" or "alcohol consumption" or "alcohol dependen*" or "alcohol disorder*" or "alcohol drink*" or "alcohol intake" or "alcohol misus*" or "alcohol problem*" or "alcohol us*" or "alcoholic beverage*" or alcoholics or alcoholism or "alcohol-related disorder*" or "binge drink*" or "daily alcohol*" or "drinking behavio*" or "drinking pattern*" or "drinking problem*" or "episodic drink*" or "excessive alcohol*" or "excessive drink*" or "harmful drink*" or "hazardous drink*" or "heavy drink*" or "problem alcohol*" or "problem drink*" or "problematic alcohol*" or "problematic drink*" or "risk drink*" or "risky drink*":ti or "alcohol abus*" or "alcohol addict*" or "alcohol consumption" or "alcohol dependen*" or "alcohol disorder*" or "alcohol drink*" or "alcohol intake" or "alcohol misus*" or "alcohol problem*" or "alcohol us*" or "alcoholic beverage*" or alcoholics or alcoholism or "alcohol-related disorder*" or "binge drink*" or "daily alcohol*" or "drinking behavio*" or "drinking pattern*" or "drinking problem*" or "episodic drink*" or "excessive alcohol*" or "excessive drink*" or "harmful drink*" or "hazardous drink*" or "heavy drink*" or "problem alcohol*" or "problem drink*" or "problematic alcohol*" or	9193

6.		"problematic drink*" or "risk drink*" or "risky drink*":ab (Word variations have been searched) 1. OR 2. OR 3. OR 4. OR 5.	10859
7.	MeSH	MeSH descriptor: [Attitude to Health] explode all trees	29503
8.	MeSH	MeSH descriptor: [Communication] explode all trees	11483
9.	MeSH	MeSH descriptor: [Computers, Handheld] explode all trees	181
10.	MeSH	MeSH descriptor: [Consumer Health Information] explode all trees	278
11.	MeSH	MeSH descriptor: [Counseling] explode all trees	4034
12.	MeSH	MeSH descriptor: [Decision Making] explode all trees	3388
13.	MeSH	MeSH descriptor: [Harm Reduction] explode all trees	99
14.	MeSH	MeSH descriptor: [Health Education] this term only	3316
15.	MeSH	MeSH descriptor: [Health Promotion] explode all trees	4969
16.	MeSH	MeSH descriptor: [Internet] explode all trees	2555
17.	MeSH	MeSH descriptor: [Interview, Psychological] explode all trees	653
18.	MeSH	MeSH descriptor: [Motivation] this term only	3607
19.	MeSH	MeSH descriptor: [Pamphlets] explode all trees	715
20.	MeSH	MeSH descriptor: [Patient Education as Topic] this term only	7498
21.	MeSH	MeSH descriptor: [Preventive Health Services] this term only	558
22.	MeSH	MeSH descriptor: [Preventive Medicine] this term only	150
23.	MeSH	MeSH descriptor: [Primary Prevention] this term only	940
24.	MeSH	MeSH descriptor: [Psychotherapy] explode all trees	18614
25.	MeSH	MeSH descriptor: [Referral and Consultation] explode all trees	2077
26.	MeSH	MeSH descriptor: [Reinforcement (Psychology)] explode all trees	1796
27.	MeSH	MeSH descriptor: [Secondary Prevention] explode all trees	2627
28.	MeSH	MeSH descriptor: [Self Efficacy] explode all trees	1999
29.	MeSH	MeSH descriptor: [Self-Help Groups] explode all trees	731
30.	MeSH	MeSH descriptor: [Social Support] explode all trees	2727
31.	MeSH	MeSH descriptor: [Telecommunications] explode all trees	4413
32.	MeSH	MeSH descriptor: [Temperance] explode all trees	272
33.	MeSH	MeSH descriptor: [Tertiary Prevention] explode all trees	2
34.	FT/TI, AB	abstinence or "abuse prevent*" or advice* or "alcohol intervention*" or "alcohol prevent*" or "alcohol therap*" or "alcohol treatment*" or "alcoholics anonymous" or app or apps or attitude* or "behavior change*" or "behavior modification*" or "behavior program*" or "behavior therapies" or "behavior therapy" or "behavioral change*" or "behaviour change*" or "behaviour modification*" or "behaviour program*" or "behaviour therapies" or "behaviour therapy" or "behavioural change*" or	195461

booklet* or "brief intervention" or brochure* or cessation or "client education" or "cognitive analytic therap**" or "cognitive therapies" or "cognitive therapy" or computer* or consultation* or "controlled drink**" or conversation* or counseling or counselling or "decision balance" or "decisional balance" or digital or ehealth or "e-health" or "extended intervention**" or "external referral" or "family therap**" or feedback or "goal setting" or "group therapies" or "group therapy" or "harm reduction" or "Health Belief Model" or "health education" or "health information**" or "health literacy" or "health promotion**" or "health screening" or "helpline**" or "hot line**" or hotline* or "intensive intervention**" or "internet tablet**" or internet* or leaflet* or "lifestyle change**" or mhealth or "m-health" or "minimal intervention**" or "misuse prevention" or "mobile health" or motivation or motivational or online or "palm pilot**" or "palm top**" or palmtop* or pamphlet* or "patient education" or "personal digital assistant**" or phone or phones or "prevention program**" or "preventive medicine" or "primary prevention**" or "process of change" or "processes of change" or psychotherapies or psychotherapy or quitline* or "readiness to change" or reduction or rehabilitation or reinforcement* or "screen tablet**" or "secondary prevention**" or "self determination theory" or "self efficacy" or "self help" or "skills training" or "smart tablet**" or smartphone* or sms or "social cognitive theor**" or "social ecological model" or "social learning theor**" or "social media" or sociothera* or "stages of change" or "tablet computer**" or telephone* or "tertiary prevention**" or "text messag**" or "Theory of Planned Behavio**" or "theory of reasoned action" or "Transtheoretical Model" or "Trans Theoretical Model" or "treatment program**" or web* or withdrawal or "written information":ti or abstinence or "abuse prevent**" or advice* or "alcohol intervention**" or "alcohol prevent**" or "alcohol therap**" or "alcohol treatment**" or "alcoholics anonymous" or app or apps or attitude* or "behavior change**" or "behavior modification**" or "behavior program**" or "behavior therapies" or "behavior therapy" or "behavioral change**" or "behaviour change**" or "behaviour modification**" or "behaviour program**" or "behaviour therapies" or "behaviour therapy" or "behavioural change**" or booklet* or "brief intervention" or brochure* or cessation or "client education" or "cognitive analytic therap**" or "cognitive therapies" or "cognitive therapy" or computer* or consultation* or "controlled drink**" or conversation* or counseling or counselling or "decision balance" or "decisional balance" or digital or ehealth or "e-health" or "extended intervention**" or "external referral" or "family therap**" or feedback or "goal setting" or "group therapies" or "group therapy" or "harm reduction" or "Health Belief Model" or "health education" or "health information**" or "health literacy" or "health promotion**" or "health screening" or "helpline**" or "hot line**" or hotline* or "intensive intervention**" or "internet tablet**" or internet* or leaflet* or "lifestyle change**" or mhealth or "m-health" or "minimal intervention**" or "misuse prevention" or "mobile health" or motivation or motivational or online or "palm pilot**" or "palm top**" or palmtop* or pamphlet* or "patient education" or

		"personal digital assistant*" or phone or phones or "prevention program*" or "preventive medicine" or "primary prevention*" or "process of change" or "processes of change" or psychotherapies or psychotherapy or quitline* or "readiness to change" or reduction or rehabilitation or reinforcement* or "screen tablet*" or "secondary prevention*" or "self determination theory" or "self efficacy" or "self help" or "skills training" or "smart tablet*" or smartphone* or sms or "social cognitive theor*" or "social ecological model" or "social learning theor*" or "social media" or sociothera* or "stages of change" or "tablet computer*" or telephone* or "tertiary prevention*" or "text messag*" or "Theory of Planned Behavio*" or "theory of reasoned action" or "Transtheoretical Model" or "Trans Theoretical Model" or "treatment program*" or web* or withdrawal or "written information":ab (Word variations have been searched)	
35.	FT/TI	communicat* or counsel* or help* or intervention* or interview* or program* or service* or solving or support or system* or therapeutic or therapies or therapy or treatment*:ti (Word variations have been searched)	296019
36.		{OR #7-#35}	443946
37.		6. AND 36.	6980
38.		37. AND Publication Year from 2008	3365: CDSR/93 DARE/120 HTA/39

Upptäckt av alkoholmissbruk 2016-06-17

39.	FT/TI, AB, KW	detection or detecting or screen or screening or "Addiction Acknowledgement Scale" or "Addiction Potential Scale" or "Alcohol Use Disorders Identification Test*" or "CAGE questionnaire" or "CAGE screen*" or "Cut down, Annoyed, Guilt, Eye opener" or "Computerized Lifestyle Assessment*" or "Drug Use Screening Inventory*" or "Five Shot Questionnaire" or "MacAndrew Alcoholism Scale*" or "Michigan Alcohol Screening Test" or RAPS4 or "RAPS-4" or "Self-Administered Alcohol Screening Test" or SAAST or "Substance abuse subtly screening inventory" or "Substance abuse subtle screening inventory" or "T-ACE" or "Tolerance, Annoyed, Cut down, Eye-opener":ti,ab,kw or TWEAK and (screen* or test):ti,ab,kw (Word variations have been searched)	66591
40.		6. AND 39. AND Publication Year from 2008	815
41.		40. NOT 38.	147: CDSR/0 DARE/2 HTA/1

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

This term only = Endast den termen söks, de mer specifika, underordnade termerna utesluts

Qualifier = aspekt av ämnet

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects
 HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedspårade

Databas: PsycINFO **Databasleverantör:** Ebsco **Datum:** 2016-06-17
Ämne: NR Sjukdomsförebyggande metoder
 Riskbruk av alkohol hos vuxna – Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Binge Drinking" OR DE "Underage Drinking" OR DE "Alcohol Drinking Patterns" OR DE "Alcohol Abuse" OR DE "Alcohol Intoxication" OR DE "Social Drinking" OR DE "Alcohol Drinking Attitudes" OR DE "Alcoholism" OR DE "Alcoholic Beverages" OR DE "Beer" OR DE "Liquor" OR DE "Wine"	59,972
2.	FT/TI, AB, SU	TI ("alcohol abus*" OR "alcohol addict*" OR "alcohol consumption" OR "alcohol dependen*" OR "alcohol disorder*" OR "alcohol drink*" OR "alcohol intake" OR "alcohol misus*" OR "alcohol problem*" OR "alcohol us*" OR "alcoholic beverage*" OR alcoholics OR alcoholism OR "alcohol-related disorder*" OR "binge drink*" OR "daily alcohol*" OR "drinking behavio*" OR "drinking pattern*" OR "drinking problem*" OR "episodic drink*" OR "excessive alcohol*" OR "excessive drink*" OR "harmful drink*" OR "hazardous drink*" OR "heavy drink*" OR "problem alcohol*" OR "problem drink*" OR "problematic alcohol*" OR "problematic drink*" OR "risk drink*" OR "risky drink*") OR AB ("alcohol abus*" OR "alcohol addict*" OR "alcohol consumption" OR "alcohol dependen*" OR "alcohol disorder*" OR "alcohol drink*" OR "alcohol intake" OR "alcohol misus*" OR "alcohol problem*" OR "alcohol us*" OR "alcoholic beverage*" OR alcoholics OR alcoholism OR "alcohol-related disorder*" OR "binge drink*" OR "daily alcohol*" OR "drinking behavio*" OR "drinking pattern*" OR "drinking problem*" OR "episodic drink*" OR "excessive alcohol*" OR "excessive drink*" OR "harmful drink*" OR "hazardous drink*" OR "heavy drink*" OR "problem alcohol*" OR "problem drink*" OR "problematic alcohol*" OR "problematic drink*" OR "risk drink*" OR "risky drink*") OR SU ("alcohol abus*" OR "alcohol addict*" OR "alcohol consumption" OR "alcohol dependen*" OR "alcohol disorder*" OR "alcohol drink*" OR "alcohol intake" OR "alcohol misus*" OR "alcohol problem*" OR "alcohol us*" OR "alcoholic beverage*" OR alcoholics OR alcoholism OR "alcohol-related disorder*" OR "binge drink*" OR "daily alcohol*" OR "drinking behavio*" OR "drinking pattern*" OR "drinking problem*" OR "episodic drink*" OR "excessive alcohol*" OR "excessive drink*" OR "harmful drink*" OR "hazardous drink*" OR "heavy drink*" OR "problem alcohol*" OR "problem drink*" OR "problematic alcohol*" OR "problematic drink*" OR "risk drink*" OR "risky drink*")	90,632
3.		1. OR 2.	92,328
4.	DE	DE "Alcohol Rehabilitation" OR DE "Alcohol Withdrawal" OR DE "Alcoholics Anonymous" OR DE "Audiotapes" OR DE "Audiovisual Communications Media" OR DE "Behavior Change" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR DE "Blog" OR DE "Cellular Phones" OR DE "Change Strategies"	418,217

OR DE "Choice Behavior" OR DE "Client Education"
 OR DE "Communication" OR DE "Computer
 Mediated Communication" OR MM "Counseling" OR
 DE "Decision Making" OR DE "Digital Video" OR DE
 "Educational Audiovisual Aids" OR DE "Electronic
 Communication" OR DE "Electronic Learning" OR DE
 "Films" OR DE "Group Counseling" OR DE "Group
 Discussion" OR DE "Harm Reduction" OR DE "Health
 Attitudes" OR DE "Health Education" OR DE "Health
 Knowledge" OR DE "Health Literacy" OR DE "Health
 Promotion" OR DE "Hot Line Services" OR DE "Internet"
 OR DE "Interpersonal Communication" OR DE
 "Interviewing" OR DE "Interviews" OR DE "Life
 Coaching" OR DE "Lifestyle Changes" OR DE
 "Motivation" OR DE "Motivational Interviewing" OR DE
 "Online Social Networks" OR DE "Online Therapy" OR
 DE "Photographs" OR DE "Prevention" OR DE
 "Professional Consultation" OR DE "Professional
 Referral" OR MM "Psychotherapy" OR DE "Radio" OR
 DE "Readiness to Change" OR DE "Relapse
 Prevention" OR DE "Self-Efficacy" OR DE "Self-Help
 Techniques" OR DE "Sobriety" OR DE "Social Media"
 OR DE "Social Support" OR DE "Stages of Change" OR
 DE "Telecommunications Media" OR DE "Telephone
 Systems" OR DE "Television Advertising" OR DE
 "Television" OR DE "Text Messaging" OR DE
 "Videotapes"

