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How useful is what we have? Limitations of Cochrane Reviews, the case of substance treatment in pregnancy

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### Alcohol treatment during pregnancy

<table>
<thead>
<tr>
<th>Treatment Program</th>
<th>Sample Size</th>
<th>Follow-Up Losses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contingency Management</td>
<td>263</td>
<td>9</td>
</tr>
<tr>
<td>Motivational Interviewing</td>
<td>958</td>
<td>0</td>
</tr>
</tbody>
</table>

**Insufficient evidence for psycho-social interventions overall**

Contingency Management is effective in improving treatment retention and transiently reducing illicit drug use in pregnant women. Insufficient evidence to support the use of Motivational Interviewing.

**Generalisability:**

> >90% of all study participants were poor, African American, unemployed, with extremely high rates of psychiatric co-morbidity...

**Assessment of:**

- Small sample sizes
- Possibility of Type II error
- No evidence to recommend one treatment over another.