

**Conference 2025  
Service Handbook  
DRAFT**

**6:13 Alcoholics Anonymous/12-Step Facilitation (AA/TSF) NICE  
Recommendation and Cochrane Evidence Review**

**National Institute for Health and Care Excellence (NICE) Recommendation**

The NICE Quality Standard (QS11) '**Alcohol-use disorders: diagnosis and management**', commissioned by NHS England, published July 2023, provides 'best practice' recommendations in England and Wales. The Quality standard is the new Gold Standard for Alcohol-use disorders (AUDs).

HLOs can mention this information when they talk to professionals and adults seeking help for an alcohol-use disorder, noting that it does not come from AA, and being mindful of Traditions 6, 10 and 11.

QS11 covers identifying and supporting adults and young people (aged 10 and over) who may have an alcohol problem, and caring for people with alcohol-related health problems, as well as support for their families and carers.

Out of the 5 Quality Statements set out in QS11, **Quality Statement 2** states:

**'Adults seeking help for an alcohol-use disorder are given information on, and support to access, community support networks and self-help groups.'**

This is relevant to the 12-step programme offered by AA.

Further information on the NICE QS11 can be found at:  
<https://www.nice.org.uk/guidance/qs11>

**Cochrane Evidence Review**

The Cochrane Review of 27 relevant scientific studies showed that AA/TSF produced similar benefits to cognitive behaviour therapy and motivational enhancement therapy on all drinking-related outcomes, except for continuous abstinence and remission, where AA/TSF was superior. This is achieved largely through the long-term use of TSF and enduring AA participation. AA/TSF also tended to reduce healthcare costs since AA support from members is free.

(Kelly JF, Humphreys K, Ferri M. Alcoholics Anonymous and other 12-step programs for alcohol use disorder. Cochrane Database of Systematic Reviews 2020, Issue 3. Art. No.: CD012880. DOI: 10.1002/14651858.CD012880.pub2.)

The Cochrane Review can be found at:

[https://www.cochrane.org/CD012880/ADDICTN\\_alcoholics-anonymous-aa-and-other-12-step-programs-alcohol-use-disorder](https://www.cochrane.org/CD012880/ADDICTN_alcoholics-anonymous-aa-and-other-12-step-programs-alcohol-use-disorder)

In this AA Service Handbook for Great Britain, Introduction, Section 3, 'What professionals have said about Alcoholics Anonymous', there are quotations from and the link to a YouTube interview about the Cochrane Review with co-authors, John Kelly and Keith Humphreys.

YouTube at [https://www.youtube.com/watch?v=lgMjTIwh\\_LA](https://www.youtube.com/watch?v=lgMjTIwh_LA)

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