- | | | | |
|----|------------------|--|-----------|
| 5. | FT/TI, AB,
SU | <p>TI (abstinence OR "abuse prevent*" OR advice* OR
 "alcohol intervention*" OR "alcohol prevent*" OR
 "alcohol therap*" OR "alcohol treatment*" OR
 "alcoholics anonymous" OR app OR apps OR
 attitude* OR "behavior change*" OR "behavior
 modification*" OR "behavior program*" OR "behavior
 therapies" OR "behavior therapy" OR "behavioral
 change*" OR "behaviour change*" OR "behaviour
 modification*" OR "behaviour program*" OR
 "behaviour therapies" OR "behaviour therapy" OR
 "behavioural change*" OR booklet* OR "brief
 intervention" OR brochure* OR cessation OR "client
 education" OR "cognitive analytic therap*" OR
 "cognitive therapies" OR "cognitive therapy" OR
 computer* OR consultation* OR "controlled drink*" OR
 OR conversation* OR counseling OR counselling OR
 "decision balance" OR "decisional balance" OR
 digital OR ehealth OR "e-health" OR "extended
 intervention*" OR "external referral" OR "family
 therap*" OR feedback OR "goal setting" OR "group
 therapies" OR "group therapy" OR "harm reduction"
 OR "Health Belief Model" OR "health education" OR
 "health information*" OR "health literacy" OR "health
 promotion*" OR "health screening" OR "helpline*" OR
 "hot line*" OR hotline* OR "intensive intervention*" OR
 "internet tablet*" OR internet* OR leaflet* OR "lifestyle
 change*" OR mhealth OR "m-health" OR "minimal
 intervention*" OR "misuse prevention" OR "mobile
 health" OR motivation OR motivational OR online OR
 "palm pilot*" OR "palm top*" OR palmtop* OR
 pamphlet* OR "patient education" OR "personal
 digital assistant*" OR phone OR phones OR
 "prevention program*" OR "preventive medicine" OR
 "primary prevention*" OR "process of change" OR
 "processes of change" OR psychotherapies OR
 psychotherapy OR quitline* OR "readiness to
 change" OR reduction OR rehabilitation OR
 reinforcement* OR "screen tablet*" OR "secondary
 prevention*" OR "self determination theory" OR "self</p> | 1,249,857 |
|----|------------------|--|-----------|

efficacy" OR "self help" OR "skills training" OR "smart tablet*" OR "smartphone*" OR "sms" OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR "sociothera*" OR "stages of change" OR "tablet computer*" OR "telephone*" OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR "web*" OR "withdrawal" OR "written information") OR AB ("abstinence" OR "abuse prevent*" OR "advice*" OR "alcohol intervention*" OR "alcohol prevent*" OR "alcohol therap*" OR "alcohol treatment*" OR "alcoholics anonymous" OR "app" OR "apps" OR "attitude*" OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR "booklet*" OR "brief intervention" OR "brochure*" OR "cessation" OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR "computer*" OR "consultation*" OR "controlled drink*" OR "conversation*" OR "counseling" OR "counselling" OR "decision balance" OR "decisional balance" OR "digital" OR "ehealth" OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR "feedback" OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR "hotline*" OR "intensive intervention*" OR "internet tablet*" OR "internet*" OR "leaflet*" OR "lifestyle change*" OR "mhealth" OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR "motivation" OR "motivational" OR "online" OR "palm pilot*" OR "palm top*" OR "palmtop*" OR "pamphlet*" OR "patient education" OR "personal digital assistant*" OR "phone" OR "phones" OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR "psychotherapies" OR "psychotherapy" OR "quitline*" OR "readiness to change" OR "reduction" OR "rehabilitation" OR "reinforcement*" OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "skills training" OR "smart tablet*" OR "smartphone*" OR "sms" OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR "sociothera*" OR "stages of change" OR "tablet computer*" OR "telephone*" OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR "web*" OR "withdrawal" OR "written information") OR SU ("abstinence" OR "abuse prevent*" OR "advice*" OR "alcohol intervention*" OR "alcohol prevent*" OR "alcohol therap*" OR "alcohol treatment*" OR "alcoholics anonymous" OR "app" OR "apps" OR "attitude*" OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR

		"behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavio*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR withdrawal OR "written information")	
6.	FT/TI	TI communicat* OR counsel* OR help* OR intervention* OR interview* OR program* OR service* OR solving OR support OR system* OR therapeutic OR therapies OR therapy OR treatment*	561,117
7.		4. OR 5. OR 6.	1,611,767
8.		3. AND 7. AND Limiters - Publication Year: 2008-; Language: Danish, English, Norwegian, Swedish	16,187
9.	ZC	(ZC "systematic review") OR (ZC "meta analysis")	26,830
10.		8. AND 9.	394

Uptäckt av alkoholmissbruk 2016-06-17

11.	FT/TI, AB, SU	TI (detection OR detecting OR screen OR screening OR "Addiction Acknowledgement Scale" OR "Addiction Potential Scale" OR "Alcohol Use Disorders Identification Test*" OR "CAGE questionnaire" OR "CAGE screen*" OR "Cut down, Annoyed, Guilt, Eye opener" OR "Computerized Lifestyle Assessment*" OR "Drug Use Screening Inventory*" OR "Five Shot Questionnaire" OR "MacAndrew Alcoholism Scale*" OR "Michigan Alcohol Screening Test" OR RAPS4 OR "RAPS-4" OR "Self-Administered Alcohol Screening	124,620
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	Test" OR SAAST OR "Substance abuse subtly screening inventory" OR "Substance abuse subtle screening inventory" OR "T-ACE" OR "Tolerance, Annoyed, Cut down, Eye-opener" OR (TWEAK AND (screen* OR test)) OR AB (detection OR detecting OR screen OR screening OR "Addiction Acknowledgement Scale" OR "Addiction Potential Scale" OR "Alcohol Use Disorders Identification Test*" OR "CAGE questionnaire" OR "CAGE screen*" OR "Cut down, Annoyed, Guilt, Eye opener" OR "Computerized Lifestyle Assessment*" OR "Drug Use Screening Inventory*" OR "Five Shot Questionnaire" OR "MacAndrew Alcoholism Scale*" OR "Michigan Alcohol Screening Test" OR RAPS4 OR "RAPS-4" OR "Self-Administered Alcohol Screening Test" OR SAAST OR "Substance abuse subtly screening inventory" OR "Substance abuse subtle screening inventory" OR "T-ACE" OR "Tolerance, Annoyed, Cut down, Eye-opener" OR (TWEAK AND (screen* OR test)) OR SU (detection OR detecting OR screen OR screening OR "Addiction Acknowledgement Scale" OR "Addiction Potential Scale" OR "Alcohol Use Disorders Identification Test*" OR "CAGE questionnaire" OR "CAGE screen*" OR "Cut down, Annoyed, Guilt, Eye opener" OR "Computerized Lifestyle Assessment*" OR "Drug Use Screening Inventory*" OR "Five Shot Questionnaire" OR "MacAndrew Alcoholism Scale*" OR "Michigan Alcohol Screening Test" OR RAPS4 OR "RAPS-4" OR "Self-Administered Alcohol Screening Test" OR SAAST OR "Substance abuse subtly screening inventory" OR "Substance abuse subtle screening inventory" OR "T-ACE" OR "Tolerance, Annoyed, Cut down, Eye-opener" OR (TWEAK AND (screen* OR test))	
12.	3. AND 11. AND Limiters - Publication Year: 2008-; Language: Danish, English, Norwegian, Swedish	2,804
13.	12. AND 9.	68
14.	13. NOT 10.	3

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB, SU = fritextsökning i fälten för titel, abstract, ämnesord

ZC = Methodology

**)

De fetmarkerade referenserna finns nedspårade

Alkoholbruk – ungdomar

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-08-24

Ämne: NR Sjukdomsförebyggande metoder

Bruk/riskbruk av alkohol hos ungdomar – Rådgivande samtal, brevbaserad feedback, kvalificerat rådgivande samtal individuellt/i grupp, webb- och datorbaserad rådgivning

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	"Parents"[Mesh] OR "Parenting"[Mesh] OR "Parent-Child Relations"[Mesh]	126043
2.	FT	parent[tiab] OR parental[tiab] OR parents[tiab] OR parenting[tiab] OR parenthood[tiab] OR famil*[tiab] OR mother*[tiab] OR father*[tiab]	1234917
3.	MeSH	"Young Adult"[Mesh] OR "Adolescent"[Mesh] OR "Minors"[Mesh] OR "Adolescent Health Services"[Mesh] OR "Child"[Mesh] OR "Child Health Services"[Mesh] OR "Child Health"[Mesh] OR "School	3318437

		Health Services"[Mesh] OR "School Nursing"[Mesh] OR "Infant"[Mesh]	
4.	FT	young adult*[tiab] OR adolescent*[tiab] OR adolescence[tiab] OR teen*[tiab] OR youth*[tiab] OR minors[tiab] OR child*[tiab] OR preschool*[tiab] OR pre-school*[tiab] OR school-age*[tiab] OR schoolage*[tiab] OR schoolchild*[tiab] OR school*[tiab] OR infant*[tiab] OR toddler*[tiab]	1729317
5.		1. OR 2. OR 3. OR 4.	4563684
6.	MeSH	"Alcohol-Related Disorders"[Mesh] OR "Alcohol Drinking"[Mesh] OR "Alcoholics"[Mesh] OR "Alcoholic Beverages"[Mesh]	155637
7.	FT/TI, AB	alcohol abus*[tiab] OR alcohol addict*[tiab] OR alcohol consumption[tiab] OR alcohol dependen*[tiab] OR alcohol disorder*[tiab] OR alcohol drink*[tiab] OR alcohol intake[tiab] OR alcohol misus*[tiab] OR alcohol problem*[tiab] OR alcohol us*[tiab] OR alcoholic beverage*[tiab] OR alcoholics[tiab] OR alcoholism[tiab] OR alcohol-related disorder*[tiab] OR binge drink*[tiab] OR daily alcohol*[tiab] OR drinking behavio*[tiab] OR drinking pattern*[tiab] OR drinking problem*[tiab] OR episodic drink*[tiab] OR excessive alcohol*[tiab] OR excessive drink*[tiab] OR harmful drink*[tiab] OR hazardous drink*[tiab] OR heavy drink*[tiab] OR problem alcohol*[tiab] OR problem drink*[tiab] OR problematic alcohol*[tiab] OR problematic drink*[tiab] OR risk drink*[tiab] OR risky drink*[tiab]	122076
8.		6. OR 7.	201403
9.		5. AND 8.	58239
10.		9. AND Filters: Meta-Analysis, Systematic Reviews, Publication date from 2008/01/01, Danish, English, Norwegian, Swedish.	592

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed)

FT = Fritextterm/er

tiab= sökning i title- och abstractfälten

**)

De fetmarkerade referenserna finns nedsparde

Databas: Cochrane library **Databasleverantör:** Wiley InterScience **Datum:** 2016-08-31

Ämne: NR Sjukdomsförebyggande metoder

Bruk/riskbruk av alkohol hos ungdomar – Rådgivande samtal, brevbaserad feedback, kvalificerat rådgivande samtal individuellt/i grupp, webb- och datorbaserad rådgivning

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	FT/TI,AB, KW	"young adult*" OR adolescent* or adolescence or teen* or youth* or minors or child* or preschool* or "pre-school*" or "school-age*" or schoolage* or schoolchild* or school* or infant* or toddler* or family or parent* or mother* or father*.ti,ab,kw (Word variations have been searched)	236041
2.	MeSH	MeSH descriptor: [Parents] explode all trees	3456
3.	MeSH	MeSH descriptor: [Parenting] explode all trees	881
4.	MeSH	MeSH descriptor: [Parent-Child Relations] explode all trees	1577
5.	MeSH	MeSH descriptor: [Adolescent] explode all trees	86589

6.	MeSH	MeSH descriptor: [Adolescent Health Services] explode all trees	175
7.	MeSH	MeSH descriptor: [Child] explode all trees	192
8.	MeSH	MeSH descriptor: [Child Health Services] explode all trees	708
9.	MeSH	MeSH descriptor: [Child Health] explode all trees	13
10.	MeSH	MeSH descriptor: [School Health Services] explode all trees	1244
11.	MeSH	MeSH descriptor: [School Nursing] explode all trees	80
12.	MeSH	MeSH descriptor: [Young Adult] explode all trees	216
13.		{or #1-#12}	236055
14.	MeSH	MeSH descriptor: [Alcohol-Related Disorders] explode all trees	3962
15.	MeSH	MeSH descriptor: [Alcohol Drinking] explode all trees	2878
16.	MeSH	MeSH descriptor: [Alcoholics] explode all trees	8
17.	MeSH	MeSH descriptor: [Alcoholic Beverages] explode all trees	444
18.	FT/Ti, AB	"alcohol abus*" or "alcohol addict*" or "alcohol consumption" or "alcohol dependen*" or "alcohol disorder*" or "alcohol drink*" or "alcohol intake" or "alcohol misus*" or "alcohol problem*" or "alcohol us*" or "alcoholic beverage*" or alcoholics or alcoholism or "alcohol-related disorder*" or "binge drink*" or "daily alcohol*" or "drinking behavio*" or "drinking pattern*" or "drinking problem*" or "episodic drink*" or "excessive alcohol*" or "excessive drink*" or "harmful drink*" or "hazardous drink*" or "heavy drink*" or "problem alcohol*" or "problem drink*" or "problematic alcohol*" or "problematic drink*" or "risk drink*" or "risky drink*":ti or "alcohol abus*" or "alcohol addict*" or "alcohol consumption" or "alcohol dependen*" or "alcohol disorder*" or "alcohol drink*" or "alcohol intake" or "alcohol misus*" or "alcohol problem*" or "alcohol us*" or "alcoholic beverage*" or alcoholics or alcoholism or "alcohol-related disorder*" or "binge drink*" or "daily alcohol*" or "drinking behavio*" or "drinking pattern*" or "drinking problem*" or "episodic drink*" or "excessive alcohol*" or "excessive drink*" or "harmful drink*" or "hazardous drink*" or "heavy drink*" or "problem alcohol*" or "problem drink*" or "problematic alcohol*" or "problematic drink*" or "risk drink*" or "risky drink*":ab (Word variations have been searched)	9441
19.		14. OR 15. OR 16. OR 17. OR 18.	11116
20.		13. AND 19.	3417
21.		20. AND Publication Year from 2008	1988: CDSR/49 DARE/39 HTA/12

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedsparade

Databas: PsycINFO **Databasleverantör:** Ebsco **Datum:** 2016-08-31
Ämne: NR Sjukdomsförebyggande metoder
 Bruk/riskbruk av alkohol hos ungdomar – Rådgivande samtal, brevbaserad feedback, kvalificerat rådgivande samtal individuellt/i grupp, webb- och datorbaserad rådgivning

