Figure 1. CONSORT flowchart

- Assessed for eligibility ($n=191$)
  - Excluded ($n=6$)
    - Failed to meet inclusion criteria; i.e., AUDIT < 8 ($n=6$)
  - Randomized ($n=185$)
    - Told Intervention, mailed CYD materials ($n=91$)
      - Lost to follow-up 4 weeks ($n=15$)
        - Questionnaires not received
      - Analyzed ($n=76$)
    - Told Waiting list, mailed CYD materials ($n=94$)
      - Lost to follow-up 4 weeks ($n=13$)
        - Questionnaires not received
      - Analyzed ($n=79$)
        - Additional 2 participants had missing Action scale data