5-Year Follow-Up Timeline

6 Months Prior:
- Receive letter and informational pamphlet
- Contact the CSDP staff with any questions

2-3 Months Prior:
- Receive email with link to online survey
  - Follow the link to answer questions about interest and availability
- After completing this survey, receive phone call from CSDP staff member
  - Complete short phone interview to make sure it will be safe for you to participate
  - Schedule session dates
  - Make transportation and lodging arrangements, as necessary

1 Month Prior:
- Receive email confirming session dates and itinerary

Complete 5-Year Follow-Up and Lab Sessions!

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Hello again from the Chicago Social Drinking Project!

This pamphlet contains detailed information about the lab sessions that we have included as part of your 5-year follow-up with the CSDP. While your previous follow-up interviews have allowed us to better understand long-term fluctuations in a wide range of social drinking patterns, these in-person lab sessions will help us examine changes in response over time.

To date, the CSDP is the only large-scale study to bring participants back for study visits during follow-up, so this is truly a ground-breaking addition to our project!

Please take the time to look over this information and contact us with any questions. Our goal is to be as flexible as possible so that we can fit these study visits into your schedule to achieve the highest possible participation rate. You've helped us achieve an incredible 99% follow-up completion rate thus far and we hope that you will continue to support the CSDP!
A Quick Review...

Approximately 5 years ago, you agreed to take part in the Chicago Social Drinking Project (CSDP) at the University of Chicago.

At that time, you participated in 3 lab sessions where you consumed a beverage that contained either alcohol, a sedative, a stimulant, or a placebo, answered a variety of questionnaires, and completed several performance tasks.

During the follow-up phase of the study, you have completed both brief quarterly interviews and more extensive annual interviews, helping us to achieve an outstanding 99% follow-up completion rate!

The CSDP’s goal is to learn more about how responses to various substances in the lab may predict future moods, life transitions, and alcohol and substance use behaviors. Our understanding of these concepts has been greatly aided by your dedication during the follow-up phase; however, some questions can only be answered by information that we get in-person.

- Does the passage of time affect how a person responds to a given substance?
- How do our life events affect physical measures (blood pressure, eye movement, etc.)?
- Are answers gathered through follow-up interviews predictive of performance in the lab?

The only way to answer questions like these is to ask you to return to the lab so that we can recreate your original lab sessions and assess how these same substances affect your moods.

Follow-Up Lab Sessions

In addition to your online 5-year follow-up interview, we would like to invite you back to our offices to complete 2 more study sessions.

These will be identical to your original sessions in that you will:

- Complete a brief phone interview and pre-session screen to make certain you’re medically able to participate
- Consume a beverage which may contain alcohol, a stimulant, a sedative, or a placebo (though it may not be the same beverage you received originally)
- Answer questionnaires based on your mood, provide physical measures (breath, saliva, blood pressure), and complete performance tasks (Pegboard, Eye Tracking, etc.)

Considerations...

We understand that finding the time and opportunity to complete these sessions may be more difficult now than it was 5 years ago. To address these concerns, we will be able to:

- Ask you to complete only 2 sessions (instead of the original 3)
- Offer weekend hours for attending and completing study visits
- Cover all necessary transportation and/or lodging costs (i.e., airline tickets, rental cars, hotels, etc.)
- Increase the compensation offered for both time and travel to $400 total

Questions?

I would be fine to come in for these additional lab sessions. Does that mean I won’t have to do an online follow-up at 5 years?

All participants will complete some version of our annual follow-up at 5 years. The length of the interview may depend on whether you will be coming into the lab, as we can get much of this information from you in-person.

I have moved away from the Chicagoland area but am interested in completing these follow-up sessions. Am I still eligible?

We would like to invite ALL participants to attend these additional study visits, regardless of where you live. If you are able and willing to come back to Chicago for at least 3 days, we will be happy to arrange transportation and lodging accommodations for you.

My 5-year follow-up is scheduled for May, but I am not available until June to come in for these visits. Can I do them a month late?

While our goal is to have you attend your sessions in the same month that your 5-year follow-up is due, we understand that this isn’t always possible. We will be able to make adjustments to your follow-up schedule on an individual basis.

I’m out of the country and can’t get back to do these sessions. Does this mean I’m out of the study?

Although we hope to be flexible enough to accommodate almost any situation to ensure participation, if you are absolutely unable to participate (or ineligible for the lab sessions due to a medical condition), we will have you complete the online portion of the follow-up ONLY.

More questions?

Please email us at socdrink@uchicago.edu or visit http://socialdrinking.uchicago.edu.