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	FT/TI, AB	TI ("young adult**" OR adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR "pre-school**" OR "school-age**" OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*) OR AB ("young adult**" OR adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR "pre-school**" OR "school-age**" OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*)	983,171
2.	FT/TI, AB	TI (family or parent* or mother* or father*) OR AB (family or parent* or mother* or father*)	513,160
3.	DE	DE "Parents" OR DE "Mothers" OR DE "Fathers" OR DE "Parenting" OR DE "Parent Child Communication" OR DE "Parent Child Relations" OR DE "Parental Involvement" OR DE "Parental Attitudes"	123,420
4.	ZG	(ZG "adolescence (13-17 yrs)") or (ZG "childhood (birth-12 yrs)") or (ZG "infancy (2-23 mo)") or (ZG "preschool age (2-5 yrs)") or (ZG "school age (6-12 yrs)") or (ZG "young adulthood (18-29 yrs)")	968,243
5.		1. OR 2. OR 3. OR 4.	1,548,169
6.	DE	DE "Binge Drinking" OR DE "Underage Drinking" OR DE "Alcohol Drinking Patterns" OR DE "Alcohol Abuse" OR DE "Alcohol Intoxication" OR DE "Social Drinking" OR DE "Alcohol Drinking Attitudes" OR DE "Alcoholism" OR DE "Alcoholic Beverages" OR DE "Beer" OR DE "Liquor" OR DE "Wine"	68,240
7.	FT/TI, AB, SU	TI ("alcohol abus**" OR "alcohol addict**" OR "alcohol consumption" OR "alcohol dependen**" OR "alcohol disorder**" OR "alcohol drink**" OR "alcohol intake" OR "alcohol misus**" OR "alcohol problem**" OR "alcohol us**" OR "alcoholic beverage**" OR alcoholics OR alcoholism OR "alcohol-related disorder**" OR "binge drink**" OR "daily alcohol**" OR "drinking behavio**" OR "drinking pattern**" OR "drinking problem**" OR "episodic drink**" OR "excessive alcohol**" OR "excessive drink**" OR "harmful drink**" OR "hazardous drink**" OR "heavy drink**" OR "problem alcohol**" OR "problematic alcohol**" OR "problematic drink**" OR "risk drink**" OR "risky drink**") OR AB ("alcohol abus**" OR "alcohol addict**" OR "alcohol consumption" OR "alcohol dependen**" OR "alcohol disorder**" OR "alcohol drink**" OR "alcohol intake" OR "alcohol misus**" OR "alcohol problem**" OR "alcohol us**" OR "alcoholic beverage**" OR alcoholics OR alcoholism OR "alcohol-related disorder**" OR "binge drink**" OR "daily alcohol**" OR "drinking behavio**" OR "drinking pattern**" OR "drinking problem**" OR "episodic drink**" OR "excessive alcohol**" OR "excessive drink**" OR "harmful drink**" OR "hazardous drink**" OR "heavy drink**" OR "problem alcohol**" OR "problematic alcohol**" OR "problematic drink**" OR "risk drink**" OR "risky drink**") OR SU ("alcohol abus**"	101,943

	OR "alcohol addict** OR "alcohol consumption" OR "alcohol dependen** OR "alcohol disorder** OR "alcohol drink** OR "alcohol intake" OR "alcohol misus** OR "alcohol problem** OR "alcohol us** OR "alcoholic beverage** OR alcoholics OR alcoholism OR "alcohol-related disorder** OR "binge drink** OR "daily alcohol** OR "drinking behavio** OR "drinking pattern** OR "drinking problem** OR "episodic drink** OR "excessive alcohol** OR "excessive drink** OR "harmful drink** OR "hazardous drink** OR "heavy drink** OR "problem alcoh** OR "problem drink** OR "problematic alcohol** OR "problematic drink** OR "risk drink** OR "risky drink**)	
8.	6. OR 7.	103,064
9.	5. AND 8.	43,542
10.	9. AND AND Limiters - Publication Year: 2008-; Language: Danish, English, Norwegian, Swedish	18,275
11. ZC	(ZC "systematic review") OR (ZC "meta analysis")	20,245
12.	10. AND 11.	177

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB, SU = fritextsökning i fälten för titel, abstract, ämnesord

ZG = Age group

ZC = Methodology

**)

De fetmarkerade referenserna finns nedsparade

Matvanor – vuxna

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-06-28

Ämne: NR Levnadsvanor

Vuxna med ohälsosamma matvanor - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
33.	MeSH	"Diet, Food, and Nutrition"[Mesh] OR "Diet Records"[Mesh] OR "Diet"[Mesh] OR "Nutrition Therapy"[Mesh] OR "Diet Therapy"[Mesh] OR "Food Preferences"[Mesh] OR "Food Habits"[Mesh] OR "Meals"[Mesh] OR "Dietetics"[Mesh]	927079
34.	FT	(Beverage*[tiab] OR breakfast[tiab] OR kalori*[tiab] OR carbohydrate*[tiab] OR diet[tiab] OR dietary[tiab] OR dinner[tiab] OR drinks[tiab] OR eating[ti] OR eating behav*[tiab] OR eating habit*[tiab] OR energy*[tiab] OR fish*[tiab] OR food*[ti] OR fast food[tiab] OR food habit*[tiab] OR food behav*[tiab] OR fruit*[tiab] OR juice*[tiab] OR life-style[ti] OR lunch*[tiab] OR macronutrient*[tiab] OR meal*[tiab] OR meat[tiab] OR nutrition*[tiab] OR protein*[ti] OR snack*[tiab] OR soda[tiab] OR sweetened[tiab] OR sweets[tiab] OR sugar*[tiab] OR supper[tiab] OR weight loss[ti] OR vegetable*[tiab] OR wholegrain*[tiab]) NOT Medline[sb]	287081
35.		1 OR 2	1214160

36.	MeSH	Attitude to health [MeSH] OR "Behavior Therapy"[Mesh] OR "Communication"[Majr] OR "Computers, Handheld"[Mesh] OR "Consumer Health Information"[Mesh] OR "Counseling"[Majr] OR "Decision Making"[Mesh] OR "Harm Reduction"[Mesh] "Health Education"[Mesh:NoExp] OR "Health Literacy"[Mesh] OR "Health Promotion"[Mesh] OR "Internet"[Mesh] OR "Interview, Psychological"[Mesh] OR "Motivation"[Mesh:NoExp] OR "Pamphlets"[Mesh] OR "Patient Education as Topic"[Mesh:NoExp] OR "Preventive Health Services"[Mesh:NoExp] OR "Preventive Medicine"[Mesh:NoExp] OR "Primary Prevention"[Mesh:NoExp] OR "Psychotherapy"[Majr] OR ("Psychotherapy"[Mesh] AND Food Habits[Mesh]) OR Referral and consultation [MeSH] OR "Reinforcement (Psychology)"[Mesh] OR "Secondary Prevention"[Mesh] OR "Self Efficacy"[Mesh] OR "Self-Help Groups"[Mesh] OR "Social Support"[Majr] OR "Telecommunications"[Mesh] OR "Temperance"[Mesh] OR "Tertiary Prevention"[Mesh]	602919
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37.	FT	advice*[tiab] OR app[tiab] OR application*[tiab] OR apps[tiab] OR attitude*[tiab] OR behavior change*[tiab] OR behavior modification*[tiab] OR behavior program*[tiab] OR behavior therapies[tiab] OR behavior therapy[tiab] OR behavioral change*[tiab] OR behaviour change*[tiab] OR behaviour modification*[tiab] OR behaviour program*[tiab] OR behaviour therapies[tiab] OR behaviour therapy[tiab] OR behavioural change*[tiab] OR booklet*[tiab] OR brief intervention[tiab] OR brief message*[tiab] OR brochure*[tiab] OR cessation[tiab] OR client education[tiab] OR cognitive analytic therap*[tiab] OR cognitive therapies[tiab] OR cognitive therapy[tiab] OR communicat*[ti] OR computer*[tiab] OR consultation*[tiab] OR conversation*[tiab] OR counsel*[ti] OR counseling[tiab] OR counselling[tiab] OR decision balance[tiab] OR decision making[tiab] OR decisional balance[tiab] OR dietary recommendation*[tiab] OR digital[tiab] OR education*[ti] OR educational intervention*[tiab] OR educational program*[tiab] OR ehealth[tiab] OR ehealth[tiab] OR extended intervention*[tiab] OR external referral[tiab] OR family therap*[tiab] OR feedback[tiab] OR goal setting[tiab] OR group therapies[tiab] OR group therapy[tiab] OR harm reduction[tiab] OR Health Belief Model[tiab] OR health education[tiab] OR health information*[tiab] OR health literacy[tiab] OR health promotion*[tiab] OR health screening[tiab] OR help*[ti] OR help-line*[tiab] OR hot line*[tiab] OR hotline*[tiab] OR intensive intervention*[tiab] OR internet tablet*[tiab] OR internet*[tiab] OR intervention*[ti] OR interview*[ti] OR leaflet*[tiab] OR lifestyle change*[tiab] OR lifestyle intervention*[tiab] OR mhealth[tiab] OR m-health[tiab] OR minimal intervention*[tiab] OR misuse prevention[tiab] OR mobile health[tiab] OR motivational interview*[tiab] OR nutrition education[tiab] OR nutritional education[tiab] OR nutrition knowledge*[tiab] OR nutritional knowledge*[tiab] OR motivation[tiab] OR motivational[tiab] OR online[tiab] OR palm pilot*[tiab] OR palm top*[tiab] OR palmtop*[tiab] OR pamphlet*[tiab] OR patient education[tiab] OR personal digital assistant*[tiab] OR phone[tiab] OR phones[tiab] OR prevention pro-	5255963
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		gram*[tiab] OR preventive medicine[tiab] OR primary prevention*[tiab] OR process of change[tiab] OR processes of change[tiab] OR program*[ti] OR psychotherapies[tiab] OR psychotherapy[tiab] OR quitline*[tiab] OR readiness to change[tiab] OR reduction[tiab] OR rehabilitation[tiab] OR reinforcement*[tiab] OR screen tablet*[tiab] OR secondary prevention*[tiab] OR self determination theory[tiab] OR self efficacy[tiab] OR self help[tiab] OR service*[ti] OR short message service[tiab] OR short messaging service*[tiab] OR skills training[tiab] OR smart tablet*[tiab] OR smartphone*[tiab] OR sms[tiab] OR social cognitive theor*[tiab] OR social ecological model[tiab] OR social learning theor*[tiab] OR social media[tiab] OR socio-thera*[tiab] OR solving[ti] OR stages of change[tiab] OR support*[ti] OR system*[ti] OR tablet computer*[tiab] OR teach-back[tiab] OR telephone*[tiab] OR tertiary prevention*[tiab] OR text messag*[tiab] OR Theory of Planned Behavior*[tiab] OR theory of reasoned action[tiab] OR therapeutic[ti] OR therapies[ti] OR therapy[ti] OR Transtheoretical Model[tiab] OR Trans Theoretical Model[tiab] OR treatment*[ti] OR treatment program*[tiab] OR web*[tiab] OR weight management[tiab] OR weight treatment[tiab] OR withdrawal[tiab] OR written information[tiab]	
38.		4 OR 5	5510074
39.		3 AND 6	258312
40.	FT	Child*[ti] or infant*[ti] or newborn*[ti] or school*[ti] or preschool*[ti] or adolescent*[ti] or pediatric[ti] or paediatric[ti]	1073526
41.		7 NOT 8	238298
42.	Mesh/FT	(Animals[Mesh] NOT Humans[Mesh]) OR mice[tiab] OR rats[tiab] OR horse*[tiab] OR animal*[tiab] OR dogs[tiab]	4863892
43.		9 NOT 10	179372
44.		11 AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	5054
45.			
46.			
47.			
48.			

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed):

Vid sökning på MeSH-termer i PubMed inkluderas automatiskt de mer specifika underordnade termer som ev. kan finnas under resp. term

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utesluts

MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)

FT = Fritextterm/er

tiab= sökning i titel- och abstractfälten

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De fetmarkerade referenserna finns nedsparade

Databas: Cochrane library **Databasleverantör:** Wiley InterScience **Datum:** 2016-06-29

Ämne: NR Levnadsvanor

Vuxna med ohälsosamma matvanor – Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Diet, Food, and Nutrition] explode all trees	40336
2.	MeSH	MeSH descriptor: [Diet Records] explode all trees	574
3.	MeSH	MeSH descriptor: [Diet] explode all trees	14107
4.	MeSH	MeSH descriptor: [Nutrition Therapy] explode all trees	7900
5.	MeSH	MeSH descriptor: [Diet Therapy] explode all trees	4656
6.	MeSH	MeSH descriptor: [Food Preferences] explode all trees	582
7.	MeSH	MeSH descriptor: [Food Habits] explode all trees	2000
8.	MeSH	MeSH descriptor: [Meals] explode all trees	455
9.	MeSH	MeSH descriptor: [Dietetics] explode all trees	92
10.		{or #1-#9}	42576
11.	FT/TL, AB, KW	(Beverage* OR breakfast OR kalori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav*" OR "eating habit*" OR energy* OR fish* OR food* OR "food habit*" OR "food behav*" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR wholegrain*)	142701
12.		10 OR 11	148289
13.	MeSH	MeSH descriptor: [Attitude to Health] explode all trees	29503
14.	MeSH	MeSH descriptor: [Communication] explode all trees	11483
15.	MeSH	MeSH descriptor: [Computers, Handheld] explode all trees	181
16.	MeSH	MeSH descriptor: [Consumer Health Information] explode all trees	278
17.	MeSH	MeSH descriptor: [Counseling] explode all trees	4034
18.	MeSH	MeSH descriptor: [Decision Making] explode all trees	3388
19.	MeSH	MeSH descriptor: [Harm Reduction] explode all trees	99
20.	MeSH	MeSH descriptor: [Health Education] this term only	3316
21.	MeSH	MeSH descriptor: [Health Promotion] explode all trees	4969
22.	MeSH	MeSH descriptor: [Internet] explode all trees	2555
23.	MeSH	MeSH descriptor: [Interview, Psychological] explode all trees	653
24.	MeSH	MeSH descriptor: [Motivation] this term only	3607
25.	MeSH	MeSH descriptor: [Pamphlets] explode all trees	715
26.	MeSH	MeSH descriptor: [Patient Education as Topic] this term only	7498
27.	MeSH	MeSH descriptor: [Preventive Health Services] this term only	558

28.	MeSH	MeSH descriptor: [Preventive Medicine] this term only	150
29.	MeSH	MeSH descriptor: [Primary Prevention] this term only	940
30.	MeSH	MeSH descriptor: [Psychotherapy] explode all trees	18614
31.	MeSH	MeSH descriptor: [Referral and Consultation] explode all trees	2077
32.	MeSH	MeSH descriptor: [Reinforcement (Psychology)] explode all trees	1796
33.	MeSH	MeSH descriptor: [Secondary Prevention] explode all trees	2627
34.	MeSH	MeSH descriptor: [Self Efficacy] explode all trees	1999
35.	MeSH	MeSH descriptor: [Self-Help Groups] explode all trees	731
36.	MeSH	MeSH descriptor: [Social Support] explode all trees	2727
37.	MeSH	MeSH descriptor: [Telecommunications] explode all trees	4413
38.	MeSH	MeSH descriptor: [Temperance] explode all trees	272
39.	MeSH	MeSH descriptor: [Tertiary Prevention] explode all trees	2
40.	FT/TI, AB, KW	advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR "dietary recommendation*" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR "nutrition education" OR "nutritional education" OR "nutrition knowledge*" OR "nutritional knowledge*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self	280017

efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor**" OR "social ecological model" OR "social learning theor**" OR "social media" OR sociothera* OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag**" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR withdrawal OR "written information")

41.	13-40 OR	297650
42.	12 AND 41	14628
43.	42 AND Publication Year from 2008	7302 CDSR/267 DARE/234 HTA/24
44.		
45.		
46.		
47.		

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Cochrane library:

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MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

This term only = Endast den termen söks, de mer specifika, underordnade termerna utesluts

Qualifier = aspekt av ämnet

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

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CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

EED = NHS Economic Evaluation Database

Central = Cochrane Central Register of Controlled Trials

Databas: PsycInfo Databasleverantör: EBSCO Datum: 2016-06-29			
Ämne: NR Levnadsvanor			
Vuxna med ohälsosamma matvanor - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)			
Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Diets" OR MM "Eating Behavior" OR MM "Food Preferences" OR DE "Nutrition" OR DE "Energy Drink" OR DE "Food" OR DE "Fast Food" OR DE "Food Preparation" OR DE "Food Safety" OR DE "Food Intake" OR DE "Mealtimes"	43869
2.	FT/TI,AB, SU	TI (Beverage* OR breakfast OR kalori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav**" OR "eating habit**" OR energy* OR fish* OR food* OR "food habit**" OR "food behav**" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR	283414

wholegrain*) OR AB (Beverage* OR breakfast OR calori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav*" OR "eating habit*" OR energy* OR fish* OR food* OR "food habit*" OR "food behav*" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR wholegrain*) OR SU (Beverage* OR breakfast OR calori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav*" OR "eating habit*" OR energy* OR fish* OR food* OR "food habit*" OR "food behav*" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR wholegrain*)

3.		1 OR 2	283414
4.	DE	DE "Audiotapes" OR DE "Audiovisual Communications Media" OR DE "Behavior Change" OR DE "Behavioral Intention" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR DE "Blog" OR DE "Cellular Phones" OR DE "Change Strategies" OR DE "Choice Behavior" OR DE "Client Education" OR DE "Communication" OR DE "Computer Mediated Communication" OR MM "Counseling" OR DE "Decision Making" OR DE "Digital Video" OR DE "Educational Audiovisual Aids" OR DE "Electronic Communication" OR DE "Electronic Learning" OR DE "Films" OR DE "Group Counseling" OR DE "Group Discussion" OR DE "Harm Reduction" OR DE "Health Attitudes" OR DE "Health Education" OR DE "Health Knowledge" OR DE "Health Literacy" OR DE "Health Promotion" OR DE "Hot Line Services" OR DE "Internet" OR DE "Interpersonal Communication" OR DE "Interviewing" OR DE "Interviews" OR DE "Life Coaching" OR DE "Lifestyle Changes" OR DE "Motivation" OR DE "Motivational Interviewing" OR DE "Online Social Networks" OR DE "Online Therapy" OR DE "Photographs" OR DE "Prevention" OR DE "Professional Consultation" OR DE "Professional Referral" OR MM "Psychotherapy" OR DE "Radio" OR DE "Readiness to Change" OR DE "Relapse Prevention" OR DE "Self-Efficacy" OR DE "Self-Help Techniques" OR DE "Sobriety" OR DE "Social Media" OR DE "Social Support" OR DE "Stages of Change" OR DE "Telecommunications Media" OR DE "Telephone Systems" OR DE "Television Advertising" OR DE "Television" OR DE "Text Messaging" OR DE "Videotapes"	412678
5.	FT/TI,AB, SU	TI (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR "dietary recommendation*" OR digital[tiab] OR educa-	1817156

tion* OR "educational intervention*" OR "educational program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR "nutrition education" OR "nutritional education" OR "nutrition knowledge*" OR "nutritional knowledge*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR withdrawal OR "written information") OR AB (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR "dietary recommendation*" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR "nutrition education" OR

"nutritional education" OR "nutrition knowledge*" OR "nutritional knowledge*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR withdrawal OR "written information") OR SU (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR "dietary recommendation*" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR "nutrition education" OR "nutritional education" OR "nutrition knowledge*" OR "nutritional knowledge*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social

		cognitive theor** OR "social ecological model" OR "social learning theor** OR "social media" OR socio-thera* OR "stages of change" OR "tablet computer** OR telephone* OR "tertiary prevention** OR "text messag** OR "Theory of Planned Behavio** OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program** OR web* OR withdrawal OR "written information")	
6.		4 OR 5	1905665
7.		3 AND 6	119919
8.	ZC	(ZC "systematic review") OR (ZC "meta analysis")	26983
9.		7 AND 8 Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	822
10.	FT	Child* OR infant* OR newborn* OR school* OR preschool* OR adolescent* OR pediatric OR paediatric	490369
11.		9 NOT 10	680
12.			
13.			

Ebsco-baserna:

DE = Descriptor (fastställt ämnesord i databasen)

FT/default fält = fritextsökning i fälten för "all authors, all subjects, all keywords, all title info (including source title) and all abstracts"

FT/TI, AB = fritextsökning i fälten för titel och abstract

ZX = Methodology

+ = Termen söks inklusive de mer specifika termerna som finns underordnade

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Matvanor – barn och ungdomar

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-08-22

Ämne: NR Levnadsvanor

Barn och ungdomar med ohälsosamma matvanor - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	"Parents"[Mesh] OR "Parenting"[Mesh] OR "Parent-Child Relations"[Mesh]	125780
2.	FT	parent[tiab] OR parental[tiab] OR parents[tiab] OR parenting[tiab] OR parenthood[tiab] OR famil*[tiab] OR mother*[tiab] OR father*[tiab]	1233186
3.	MeSH	"Adolescent"[Mesh] OR "Minors"[Mesh] OR "Adolescent Health Services"[Mesh] OR "Child"[Mesh] OR "Child Health Services"[Mesh] OR "Child Health"[Mesh] OR "School Health Services"[Mesh] OR "School Nursing"[Mesh] OR "Infant"[Mesh]	3093028
4.	FT	Adolescent*[tiab] OR adolescence[tiab] OR teen*[tiab] OR youth*[tiab] OR minors[tiab] OR child*[tiab] OR preschool*[tiab] OR pre-school*[tiab] OR school-age*[tiab] OR schoolage*[tiab] OR schoolchild*[tiab] OR school*[tiab] OR infant*[tiab] OR toddler*[tiab]	1684786
5.		1-4 OR	4330101

6.	Mesh	"Diet, Food, and Nutrition"[Mesh] OR "Diet Records"[Mesh] OR "Diet"[Mesh] OR "Nutrition Therapy"[Mesh] OR "Diet Therapy"[Mesh] OR "Food Preferences"[Mesh] OR "Food Habits"[Mesh] OR "Meals"[Mesh] OR "Dietetics"[Mesh]	933347
7.	FT	Beverage*[tiab] OR breakfast[tiab] OR calori*[tiab] OR carbohydrate*[tiab] OR diet[tiab] OR dietary[tiab] OR dinner[tiab] OR drinks[tiab] OR eating[ti] OR eating behav*[tiab] OR eating habit*[tiab] OR energy*[tiab] OR fish*[tiab] OR food*[ti] OR fast food[tiab] OR food habit*[tiab] OR food behav*[tiab] OR fruit*[tiab] OR juice*[tiab] OR lifestyle[ti] OR lunch*[tiab] OR macronutrient*[tiab] OR meal*[tiab] OR meat[tiab] OR nutrition*[tiab] OR protein*[ti] OR snack*[tiab] OR soda[tiab] OR sweetened[tiab] OR sweets[tiab] OR sugar*[tiab] OR supper[tiab] OR weight loss[ti] OR vegetable*[tiab] OR wholegrain*[tiab]	2219797
8.		6 OR 7	2675532
9.		5 AND 8	422312
10.	MeSH	Attitude to health [MeSH] OR "Behavior Therapy"[Mesh] OR "Communication"[Majr] OR "Computers, Handheld"[Mesh] OR "Consumer Health Information"[Mesh] OR "Counseling"[Majr] OR "Decision Making"[Mesh] OR "Harm Reduction"[Mesh] OR "Health Education"[Mesh:NoExp] OR "Health Literacy"[Mesh] OR "Health Promotion"[Mesh] OR "Internet"[Mesh] OR "Interview, Psychological"[Mesh] OR "Motivation"[Mesh:NoExp] OR "Pamphlets"[Mesh] OR "Patient Education as Topic"[Mesh:NoExp] OR "Preventive Health Services"[Mesh:NoExp] OR "Preventive Medicine"[Mesh:NoExp] OR "Primary Prevention"[Mesh:NoExp] OR "Psychotherapy"[Majr] OR ("Psychotherapy"[Mesh] AND Food Habits[Mesh]) OR Referral and consultation [MeSH] OR "Reinforcement (Psychology)"[Mesh] OR "Secondary Prevention"[Mesh] OR "Self Efficacy"[Mesh] OR "Self-Help Groups"[Mesh] OR "Social Support"[Majr] OR "Telecommunications"[Mesh] OR "Temperance"[Mesh] OR "Tertiary Prevention"[Mesh]	1208786
11.	FT	advice*[tiab] OR app[tiab] OR application*[tiab] OR apps[tiab] OR attitude*[tiab] OR behavior change*[tiab] OR behavior modification*[tiab] OR behavior program*[tiab] OR behavior therapies[tiab] OR behavior therapy[tiab] OR behavioral change*[tiab] OR behaviour change*[tiab] OR behaviour modification*[tiab] OR behaviour program*[tiab] OR behaviour therapies[tiab] OR behaviour therapy[tiab] OR behavioural change*[tiab] OR booklet*[tiab] OR brief intervention[tiab] OR brief message*[tiab] OR brochure*[tiab] OR cessation[tiab] OR client education[tiab] OR cognitive analytic therap*[tiab] OR cognitive therapies[tiab] OR cognitive therapy[tiab] OR communicat*[ti] OR computer*[tiab] OR consultation*[tiab] OR conversation*[tiab] OR counsel*[ti] OR counseling[tiab] OR counselling[tiab] OR decision balance[tiab] OR decision making[tiab] OR decisional balance[tiab] OR dietary recommendation*[tiab] OR digital[tiab] OR education*[ti] OR educational intervention*[tiab] OR educational program*[tiab] OR ehealth[tiab] OR ehealth[tiab] OR extended intervention*[tiab] OR external referral[tiab] OR family education[tiab] OR family intervention*[tiab] OR family program*[tiab]	5852884

OR family support[tiab] OR family therap*[tiab] OR family train*[tiab] OR feedback[tiab] OR goal setting[tiab] OR group therapies[tiab] OR group therapy[tiab] OR harm reduction[tiab] OR Health Belief Model[tiab] OR health education[tiab] OR health information*[tiab] OR health literacy[tiab] OR health promotion*[tiab] OR health screening[tiab] OR help*[ti] OR helpline*[tiab] OR hot line*[tiab] OR hotline*[tiab] OR intensive intervention*[tiab] OR internet tablet*[tiab] OR internet*[tiab] OR intervention*[ti] OR interview*[ti] OR leaflet*[tiab] OR lifestyle change*[tiab] OR lifestyle intervention*[tiab] OR mhealth[tiab] OR m-health[tiab] OR minimal intervention*[tiab] OR misuse prevention[tiab] OR mobile health[tiab] OR motivational interview*[tiab] OR nutrition education[tiab] OR nutritional education[tiab] OR nutrition knowledge*[tiab] OR nutritional knowledge*[tiab] OR motivation[tiab] OR motivational[tiab] OR online[tiab] OR palm pilot*[tiab] OR palm top*[tiab] OR palmtop*[tiab] OR pamphlet*[tiab] OR parent group[tiab] OR parental group*[tiab] OR parent intervention*[tiab] OR parenting intervention*[tiab] OR parent program*[tiab] OR parental program*[tiab] OR parenting program*[tiab] OR parental education[tiab] OR parental support*[tiab] OR parent support*[tiab] OR parent training*[tiab] OR parental training[tiab] OR patient education[tiab] OR personal digital assistant*[tiab] OR phone[tiab] OR phones[tiab] OR prevention program*[tiab] OR preventive medicine[tiab] OR primary prevention*[tiab] OR process of change[tiab] OR processes of change[tiab] OR program*[ti] OR promot*[tiab] OR psychotherapies[tiab] OR psychotherapy[tiab] OR quitline*[tiab] OR readiness to change[tiab] OR reduction[tiab] OR rehabilitation[tiab] OR reinforcement*[tiab] OR screen tablet*[tiab] OR secondary prevention*[tiab] OR self determination theory[tiab] OR self efficacy[tiab] OR self help[tiab] OR service*[ti] OR short message service[tiab] OR short messaging service*[tiab] OR skills training[tiab] OR smart tablet*[tiab] OR smartphone*[tiab] OR sms[tiab] OR social cognitive theor*[tiab] OR social ecological model[tiab] OR social learning theor*[tiab] OR social media[tiab] OR sociothera*[tiab] OR solving[ti] OR stages of change[tiab] OR support*[ti] OR system*[ti] OR tablet computer*[tiab] OR teach-back[tiab] OR telephone*[tiab] OR tertiary prevention*[tiab] OR text messag*[tiab] OR Theory of Planned Behavior*[tiab] OR theory of reasoned action[tiab] OR therapeutic[ti] OR therapies[ti] OR therapy[ti] OR Transtheoretical Model[tiab] OR Trans Theoretical Model[tiab] OR treatment*[ti] OR treatment program*[tiab] OR web*[tiab] OR weight management[tiab] OR weight treatment[tiab] OR withdrawal[tiab] OR written information[tiab]

12.	10 OR 11	6456865
13.	9 AND 12	121916
14.	13 AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	3002
15.		
16.		

*)
 MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed):
 Vid sökning på MeSH-termer i PubMed inkluderas automatiskt de mer specifika underordnade termer som ev. kan finnas under resp. term
 NoExp = Endast den termen söks, de mer specifika, underordnade termerna utesluts
 MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)
 FT = Fritextterm/er
 tiab= sökning i titel- och abstractfälten
 **)
 De fetmarkerade referenserna finns nedspårade

Databas: Cochrane library Databasleverantör: Wiley InterScience Datum: 2016-08-24			
Ämne: NR Levnadsvanor			
Barn och ungdomar med ohälsosamma matvanor – Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)			
Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Diet, Food, and Nutrition] explode all trees	40417
2.	MeSH	MeSH descriptor: [Diet Records] explode all trees	574
3.	MeSH	MeSH descriptor: [Diet] explode all trees	14137
4.	MeSH	MeSH descriptor: [Nutrition Therapy] explode all trees	7918
5.	MeSH	MeSH descriptor: [Diet Therapy] explode all trees	4669
6.	MeSH	MeSH descriptor: [Food Preferences] explode all trees	584
7.	MeSH	MeSH descriptor: [Food Habits] explode all trees	2012
8.	MeSH	MeSH descriptor: [Meals] explode all trees	460
9.	MeSH	MeSH descriptor: [Dietetics] explode all trees	92
10.		1-9 OR	42661
11.	FT	(Beverage* OR breakfast OR calori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav*" OR "eating habit*" OR energy* OR fish* OR food* OR "food habit*" OR "food behav*" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR wholegrain*) Publication Year from 2008 to 2016, in Cochrane Reviews (Reviews and Protocols), Other Reviews and Technology Assessments	3816
12.		10 OR 11	45028
13.	MeSH	MeSH descriptor: [Attitude to Health] explode all trees	29597
14.	MeSH	MeSH descriptor: [Communication] explode all trees	11528
15.	MeSH	MeSH descriptor: [Computers, Handheld] explode all trees	188
16.	MeSH	MeSH descriptor: [Consumer Health Information] explode all trees	280
17.	MeSH	MeSH descriptor: [Counseling] explode all trees	4067
18.	MeSH	MeSH descriptor: [Decision Making] explode all trees	3402
19.	MeSH	MeSH descriptor: [Harm Reduction] explode all trees	100

20.	MeSH	MeSH descriptor: [Health Education] this term only	3325
21.	MeSH	MeSH descriptor: [Health Promotion] explode all trees	4992
22.	MeSH	MeSH descriptor: [Internet] explode all trees	2580
23.	MeSH	MeSH descriptor: [Interview, Psychological] explode all trees	654
24.	MeSH	MeSH descriptor: [Motivation] this term only	3626
25.	MeSH	MeSH descriptor: [Pamphlets] explode all trees	719
26.	MeSH	MeSH descriptor: [Patient Education as Topic] this term only	7523
27.	MeSH	MeSH descriptor: [Preventive Health Services] this term only	559
28.	MeSH	MeSH descriptor: [Preventive Medicine] this term only	152
29.	MeSH	MeSH descriptor: [Primary Prevention] this term only	944
30.	MeSH	MeSH descriptor: [Psychotherapy] explode all trees	18694
31.	MeSH	MeSH descriptor: [Referral and Consultation] explode all trees	2087
32.	MeSH	MeSH descriptor: [Reinforcement (Psychology)] explode all trees	1800
33.	MeSH	MeSH descriptor: [Secondary Prevention] explode all trees	2640
34.	MeSH	MeSH descriptor: [Self Efficacy] explode all trees	2012
35.	MeSH	MeSH descriptor: [Self-Help Groups] explode all trees	732
36.	MeSH	MeSH descriptor: [Social Support] explode all trees	2738
37.	MeSH	MeSH descriptor: [Telecommunications] explode all trees	4448
38.	MeSH	MeSH descriptor: [Temperance] explode all trees	272
39.	MeSH	MeSH descriptor: [Tertiary Prevention] explode all trees	2
40.	FT/TI, AB	advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR "dietary recommendation*" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family education" OR "family intervention*" OR "family program*" OR "family support" OR "family train*" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline*	290399

OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR "nutrition education" OR "nutritional education" OR "nutrition knowledge*" OR "nutritional knowledge*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "parent group" OR "parental group*" OR "parent intervention*" OR "parenting intervention*" OR "parent program*" OR "parental program*" OR "parenting program*" OR "parental education" OR "parent train*" OR "parental training" OR "parental support*" OR "parent support*" OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR promot* OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavio*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR withdrawal OR "written information")

41.		13-40 OR	307734
42.		12 AND 41	16512
43.		42 AND Publication Year from 2008	8240
44.	FT/TI,AB, KW	Adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR pre-school* OR school-age* OR schoolage* OR schoolchild* OR school* OR infant* OR toddler* OR family or parent* or mother* or father*	210650
45.	MeSH	MeSH descriptor: [Parents] explode all trees	3334
46.	MeSH	MeSH descriptor: [Parenting] explode all trees	854
47.	MeSH	MeSH descriptor: [Parent-Child Relations] explode all trees	1540
48.	MeSH	MeSH descriptor: [Adolescent] explode all trees	85385
49.	MeSH	MeSH descriptor: [Adolescent Health Services] explode all trees	172
50.	MeSH	MeSH descriptor: [Child] explode all trees	199
51.	MeSH	MeSH descriptor: [Child Health Services] explode all trees	691
52.	MeSH	MeSH descriptor: [Child Health] explode all trees	6
53.	MeSH	MeSH descriptor: [School Health Services] explode all trees	1218
54.	MeSH	MeSH descriptor: [School Nursing] explode all trees	80

55.	44-54 OR	210664
56.	43 AND 55 Publication Year from 2008	3281 CDSR 181 DARE 98 HTA 12

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

This term only = Endast den termen söks, de mer specifika, underordnade termerna utelämnas

Qualifier = aspekt av ämnet

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedsparade

Databas: PsycInfo Databasleverantör: EBSCO Datum: 2016-08-23			
Ämne: NR Levnadsvanor			
Barn och ungdomar med ohälsosamma matvanor - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)			
Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Diets" OR MM "Eating Behavior" OR MM "Food Preferences" OR DE "Nutrition" OR DE "Energy Drink" OR DE "Food" OR DE "Fast Food" OR DE "Food Preparation" OR DE "Food Safety" OR DE "Food Intake" OR DE "Mealtimes"	45719
2.	FT/TI, AB, SU	TI (Beverage* OR breakfast OR calori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav*" OR "eating habit*" OR energy* OR fish* OR food* OR "food habit*" OR "food behav*" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR wholegrain*) OR AB (Beverage* OR breakfast OR calori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav*" OR "eating habit*" OR energy* OR fish* OR food* OR "food habit*" OR "food behav*" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR wholegrain*) OR SU (Beverage* OR breakfast OR calori* OR carbohydrate* OR diet OR dietary OR dinner OR drinks OR eating OR "eating behav*" OR "eating habit*" OR energy* OR fish* OR food* OR "food habit*" OR "food behav*" OR fruit* OR juice* OR lifestyle OR lunch* OR macronutrient* OR meal* OR meat OR nutrition* OR protein* OR snack* OR soda OR sweetened OR sweets OR sugar* OR vegetable* OR wholegrain*)	321574
3.		1 OR 2	321574
4.	DE	DE "Audiotapes" OR DE "Audiovisual Communications Media" OR DE "Behavior Change" OR DE "Behavioral Intention" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR DE "Blog" OR DE "Cellular	507529

Phones" OR DE "Change Strategies" OR DE "Choice Behavior" OR DE "Client Education" OR DE "Communication" OR DE "Computer Mediated Communication" OR MM "Counseling" OR DE "Decision Making" OR DE "Digital Video" OR DE "Educational Audiovisual Aids" OR DE "Electronic Communication" OR DE "Electronic Learning" OR DE "Films" OR DE "Group Counseling" OR DE "Group Discussion" OR DE "Harm Reduction" OR DE "Health Attitudes" OR DE "Health Education" OR DE "Health Knowledge" OR DE "Health Literacy" OR DE "Health Promotion" OR DE "Hot Line Services" OR DE "Internet" OR DE "Interpersonal Communication" OR DE "Interviewing" OR DE "Interviews" OR DE "Life Coaching" OR DE "Lifestyle Changes" OR DE "Motivation" OR DE "Motivational Interviewing" OR DE "Online Social Networks" OR DE "Online Therapy" OR DE "Photographs" OR DE "Prevention" OR DE "Professional Consultation" OR DE "Professional Referral" OR MM "Psychotherapy" OR DE "Radio" OR DE "Readiness to Change" OR DE "Relapse Prevention" OR DE "Self-Efficacy" OR DE "Self-Help Techniques" OR DE "Sobriety" OR DE "Social Media" OR DE "Social Support" OR DE "Stages of Change" OR DE "Telecommunications Media" OR DE "Telephone Systems" OR DE "Television Advertising" OR DE "Television" OR DE "Text Messaging" OR DE "Videotapes"

5.	FT/TI,AB,SU	<p>TI (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR "dietary recommendation*" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family education" OR "family intervention*" OR "family program*" OR "family support" OR "family train*" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR "nutrition education" OR "nutritional education" OR "nutrition knowledge*" OR "nutritional knowledge*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "parent group" OR "parental group*" OR "parent intervention*" OR "parenting intervention*" OR "parent program*" OR "parental program*" OR "parenting program*" OR "parental education" OR "parent train*" OR "parental training" OR "parental support*" OR</p>	197284
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"parent support*" OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "tablet computer*" OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavio*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR withdrawal OR "written information") OR AB (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR "dietary recommendation*" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR "family education" OR "family intervention*" OR "family program*" OR "family support" OR "family train*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR motivation OR motivational OR "nutrition education" OR "nutritional education" OR "nutrition knowledge*" OR "nutritional knowledge*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "parent group" OR "parental group*" OR "parent intervention*" OR "parenting intervention*" OR "parent program*" OR "parental program*" OR "parenting program*" OR "parental education" OR "parent train*" OR "parental training" OR "parental support*" OR "parent support*" OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR promot* OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR

rehabilitation OR reinforcement* OR "screen tablet**
OR "secondary prevention** OR "self determination
theory" OR "self efficacy" OR "self help" OR "short
message service** OR "short messaging service** OR
"skills training" OR "smart tablet** OR smartphone* OR
sms OR "social cognitive theor** OR "social ecologi-
cal model" OR "social learning theor** OR "social me-
dia" OR sociothera* OR "stages of change" OR "tab-
let computer** OR telephone* OR "tertiary
prevention** OR "text messag** OR "Theory of
Planned Behavio** OR "theory of reasoned action"
OR "Transtheoretical Model" OR "Trans Theoretical
Model" OR "treatment program** OR web* OR with-
drawal OR "written information") OR SU (advice* OR
app OR application* OR apps OR attitude* OR "be-
havior change** OR "behavior modification** OR
"behavior program** OR "behavior therapies" OR
"behavior therapy" OR "behavioral change** OR "be-
haviour change** OR "behaviour modification** OR
"behaviour program** OR "behaviour therapies" OR
"behaviour therapy" OR "behavioural change** OR
booklet* OR "brief intervention" OR "brief message**
OR brochure* OR cessation OR "client education" OR
"cognitive analytic therap** OR "cognitive therapies"
OR "cognitive therapy" OR computer* OR consulta-
tion* OR "controlled drink** OR conversation* OR
counseling OR counselling OR "decision balance" OR
"decisional balance" OR "dietary recommendation**
OR digital[tiab] OR education* OR "educational in-
tervention** OR "educational program** OR digital
OR ehealth OR "e-health" OR "extended interven-
tion** OR "external referral" OR "family education"
OR "family intervention** OR "family program** OR
"family support" OR "family train** OR "family
therap** OR feedback OR "goal setting" OR "group
therapies" OR "group therapy" OR "harm reduction"
OR "Health Belief Model" OR "health education" OR
"health information** OR "health literacy" OR "health
promotion** OR "health screening" OR "helpline** OR
"hot line** OR hotline* OR information OR "intensive
intervention** OR "internet tablet** OR internet* OR
leaflet* OR "lifestyle change** OR "lifestyle interven-
tion** OR mhealth OR "m-health" OR "minimal inter-
vention** OR "misuse prevention" OR "mobile health"
OR motivation OR motivational OR "nutrition educa-
tion" OR "nutritional education" OR "nutrition
knowledge** OR "nutritional knowledge** OR online
OR "palm pilot** OR "palm top** OR palmtop* OR
pamphlet* OR "parent group" OR "parental group**
OR "parent intervention** OR "parenting interven-
tion** OR "parent program** OR "parental pro-
gram** OR "parenting program** OR "parental edu-
cation" OR "parent train** OR "parental training" OR
"parental support** OR "parent support** OR "pa-
tient education" OR "personal digital assistant** OR
phone OR phones OR "prevention program** OR
"preventive medicine" OR "primary prevention** OR
"process of change" OR "processes of change" OR
psychotherapies OR psychotherapy OR quitline* OR
"readiness to change" OR reduction OR rehabilita-
tion OR reinforcement* OR "screen tablet** OR "sec-
ondary prevention** OR "self determination theory"
OR "self efficacy" OR "self help" OR "short message
service** OR "short messaging service** OR "skills
training" OR "smart tablet** OR smartphone* OR sms
OR "social cognitive theor** OR "social ecological

		model" OR "social learning theor**" OR "social media" OR "sociothera*" OR "stages of change" OR "tablet computer**" OR "telephone*" OR "tertiary prevention**" OR "text messag**" OR "Theory of Planned Behavior**" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program**" OR web* OR withdrawal OR "written information")	
6.		4 OR 5	207034
7.	FT/TI,AB	TI (Adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR pre-school* OR school-age* OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*) OR AB (Adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR pre-school* OR school-age* OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*)	964371
8.	FT/TI,AB	TI (family or parent* or mother* or father*) OR AB (family or parent* or mother* or father*)	513160
9.	DE	DE "Parents" OR DE "Mothers" OR DE "Fathers" OR (DE "Parenting" OR DE "Parent Child Communication" OR DE "Parent Child Relations" OR DE "Parental Involvement" OR DE "Parental Attitudes"	123420
10.	ZG	(ZG "childhood (birth-12 yrs)") or (ZG "infancy (2-23 mo)") or (ZG "preschool age (2-5 yrs)") or (ZG "school age (6-12 yrs)") or (ZG "adolescence (13-17 yrs)")	676589
11.		7-10 OR	1297267
12.		3 AND 6 AND 11	43557
13.	ZC	(ZC "systematic review") OR (ZC "meta analysis")	27766
14.		12 AND 13 Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	352

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB, SU = fritextsökning i fälten för titel, abstract, ämnesord

ZC = Methodology

ZG = Åldersgrupper

**)

De fetmarkerade referenserna finns nedsparade

Fysisk aktivitet – vuxna

Databas: PubMed Databasleverantör: NLM Datum: 2016-07-07			
Ämne: NR Levnadsvanor			
Vuxna med otillräcklig fysisk aktivitet - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)			
Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	Exercise[Mesh] OR Physical Exertion[Mesh] OR Physical Fitness[Mesh] OR Motor Activity [Mesh:NoExp] OR Exercise Movement Techniques[Mesh] OR Exercise Therapy[Mesh] OR Motor Skills[Mesh] OR Sports[Mesh] OR Dancing[Mesh] OR Sedentary Lifestyle[Mesh]	376469
2.	FT	(aerobics[tiab] OR aerobic training[tiab] OR dance[tiab] OR circuit-training[tiab] OR dancing[tiab] OR energy expenditure[tiab] OR exer-	54438

cise*[tiab] OR inactive lifestyle*[tiab] OR occupational sitting[tiab] OR Physical activity[tiab] OR physically active[tiab] OR physical inactivity[tiab] OR physically inactive[tiab] OR physical training[tiab] OR sedentary*[tiab] OR sitting time[tiab] OR sport*[tiab] OR strength training[tiab] OR training program*[tiab] OR yoga[tiab] OR walking[tiab]) NOT Medline[sb]

3.		1 OR 2	430907
4.	MeSH	Attitude to health [MeSH] OR "Behavior Therapy"[Mesh] OR "Communication"[Majr] OR "Computers, Handheld"[Mesh] OR "Consumer Health Information"[Mesh] OR "Counseling"[Majr] OR "Decision Making"[Mesh] OR "Harm Reduction"[Mesh] "Health Education"[Mesh:NoExp] OR "Health Literacy"[Mesh] OR "Health Promotion"[Mesh] OR "Internet"[Mesh] OR "Interview, Psychological"[Mesh] OR "Motivation"[Mesh:NoExp] OR "Pamphlets"[Mesh] OR "Patient Education as Topic"[Mesh:NoExp] OR "Physical Education and Training"[Mesh] OR "Preventive Health Services"[Mesh:NoExp] OR "Preventive Medicine"[Mesh:NoExp] OR "Primary Prevention"[Mesh:NoExp] OR "Psychotherapy"[Majr] OR Referral and consultation [MeSH] OR "Reinforcement (Psychology)"[Mesh] OR "Secondary Prevention"[Mesh] OR "Self Efficacy"[Mesh] OR "Self-Help Groups"[Mesh] OR "Social Support"[Majr] OR "Telecommunications"[Mesh] OR "Temperance"[Mesh] OR "Tertiary Prevention"[Mesh]	616953
5.	FT	Accelerometer*[tiab] OR advice*[tiab] OR app[tiab] OR application*[tiab] OR apps[tiab] OR attitude*[tiab] OR behavior change*[tiab] OR behavior modification*[tiab] OR behavior program*[tiab] OR behavior therapies[tiab] OR behavior therapy[tiab] OR behavioral change*[tiab] OR behaviour change*[tiab] OR behaviour modification*[tiab] OR behaviour program*[tiab] OR behaviour therapies[tiab] OR behaviour therapy[tiab] OR behavioural change*[tiab] OR booklet*[tiab] OR brief intervention[tiab] OR brief message*[tiab] OR brochure*[tiab] OR client education[tiab] OR cognitive analytic therap*[tiab] OR cognitive therapies[tiab] OR cognitive therapy[tiab] OR communication*[ti] OR computer*[tiab] OR consultation*[tiab] OR conversation*[tiab] OR counsel*[ti] OR counseling[tiab] OR counselling[tiab] OR decision balance[tiab] OR decision making[tiab] OR decisional balance[tiab] OR digital[tiab] OR education*[ti] OR educational intervention*[tiab] OR educational program*[tiab] OR ehealth[tiab] OR e-health[tiab] OR exercise intervention*[tiab] OR ((exercise[tiab] or physical activity[tiab]) AND (prescription[tiab] OR prescribe*[tiab] OR prescribing[tiab])) OR exercise class*[tiab] OR exercise program*[tiab] OR extended intervention*[tiab] OR external referral[tiab] OR family therap*[tiab] OR feedback[tiab] OR green prescription[tiab] OR goal setting[tiab] OR group therapies[tiab] OR group therapy[tiab] OR harm reduction[tiab] OR Health Belief Model[tiab] OR health education[tiab] OR health information*[tiab] OR health literacy[tiab] OR health promotion*[tiab] OR health screening[tiab] OR help*[ti] OR help-	5269972

		line*[tiab] OR hot line*[tiab] OR hotline*[tiab] OR intensive intervention*[tiab] OR internet tablet*[tiab] OR internet*[tiab] OR intervention*[ti] OR interview*[ti] OR leaflet*[tiab] OR lifestyle change*[tiab] OR lifestyle intervention*[tiab] OR log book[tiab] OR logs[tiab] OR mhealth[tiab] OR m-health[tiab] OR minimal intervention*[tiab] OR mobile health[tiab] OR motion-sensing technolog*[tiab] OR motivation[tiab] OR motivational[tiab] OR movement technolog*[tiab] OR online[tiab] OR palm pilot*[tiab] OR palm top*[tiab] OR palmtop*[tiab] OR pamphlet*[tiab] OR patient education[tiab] OR pedometer[tiab] OR personal digital assistant*[tiab] OR physical activity prescription[tiab] OR phone[tiab] OR phones[tiab] OR physical activity program*[tiab] OR prescribed exercise*[tiab] OR prevention program*[tiab] OR preventive medicine[tiab] OR primary prevention*[tiab] OR process of change[tiab] OR processes of change[tiab] OR program*[ti] OR psychotherapies[tiab] OR psychotherapy[tiab] OR quitline*[tiab] OR readiness to change[tiab] OR reduction[tiab] OR referral schemes[tiab] OR rehabilitation[tiab] OR reinforcement*[tiab] OR screen tablet*[tiab] OR secondary prevention*[tiab] OR self determination theory[tiab] OR self efficacy[tiab] OR self help[tiab] OR service*[ti] OR short message service[tiab] OR short messaging service*[tiab] OR skills training[tiab] OR smart tablet*[tiab] OR smartphone*[tiab] OR sms[tiab] OR social cognitive theor*[tiab] OR social ecological model[tiab] OR social learning theor*[tiab] OR social media[tiab] OR sociothera*[tiab] OR solving[ti] OR stages of change[tiab] OR step counter*[tiab] OR support*[ti] OR system*[ti] OR tablet computer*[tiab] OR teachback[tiab] OR telehealth[tiab] OR telephone*[tiab] OR tertiary prevention*[tiab] OR text messag*[tiab] OR Theory of Planned Behavio*[tiab] OR theory of reasoned action[tiab] OR therapeutic[ti] OR therapies[ti] OR therapy[ti] OR Transtheoretical Model[tiab] OR Trans Theoretical Model[tiab] OR treadmill[tiab] OR treatment*[ti] OR treatment program*[tiab] OR web*[tiab] OR weight management[tiab] OR weight treatment[tiab] OR ((wearable[tiab] OR self-monitor*[tiab]) AND (device*[tiab] OR technolog*[tiab])) OR withdrawal[tiab] OR written information[tiab]	
6.		4 OR 5	5532966
7.		3 AND 6	167902
8.	FT	Child*[ti] or infant*[ti] or newborn*[ti] or school*[ti] or preschool*[ti] or adolescent*[ti] or pediatric[ti] or paediatric[ti]	1075131
9.	Mesh/FT	(Animals[Mesh] NOT Humans[Mesh]) OR mice[tiab] OR rats[tiab] OR horse*[tiab] OR animal*[tiab] OR dogs[tiab]	4869061
10.		7 NOT 8 NOT 9	126345
11.		10 AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	5196
12.			
13.			

14.

15.

16.

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed):

Vid sökning på MeSH-termer i PubMed inkluderas automatiskt de mer specifika underordnade termer som ev. kan finnas under resp. term

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utesluts

MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)

FT = Fritextterm/er

tiab= sökning i titel- och abstractfälten

**)

De fetmarkerade referenserna finns nedsparade

Databas: Cochrane library **Databasleverantör:** Wiley InterScience **Datum:** 2016-07-07

Ämne: NR Levnadsvanor

Vuxna med otillräcklig fysisk aktivitet – Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Exercise] explode all trees	16834
2.	MeSH	MeSH descriptor: [Physical Exertion] explode all trees	3509
3.	MeSH	MeSH descriptor: [Physical Fitness] explode all trees	2450
4.	MeSH	MeSH descriptor: [Motor Activity] explode all trees	19641
5.	MeSH	MeSH descriptor: [Exercise Movement Techniques] explode all trees	1552
6.	MeSH	MeSH descriptor: [Exercise Therapy] explode all trees	9114
7.	MeSH	MeSH descriptor: [Motor Skills] explode all trees	1556
8.	MeSH	MeSH descriptor: [Sedentary Lifestyle] explode all trees	544
9.	FT/TI, AB, KW	aerobics or "aerobic training" or dance* or "circuit-training" or dancing or "energy expenditure" or exercise* or "inactive lifestyle**" or "movement therapy" or "occupational sitting" or "physical activity" or "physically active" or "physical inactivity" or "physical fitness" or "physically inactive" or "physical training" or "screen time" or sedentary* or "sitting time" or sport* or "strength training" or "training program**" or yoga or walking: ti,ab,kw (Word variations have been searched)	70077
10.		1 – 9 OR	73551
11.	MeSH	MeSH descriptor: [Attitude to Health] explode all trees	29503
12.	MeSH	MeSH descriptor: [Communication] explode all trees	11483
13.	MeSH	MeSH descriptor: [Computers, Handheld] explode all trees	181
14.	MeSH	MeSH descriptor: [Consumer Health Information] explode all trees	278
15.	MeSH	MeSH descriptor: [Counseling] explode all trees	4034
16.	MeSH	MeSH descriptor: [Decision Making] explode all trees	3388
17.	MeSH	MeSH descriptor: [Harm Reduction] explode all trees	99

18.	MeSH	MeSH descriptor: [Health Education] this term only	3316
19.	MeSH	MeSH descriptor: [Health Promotion] explode all trees	4969
20.	MeSH	MeSH descriptor: [Internet] explode all trees	2555
21.	MeSH	MeSH descriptor: [Interview, Psychological] explode all trees	653
22.	MeSH	MeSH descriptor: [Motivation] this term only	3607
23.	MeSH	MeSH descriptor: [Pamphlets] explode all trees	715
24.	MeSH	MeSH descriptor: [Patient Education as Topic] this term only	7498
25.	MeSH	MeSH descriptor: [Preventive Health Services] this term only	558
26.	MeSH	MeSH descriptor: [Preventive Medicine] this term only	150
27.	MeSH	MeSH descriptor: [Primary Prevention] this term only	940
28.	MeSH	MeSH descriptor: [Psychotherapy] explode all trees	18614
29.	MeSH	MeSH descriptor: [Referral and Consultation] explode all trees	2077
30.	MeSH	MeSH descriptor: [Reinforcement (Psychology)] explode all trees	1796
31.	MeSH	MeSH descriptor: [Secondary Prevention] explode all trees	2627
32.	MeSH	MeSH descriptor: [Self Efficacy] explode all trees	1999
33.	MeSH	MeSH descriptor: [Self-Help Groups] explode all trees	731
34.	MeSH	MeSH descriptor: [Social Support] explode all trees	2727
35.	MeSH	MeSH descriptor: [Telecommunications] explode all trees	4413
36.	MeSH	MeSH descriptor: [Temperance] explode all trees	272
37.	MeSH	MeSH descriptor: [Tertiary Prevention] explode all trees	2
38.	FT/TI, AB	advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR education* OR "educational intervention*" OR "educational program*" OR ((exercise* or physical activity) AND (prescription OR prescribe* OR prescribing)) OR "exercise class*" OR "exercise program*" OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR	279632

leaflet* OR "lifestyle change**" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention**" OR "mobile health" OR "motion-sensing technolog**" OR motivation OR motivational OR "movement technolog**" OR online OR "palm pilot**" OR "palm top**" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant**" OR phone OR phones OR "prevention program**" OR "preventive medicine" OR "primary prevention**" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet**" OR "secondary prevention**" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service**" OR "skills training" OR "smart tablet**" OR smartphone* OR sms OR "social cognitive theor**" OR "social ecological model" OR "social learning theor**" OR "social media" OR sociotherap* OR "stages of change" OR "step counter**" OR "tablet computer**" OR telehealth OR telephone* OR "tertiary prevention**" OR "text messag**" OR "Theory of Planned Behavior**" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program**" OR web* OR ((wearable OR self-monitor*) AND (device* OR technolog*)) OR withdrawal OR "written information"

39.		11—38 OR	297185
40.	FT/TI	Child* or infant* or newborn* or school* or preschool* or adolescent* or pediatric or paediatric:ti (Word variations have been searched)	72761
41.		10 AND 39 NOT 40	34389
42.		41 AND Publication Year from 2008	20370 CDSR/503 DARE/378 HTA/38
43.			
44.			
45.			

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

This term only = Endast den termen söks, de mer specifika, underordnade termerna utesluts

Qualifier = aspekt av ämnet

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedsparade

Databas: PsycInfo Databasleverantör: EBSCO Datum: 2016-07-07

Ämne: NR Levnadsvanor

Vuxna med otillräcklig fysisk aktivitet - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Physical Activity" OR DE "Exercise" OR DE "Aerobic Exercise" OR DE "Yoga" OR DE "Physical Fitness" OR DE "Movement Therapy" OR DE "Dance Therapy" OR DE "Motor Skills" OR DE "Sports" OR DE "Sports (Attitudes Toward)" OR DE "Dance" OR DE "Swimming" OR DE "Active Living" OR DE "Screen Time" OR DE "Walking" OR DE "Sedentary Behavior"	56766
2.	FT	aerobics OR "aerobic training" OR dance* OR "circuit-training" OR dancing OR "energy expenditure" OR exercise* OR "inactive lifestyle*" OR "movement therapy" OR "occupational sitting" OR "physical activity" OR "physically active" OR "physical inactivity" OR "physical fitness" OR "physically inactive" OR "physical training" OR "screen time" OR sedentary* OR "sitting time" OR sport* OR "strength training" OR "training program*" OR yoga OR walking	145962
3.		1 OR 2	150205
4.		DE "Audiotapes" OR DE "Audiovisual Communications Media" OR DE "Behavior Change" OR DE "Behavioral Intention" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR DE "Blog" OR DE "Cellular Phones" OR DE "Change Strategies" OR DE "Choice Behavior" OR DE "Client Education" OR DE "Communication" OR DE "Computer Mediated Communication" OR MM "Counseling" OR DE "Decision Making" OR DE "Digital Video" OR DE "Educational Audiovisual Aids" OR DE "Electronic Communication" OR DE "Electronic Learning" OR DE "Films" OR DE "Group Counseling" OR DE "Group Discussion" OR DE "Harm Reduction" OR DE "Health Attitudes" OR DE "Health Education" OR DE "Health Knowledge" OR DE "Health Literacy" OR DE "Health Promotion" OR DE "Hot Line Services" OR DE "Internet" OR DE "Interpersonal Communication" OR DE "Interviewing" OR DE "Interviews" OR DE "Life Coaching" OR DE "Lifestyle Changes" OR DE "Motivation" OR DE "Motivational Interviewing" OR DE "Online Social Networks" OR DE "Online Therapy" OR DE "Physical Education" OR DE "Photographs" OR DE "Prevention" OR DE "Professional Consultation" OR DE "Professional Referral" OR MM "Psychotherapy" OR DE "Radio" OR DE "Readiness to Change" OR DE "Relapse Prevention" OR DE "Self-Efficacy" OR DE "Self-Help Techniques" OR DE "Sobriety" OR DE "Social Media" OR DE "Social Support" OR DE "Stages of Change" OR DE "Telecommunications Media" OR DE "Telephone Systems" OR DE "Television Advertising" OR DE "Television" OR DE "Text Messaging" OR DE "Videotapes"	416120
5.	FT	TI (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention"	1819200

OR "brief message*" OR brochure* OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR education* OR "educational intervention*" OR "educational program*" OR ((exercise* or physical activity) AND (prescription OR prescribe* OR prescribing)) OR "exercise class*" OR "exercise program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "mobile health" OR "motion-sensing technolog*" OR motivation OR motivational OR "movement technolog*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "step counter*" OR "tablet computer*" OR telehealth OR telephone* OR "tertiary prevention*" OR "text message*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR "weight management" OR "weight treatment" OR ((wearable OR self-monitor*) AND (device* OR technolog*)) OR withdrawal OR "written information") OR AB (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR education* OR "educational intervention*" OR "educational program*" OR ((exercise* or physical activity) AND (prescription OR prescribe* OR prescribing)) OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR

"group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR "motion-sensing technolog*" OR motivation OR motivational OR "movement technolog*" OR online OR "palm pilot*" OR "palm top*" OR palm-top* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "step counter*" OR "tablet computer*" OR telehealth OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR "weight management" OR "weight treatment" OR ((wearable OR self-monitor*) AND (device* OR technolog*)) OR withdrawal OR "written information") OR SU (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR ((exercise* OR physical activity) AND (prescription OR prescribe* OR prescribing)) OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR "motion-sensing technolog*" OR motivation OR motivational OR "movement technolog*"

		OR online OR "palm pilot*" OR "palm top*" OR palm-top* OR pamphlet* OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "step counter*" OR "tablet computer*" OR telehealth OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR "weight management" OR "weight treatment" OR ((wearable OR self-monitor*) AND (device* OR technolog*)) OR withdrawal OR "written information")	
6.		4 OR 5	1907714
7.		3 AND 6	88422
8.	ZC	(ZC "systematic review") OR (ZC "meta analysis")	27032
9.		7 AND 8 Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	822
10.	FT	TI (Child* OR infant* OR newborn* OR school* OR preschool* OR adolescent* OR pediatric OR paediatric)	173952
11.		9 NOT 10	826
12.			
13.			

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed):

Vid sökning på MeSH-termer i PubMed inkluderas automatiskt de mer specifika underordnade termer som ev. kan finnas under resp. term

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utesluts

MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)

FT = Fritextterm/er

tiab= sökning i titel- och abstractfälten

**)

De fetmarkerade referenserna finns nedsparade

Fysisk aktivitet – barn och ungdomar

Databas: PubMed **Databasleverantör:** NLM **Datum:** 2016-08-30

Ämne: NR Levnadsvanor

Barn med otillräcklig fysisk aktivitet - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	MeSH	"Parents"[Mesh] OR "Parenting"[Mesh] OR "Parent-Child Relations"[Mesh]	125956
2.	FT	parent[tiab] OR parental[tiab] OR parents[tiab] OR parenting[tiab] OR parenthood[tiab] OR famil*[tiab] OR mother*[tiab] OR father*[tiab]	1234526
3.	MeSH	"Adolescent"[Mesh] OR "Minors"[Mesh] OR "Adolescent Health Services"[Mesh] OR "Child"[Mesh] OR "Child Health Services"[Mesh] OR "Child Health"[Mesh] OR "School Health Services"[Mesh] OR "School Nursing"[Mesh] OR "Infant"[Mesh]	3094892
4.	FT	Adolescent*[tiab] OR adolescence[tiab] OR teen*[tiab] OR youth*[tiab] OR minors[tiab] OR child*[tiab] OR preschool*[tiab] OR pre-school*[tiab] OR school-age*[tiab] OR schoolage*[tiab] OR schoolchild*[tiab] OR school*[tiab] OR infant*[tiab] OR toddler*[tiab]	1686402
5.		1-4 OR	4333457
6.	MeSH	Exercise[Mesh] OR Physical Exertion[Mesh] OR Physical Fitness[Mesh] OR Motor Activity [Mesh:NoExp] OR Exercise Movement Techniques[Mesh] OR Exercise Therapy[Mesh] OR Motor Skills[Mesh] OR Sports[Mesh] OR Dancing[Mesh] OR Sedentary Lifestyle[Mesh]	379496
7.	FT	aerobics[tiab] OR aerobic training[tiab] OR dance[tiab] OR circuit-training[tiab] OR dancing[tiab] OR energy expenditure[tiab] OR exercise*[tiab] OR inactive lifestyle*[tiab] OR occupational sitting[tiab] OR outdoor play[tiab] OR Physical activity[tiab] OR physically active[tiab] OR physical inactivity[tiab] OR physically inactive[tiab] OR physical training[tiab] OR sedentary*[tiab] OR screen time[tiab] OR sitting time[tiab] OR sport*[tiab] OR strength training[tiab] OR training program*[tiab] OR yoga[tiab] OR walking[tiab]	428209
8.		6 OR 7	621605
9.		5 AND 8	142837
10.	MeSH	Attitude to health [MeSH] OR "Behavior Therapy"[Mesh] OR "Communication"[Majr] OR "Computers, Handheld"[Mesh] OR "Consumer Health Information"[Mesh] OR "Counseling"[Majr] OR "Decision Making"[Mesh] OR "Harm Reduction"[Mesh] "Health Education"[Mesh:NoExp] OR "Health Literacy"[Mesh] OR "Health Promotion"[Mesh] OR "Internet"[Mesh] OR "Interview, Psychological"[Mesh] OR "Motivation"[Mesh:NoExp] OR "Pamphlets"[Mesh] OR "Patient Education as Topic"[Mesh:NoExp] OR "Physical Education and Training"[Mesh] OR "Preventive Health Services"[Mesh:NoExp] OR "Preventive Medicine"[Mesh:NoExp] OR "Primary Prevention"[Mesh:No-	621235

Exp] OR "Psychotherapy"[Majr] OR Referral and consultation [MeSH] OR "Reinforcement (Psychology)"[Mesh] OR "Secondary Prevention"[Mesh] OR "Self Efficacy"[Mesh] OR "Self-Help Groups"[Mesh] OR "Social Support"[Majr] OR "Telecommunications"[Mesh] OR "Temperance"[Mesh] OR "Tertiary Prevention"[Mesh]

11.	FT	<p>Accelerometer*[tiab] OR advice*[tiab] OR app[tiab] OR application*[tiab] OR apps[tiab] OR attitude*[tiab] OR behavior change*[tiab] OR behavior modification*[tiab] OR behavior program*[tiab] OR behavior therapies[tiab] OR behavior therapy[tiab] OR behavioral change*[tiab] OR behaviour change*[tiab] OR behaviour modification*[tiab] OR behaviour program*[tiab] OR behaviour therapies[tiab] OR behaviour therapy[tiab] OR behavioural change*[tiab] OR booklet*[tiab] OR brief intervention[tiab] OR brief message*[tiab] OR brochure*[tiab] OR client education[tiab] OR cognitive analytic therap*[tiab] OR cognitive therapies[tiab] OR cognitive therapy[tiab] OR communicat*[ti] OR computer*[tiab] OR consultation*[tiab] OR conversation*[tiab] OR counsel*[ti] OR counseling[tiab] OR counselling[tiab] OR decision balance[tiab] OR decision making[tiab] OR decisional balance[tiab] OR digital[tiab] OR education*[ti] OR educational intervention*[tiab] OR educational program*[tiab] OR ehealth[tiab] OR e-health[tiab] OR exercise intervention*[tiab] OR ((exercise[tiab] or physical activity[tiab]) AND (prescription[tiab] OR prescribe*[tiab] OR prescribing[tiab])) OR exercise class*[tiab] OR exercise program*[tiab] OR extended intervention*[tiab] OR external referral[tiab] OR family education[tiab] OR family intervention*[tiab] OR family program*[tiab] OR family support[tiab] OR family train*[tiab] OR family therap*[tiab] OR feedback[tiab] OR green prescription[tiab] OR goal setting[tiab] OR group therapies[tiab] OR group therapy[tiab] OR harm reduction[tiab] OR Health Belief Model[tiab] OR health education[tiab] OR health information*[tiab] OR health literacy[tiab] OR health screening[tiab] OR help*[ti] OR helpline*[tiab] OR hot line*[tiab] OR hotline*[tiab] OR intensive intervention*[tiab] OR internet tablet*[tiab] OR internet*[tiab] OR intervention*[ti] OR interview*[ti] OR leaflet*[tiab] OR lifestyle change*[tiab] OR lifestyle intervention*[tiab] OR log book[tiab] OR logs[tiab] OR mhealth[tiab] OR mhealth[tiab] OR minimal intervention*[tiab] OR mobile health[tiab] OR motion-sensing technolog*[tiab] OR motivation[tiab] OR motivational[tiab] OR movement technolog*[tiab] OR online[tiab] OR palm pilot*[tiab] OR palm top*[tiab] OR palmtop*[tiab] OR pamphlet*[tiab] OR parent group[tiab] OR parental group*[tiab] OR parent intervention*[tiab] OR parenting intervention*[tiab] OR parent program*[tiab] OR parental program*[tiab] OR parenting program*[tiab] OR parental education[tiab] OR parental support*[tiab] OR parent support*[tiab] OR parent training*[tiab] OR parental training[tiab] OR patient education[tiab] OR pedometer[tiab] OR personal digital assistant*[tiab] OR physical activity prescription[tiab] OR phone[tiab] OR phones[tiab] OR physical activity program*[tiab] OR prescribed exer-</p>	5865106
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cise*[tiab] OR prevention program*[tiab] OR preventive medicine[tiab] OR primary prevention*[tiab] OR process of change[tiab] OR processes of change[tiab] OR program*[ti] OR promot*[tiab] OR psychotherapies[tiab] OR psychotherapy[tiab] OR quitline*[tiab] OR readiness to change[tiab] OR reduction[tiab] OR referral schemes[tiab] OR rehabilitation[tiab] OR reinforcement*[tiab] OR screen tablet*[tiab] OR secondary prevention*[tiab] OR self determination theory[tiab] OR self efficacy[tiab] OR self help[tiab] OR service*[ti] OR short message service[tiab] OR short messaging service*[tiab] OR skills training[tiab] OR smart tablet*[tiab] OR smartphone*[tiab] OR sms[tiab] OR social cognitive theor*[tiab] OR social ecological model[tiab] OR social learning theor*[tiab] OR social media[tiab] OR sociothera*[tiab] OR solving[ti] OR stages of change[tiab] OR step counter*[tiab] OR support*[ti] OR system*[ti] OR tablet computer*[tiab] OR teach-back[tiab] OR telehealth[tiab] OR telephone*[tiab] OR tertiary prevention*[tiab] OR text messag*[tiab] OR Theory of Planned Behavio*[tiab] OR theory of reasoned action[tiab] OR therapeutic[ti] OR therapies[ti] OR therapy[ti] OR Transtheoretical Model[tiab] OR Trans Theoretical Model[tiab] OR treadmill[tiab] OR treatment*[ti] OR treatment program*[tiab] OR web*[tiab] OR weight management[tiab] OR weight treatment[tiab] OR ((wearable[tiab] OR self-monitor*[tiab]) AND (device*[tiab] OR technolog*[tiab])) OR withdrawal[tiab] OR written information[tiab]

12.	10 OR 11	6119942
13.	9 AND 12	63643
14.	13 AND Filters: Meta-Analysis; Systematic Reviews; Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	2071
15.		
16.		

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed):

Vid sökning på MeSH-termer i PubMed inkluderas automatiskt de mer specifika underordnade termer som ev. kan finnas under resp. term

NoExp = Endast den termen söks, de mer specifika, underordnade termerna utesluts

MAJR = MeSH Major Topic (termen beskriver det huvudsakliga innehållet i artikeln)

FT = Fritextterm/er

tiab= sökning i titel- och abstractfälten

**)

De fetmarkerade referenserna finns nedsparade

Databas: Cochrane library **Databasleverantör:** Wiley InterScience **Datum:** 2016-08-30

Ämne: NR Levnadsvanor

Barn och ungdomar med otillräcklig fysisk aktivitet – Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Databas/ Antal ref. **)
1.	MeSH	MeSH descriptor: [Exercise] explode all trees	16856
2.	MeSH	MeSH descriptor: [Physical Exertion] explode all trees	3510

3.	MeSH	MeSH descriptor: [Physical Fitness] explode all trees	2456
4.	MeSH	MeSH descriptor: [Motor Activity] explode all trees	19670
5.	MeSH	MeSH descriptor: [Exercise Movement Techniques] explode all trees	1557
6.	MeSH	MeSH descriptor: [Exercise Therapy] explode all trees	9132
7.	MeSH	MeSH descriptor: [Motor Skills] explode all trees	1556
8.	MeSH	MeSH descriptor: [Sedentary Lifestyle] explode all trees	548
9.	FT/TI, AB, KW	aerobics or "aerobic training" or dance* or "circuit-training" or dancing or "energy expenditure" or exercise* or "inactive lifestyle**" or "movement therapy" or "occupational sitting" or "outdoor play" or "physical activity" or "physically active" or "physical inactivity" or "physical fitness" or "physically inactive" or "physical training" or "screen time" or sedentary* or "sitting time" or sport* or "strength training" or "training program**" or yoga or walking:ti,ab,kw (Word variations have been searched)	70630
10.		1-9 OR	74106
11.	MeSH	MeSH descriptor: [Attitude to Health] explode all trees	29597
12.	MeSH	MeSH descriptor: [Communication] explode all trees	11528
13.	MeSH	MeSH descriptor: [Computers, Handheld] explode all trees	188
14.	MeSH	MeSH descriptor: [Consumer Health Information] explode all trees	280
15.	MeSH	MeSH descriptor: [Counseling] explode all trees	4067
16.	MeSH	MeSH descriptor: [Decision Making] explode all trees	3402
17.	MeSH	MeSH descriptor: [Harm Reduction] explode all trees	100
18.	MeSH	MeSH descriptor: [Health Education] this term only	3325
19.	MeSH	MeSH descriptor: [Health Promotion] explode all trees	4992
20.	MeSH	MeSH descriptor: [Internet] explode all trees	2580
21.	MeSH	MeSH descriptor: [Interview, Psychological] explode all trees	654
22.	MeSH	MeSH descriptor: [Motivation] this term only	3626
23.	MeSH	MeSH descriptor: [Pamphlets] explode all trees	719
24.	MeSH	MeSH descriptor: [Patient Education as Topic] this term only	7523
25.	MeSH	MeSH descriptor: [Preventive Health Services] this term only	559
26.	MeSH	MeSH descriptor: [Preventive Medicine] this term only	152
27.	MeSH	MeSH descriptor: [Primary Prevention] this term only	944
28.	MeSH	MeSH descriptor: [Psychotherapy] explode all trees	18694
29.	MeSH	MeSH descriptor: [Referral and Consultation] explode all trees	2087
30.	MeSH	MeSH descriptor: [Reinforcement (Psychology)] explode all trees	1800
31.	MeSH	MeSH descriptor: [Secondary Prevention] explode all trees	2640
32.	MeSH	MeSH descriptor: [Self Efficacy] explode all trees	2012

33.	MeSH	MeSH descriptor: [Self-Help Groups] explode all trees	732
34.	MeSH	MeSH descriptor: [Social Support] explode all trees	2738
35.	MeSH	MeSH descriptor: [Telecommunications] explode all trees	4448
36.	MeSH	MeSH descriptor: [Temperance] explode all trees	272
37.	MeSH	MeSH descriptor: [Tertiary Prevention] explode all trees	2
38.	FT/TI, AB	advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR education* OR "educational intervention*" OR "educational program*" OR ((exercise* OR physical activity) AND (prescription OR prescribe* OR prescribing)) OR "exercise class*" OR "exercise program*" OR ehealth OR "e-health" OR "extended intervention*" OR "family education" OR "family intervention*" OR "family program*" OR "family support" OR "family train*" OR "external referral" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "mobile health" OR "motion-sensing technolog*" OR motivation OR motivational OR "movement technolog*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "parent group" OR "parental group*" OR "parent intervention*" OR "parenting intervention*" OR "parent program*" OR "parental program*" OR "parenting program*" OR "parental education" OR "parent train*" OR "parental training" OR "parental support*" OR "parent support*" OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR promot* OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociotherap* OR "stages of	289009

		change" OR "step counter*" OR "tablet computer*" OR telehealth OR telephone* OR "tertiary prevention*" OR "text messag*" OR "Theory of Planned Behavio*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR ((wearable OR self-monitor*) AND (device* OR technolog*)) OR withdrawal OR "written information"	
39.		11-38 OR	306244
40.		10 AND 39	38608
41.		40 AND Publication Year from 2008	23350
42.	FT/TI,AB, KW	Adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR pre-school* OR school-age* OR schoolage* OR schoolchild* OR school* OR infant* OR toddler* OR family or parent* or mother* or father*	210650
43.		MeSH descriptor: [Parents] explode all trees	3334
44.		MeSH descriptor: [Parenting] explode all trees	854
45.		MeSH descriptor: [Parent-Child Relations] explode all trees	1540
46.		MeSH descriptor: [Adolescent] explode all trees	85385
47.		MeSH descriptor: [Adolescent Health Services] explode all trees	172
48.		MeSH descriptor: [Child] explode all trees	199
49.		MeSH descriptor: [Child Health Services] explode all trees	691
50.		MeSH descriptor: [Child Health] explode all trees	6
51.		MeSH descriptor: [School Health Services] explode all trees	1218
52.		MeSH descriptor: [School Nursing] explode all trees	80
53.		42-52 OR	210668
54.		41 AND 53	5288 CDSR 194 DARE 117 HTA 3

*)

MeSH = Medical subject headings (fastställda ämnesord i Medline/PubMed, som även används i Cochrane library)

Explode = Termen söks inklusive de mer specifika termerna som finns underordnade

This term only = Endast den termen söks, de mer specifika, underordnade termerna utesluts

Qualifier = aspekt av ämnet

FT/TI, AB, KW = Fritextterm/er – sökning i fälten för titel, abstract, keywords

**)

CDSR = The Cochrane Database of Systematic Reviews

DARE = Database of Abstracts of Reviews of Effects

HTA = Health Technology Assessment Database

De fetmarkerade referenserna finns nedsparade

Databas: PsycInfo Databasleverantör: EBSCO Datum: 2016-08-30

Ämne: NR Levnadsvanor

Barn och ungdomar med otillräcklig fysisk aktivitet - Enkla råd, rådgivande samtal eller kvalificerat rådgivande samtal (inkl. rådgivning via telefon, digitala media)

Söknr	Termtyp *)	Söktermer	Antal ref. **)
1.	DE	DE "Physical Activity" OR DE "Exercise" OR DE "Aerobic Exercise" OR DE "Yoga" OR DE "Physical Fitness" OR DE "Movement Therapy" OR DE "Dance Therapy" OR DE "Motor Skills" OR DE "Sports" OR DE "Sports (Attitudes Toward)" OR DE "Dance" OR DE "Swimming" OR DE "Active Living" OR DE "Screen Time" OR DE "Walking" OR DE "Sedentary Behavior"	73301
2.	FT/TI,AB,SU	TI (aerobics OR "aerobic training" OR dance* OR "circuit-training" OR dancing OR "energy expenditure" OR exercise* OR "inactive lifestyle*" OR "movement therapy" OR "occupational sitting" OR "outdoor play" OR "physical activity" OR "physically active" OR "physical inactivity" OR "physical fitness" OR "physically inactive" OR "physical training" OR "screen time" OR sedentary* OR "sitting time" OR sport* OR "strength training" OR "training program*" OR yoga OR walking) OR AB (aerobics OR "aerobic training" OR dance* OR "circuit-training" OR dancing OR "energy expenditure" OR exercise* OR "inactive lifestyle*" OR "movement therapy" OR "occupational sitting" OR "outdoor play" OR "physical activity" OR "physically active" OR "physical inactivity" OR "physical fitness" OR "physically inactive" OR "physical training" OR "screen time" OR sedentary* OR "sitting time" OR sport* OR "strength training" OR "training program*" OR yoga OR walking) OR SU (aerobics OR "aerobic training" OR dance* OR "circuit-training" OR dancing OR "energy expenditure" OR exercise* OR "inactive lifestyle*" OR "movement therapy" OR "occupational sitting" OR "outdoor play" OR "physical activity" OR "physically active" OR "physical inactivity" OR "physical fitness" OR "physically inactive" OR "physical training" OR "screen time" OR sedentary* OR "sitting time" OR sport* OR "strength training" OR "training program*" OR yoga OR walking)	151792
3.		1 OR 2	165292
4.	DE	DE "Audiotapes" OR DE "Audiovisual Communications Media" OR DE "Behavior Change" OR DE "Behavioral Intention" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR DE "Blog" OR DE "Cellular Phones" OR DE "Change Strategies" OR DE "Choice Behavior" OR DE "Client Education" OR DE "Communication" OR DE "Computer Mediated Communication" OR MM "Counseling" OR DE "Decision Making" OR DE "Digital Video" OR DE "Educational Audiovisual Aids" OR DE "Electronic Communication" OR DE "Electronic Learning" OR DE "Films" OR DE "Group Counseling" OR DE "Group Discussion" OR DE "Harm Reduction" OR DE "Health Attitudes" OR DE "Health Education" OR DE "Health Knowledge" OR DE "Health Literacy" OR DE "Health Promotion" OR DE "Hot Line Services" OR DE "Internet" OR DE "Interpersonal Communication" OR DE "Interviewing" OR DE "Interviews" OR DE "Life Coaching" OR DE "Lifestyle Changes" OR DE "Motivation" OR DE "Motivational Interviewing" OR DE "Online Social Networks" OR DE "Online Therapy"	507529

OR DE "Photographs" OR DE "Prevention" OR DE "Professional Consultation" OR DE "Professional Referral" OR MM "Psychotherapy" OR DE "Radio" OR DE "Readiness to Change" OR DE "Relapse Prevention" OR DE "Self-Efficacy" OR DE "Self-Help Techniques" OR DE "Sobriety" OR DE "Social Media" OR DE "Social Support" OR DE "Stages of Change" OR DE "Telecommunications Media" OR DE "Telephone Systems" OR DE "Television Advertising" OR DE "Television" OR DE "Text Messaging" OR DE "Videotapes"

5.	FT/TI, AB,SU	<p>Ti (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR education* OR "educational intervention*" OR "educational program*" OR ((exercise* OR physical activity) AND (prescription OR prescribe* OR prescribing)) OR "exercise class*" OR "exercise program*" OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family education" OR "family intervention*" OR "family program*" OR "family support" OR "family train*" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "mobile health" OR "motion-sensing technolog*" OR motivation OR motivational OR "movement technolog*" OR online OR "palm pilot*" OR "palm top*" OR palm-top* OR pamphlet* OR "parent group" OR "parental group*" OR "parent intervention*" OR "parenting intervention*" OR "parent program*" OR "parental program*" OR "parenting program*" OR "parental education" OR "parent train*" OR "parental training" OR "parental support*" OR "parent support*" OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR promot* OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "step counter*" OR "tablet computer*" OR telehealth OR telephone* OR "tertiary</p>	197656
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prevention** OR "text messag** OR "Theory of Planned Behavior** OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program** OR web* OR "weight management" OR "weight treatment" OR ((wearable OR self-monitor*) AND (device* OR technolog*)) OR withdrawal OR "written information") OR AB (advice* OR app OR application* OR apps OR attitude* OR "behavior change** OR "behavior modification** OR "behavior program** OR "behavior therapies" OR "behavior therapy" OR "behavioral change** OR "behaviour change** OR "behaviour modification** OR "behaviour program** OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change** OR booklet* OR "brief intervention" OR "brief message** OR brochure* OR cessation OR "client education" OR "cognitive analytic therap** OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink** OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital OR education* OR "educational intervention** OR "educational program** OR ((exercise* or physical activity) AND (prescription OR prescribe* OR prescribing)) OR digital OR ehealth OR "e-health" OR "extended intervention** OR "external referral" OR "family education" OR "family intervention** OR "family program** OR "family support" OR "family train** OR "family therap** OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information** OR "health literacy" OR "health promotion** OR "health screening" OR "helpline** OR "hot line** OR hotline* OR information OR "intensive intervention** OR "internet tablet** OR internet* OR leaflet* OR "lifestyle change** OR "lifestyle intervention** OR mhealth OR "mhealth" OR "minimal intervention** OR "misuse prevention" OR "mobile health" OR "motion-sensing technolog** OR motivation OR motivational OR "movement technolog** OR online OR "palm pilot** OR "palm top** OR palmtop* OR pamphlet* OR "parent group" OR "parental group** OR "parent intervention** OR "parenting intervention** OR "parent program** OR "parental program** OR "parenting program** OR "parental education" OR "parent train** OR "parental training" OR "parental support** OR "parent support** OR "patient education" OR "personal digital assistant** OR phone OR phones OR "prevention program** OR "preventive medicine" OR "primary prevention** OR "process of change" OR "processes of change" OR promot* OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet** OR "secondary prevention** OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service** OR "short messaging service** OR "skills training" OR "smart tablet** OR smartphone* OR sms OR "social cognitive theor** OR "social ecological model" OR "social learning theor** OR "social media" OR sociothera* OR "stages of change" OR "step counter** OR "tablet computer** OR telehealth OR telephone* OR "tertiary prevention** OR "text messag** OR "Theory of Planned Behavior** OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical

Model" OR "treatment program*" OR web* OR "weight management" OR "weight treatment" OR ((wearable OR self-monitor*) AND (device* OR technolog*)) OR withdrawal OR "written information") OR SU (advice* OR app OR application* OR apps OR attitude* OR "behavior change*" OR "behavior modification*" OR "behavior program*" OR "behavior therapies" OR "behavior therapy" OR "behavioral change*" OR "behaviour change*" OR "behaviour modification*" OR "behaviour program*" OR "behaviour therapies" OR "behaviour therapy" OR "behavioural change*" OR booklet* OR "brief intervention" OR "brief message*" OR brochure* OR cessation OR "client education" OR "cognitive analytic therap*" OR "cognitive therapies" OR "cognitive therapy" OR computer* OR consultation* OR "controlled drink*" OR conversation* OR counseling OR counselling OR "decision balance" OR "decisional balance" OR digital[tiab] OR education* OR "educational intervention*" OR "educational program*" OR ((exercise* or physical activity) AND (prescription OR prescribe* OR prescribing)) OR digital OR ehealth OR "e-health" OR "extended intervention*" OR "external referral" OR "family education" OR "family intervention*" OR "family program*" OR "family support" OR "family train*" OR "family therap*" OR feedback OR "goal setting" OR "group therapies" OR "group therapy" OR "harm reduction" OR "Health Belief Model" OR "health education" OR "health information*" OR "health literacy" OR "health promotion*" OR "health screening" OR "helpline*" OR "hot line*" OR hotline* OR information OR "intensive intervention*" OR "internet tablet*" OR internet* OR leaflet* OR "lifestyle change*" OR "lifestyle intervention*" OR mhealth OR "m-health" OR "minimal intervention*" OR "misuse prevention" OR "mobile health" OR "motion-sensing technolog*" OR motivation OR motivational OR "movement technolog*" OR online OR "palm pilot*" OR "palm top*" OR palmtop* OR pamphlet* OR "parent group" OR "parental group*" OR "parent intervention*" OR "parenting intervention*" OR "parent program*" OR "parental program*" OR "parenting program*" OR "parental education" OR "parent train*" OR "parental training" OR "parental support*" OR "parent support*" OR "patient education" OR "personal digital assistant*" OR phone OR phones OR "prevention program*" OR "preventive medicine" OR "primary prevention*" OR "process of change" OR "processes of change" OR promot* OR psychotherapies OR psychotherapy OR quitline* OR "readiness to change" OR reduction OR rehabilitation OR reinforcement* OR "screen tablet*" OR "secondary prevention*" OR "self determination theory" OR "self efficacy" OR "self help" OR "short message service*" OR "short messaging service*" OR "skills training" OR "smart tablet*" OR smartphone* OR sms OR "social cognitive theor*" OR "social ecological model" OR "social learning theor*" OR "social media" OR sociothera* OR "stages of change" OR "step counter*" OR "tablet computer*" OR telehealth OR telephone* OR "tertiary prevention" OR "text messag*" OR "Theory of Planned Behavior*" OR "theory of reasoned action" OR "Transtheoretical Model" OR "Trans Theoretical Model" OR "treatment program*" OR web* OR "weight management" OR "weight treatment" OR

		((wearable OR self-monitor*) AND (device* OR technology*)) OR withdrawal OR "written information")	
6.		4 OR 5	2073840
7.	FT	TI (Adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR pre-school* OR school-age* OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*) OR AB (Adolescent* OR adolescence OR teen* OR youth* OR minors OR child* OR preschool* OR pre-school* OR school-age* OR schoolage* OR schoolchild* OR school* OR infant* OR toddler*)	964371
8.	FT	TI (family or parent* or mother* or father*) OR AB (family or parent* or mother* or father*)	513160
9.		DE "Parents" OR DE "Mothers" OR DE "Fathers" OR (DE "Parenting" OR DE "Parent Child Communication" OR DE "Parent Child Relations" OR DE "Parental Involvement" OR DE "Parental Attitudes"	123420
10.	ZG	(ZG "childhood (birth-12 yrs)") or (ZG "infancy (2-23 mo)") or (ZG "preschool age (2-5 yrs)") or (ZG "school age (6-12 yrs)") or (ZG "adolescence (13-17 yrs)")	676589
11.		7-10 OR	1297267
12.		3 AND 6 AND 11	35792
13.	ZC	(ZC "systematic review") OR (ZC "meta analysis")	27766
14.		12 AND 13 Publication date from 2008/01/01; Danish; English; Norwegian; Swedish	403

*)

DE = Descriptor (fastställt ämnesord i databasen)

FT/TI, AB, SU = fritextsökning i fälten för titel, abstract, ämnesord

ZC = Methodology

**)

De fetmarkerade referenserna finns nedsparade