



What's On Tap?

Volume 8, Issue 4, OC

Winter 2014

CSDP: 10-Year Follow-Up Additional Sessions

Approximately 8-10 years ago, you took part in 3 experimental sessions as part of the Chicago Social Drinking Project (CSDP) at the University of Chicago.

Since that time, we have appreciated your active participation in 98.2% of your follow-up interviews. Most of you (83%), returned to our lab for a 5 year re-examination, which included 2 experimental sessions.

The Chicago Social Drinking Project continues to advance our understanding

of how response to various substances may predict future moods, life transitions, and substance use behaviors in young adults.

We are excited to announce that we successfully received additional NIH grant support for follow-ups and a 10 year re-examination. With this funding, your follow-up compensation will increase and we will be able to invite you back into the lab for 2 experimental sessions when your 10 year follow-up is due. Details regarding these 10 year follow-



up sessions will be announced soon. Thank you for your continued support and dedication.

We look forward to seeing you for your 10 year follow-up lab sessions!

Alcohol Myth Dispelled!¹

While the right drink can bring cheer on a cold night, will alcohol really warm you up? Research has shown that alcohol actually decreases core body temperature. Normally, we feel cold when blood flows away from the skin and into the organs. The blood flowing into the organs is protective because it increases our core body temperature. Alcohol, on the other hand, reverses this process by increasing the flow of blood to the skin. As blood flows to the skin, heat is given off and a subsequent drop in core body temperature occurs. This temperature drop is increased when the body reacts to the increased blood flow to the skin by increasing

its rate of sweat production. Finally, alcohol also reduces the body's ability to shiver, which is a primary way that the body generates heat in cold temperatures. With this in mind, it is easy



to see how alcohol plays a role in hypothermia-related deaths and injuries. This myth is of concern to cities, such as Chicago, that are being hit with extreme cold temperatures this winter!

Director's Note

In this winter issue of "What's On Tap?", we update you on the additional experimental sessions for our 10-year follow up interviews, a common alcohol myth, provide details about our upcoming follow-up raffle, and discuss current e-cigarette policy. Be sure to check out the puzzle on the back page and to e-mail us your responses for a chance to win gift card prizes!



Thanks again for another successful year with the study. We look forward to following up with you soon.

Dr. Andrea King
Principal Investigator

Follow-Up \$100 Raffle Schedule 2014

All participants completing an Annual Follow-Up Interview on time are automatically entered into a drawing for various prizes. One lucky winner in each drawing will receive a \$100 gift card!

- April 18, 2014—Drawing for all those completing an Annual Follow-up between Oct '13 and Mar '14
- October 17, 2014—Drawing for all those completing an Annual Follow-up between Apr '14 and Sept '14

All eligible participants and winners will be notified in advance via e-mail, so make sure to keep your contact info up to date!

¹ O'Connor, A. (2008, January 1). The claim: Drinking makes you warmer in winter. The New York Times. Retrieved from http://www.nytimes.com/2008/01/01/health/01real.html?_r=0

CSDP Contact Information

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Fax: 773-702-0096

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Project Coordinator

Patrick McNamara

Study Physician

Royce Lee, M.D.

Research Assistant

Lia Smith

Former Staff

Michael Palmeri, Constantine Trela, Katie Foster, Megan Conrad, Roslynn Riley, Lauren Kemp, & Alyssa Epstein.

Electronic Cigarette Policy

The debate between big tobacco companies and lawmakers has evolved from indoor smoking bans and concerns about secondhand smoke, to electronic “vaping”. Electronic cigarettes, or e-cigarettes, may look and feel like regular cigarettes but do not contain tobacco, require combustion, or produce smoke. These devices deliver nicotine to the user via water vapor and has led to what many call a new “vaping culture”.

These devices are marketed to smokers as safe alternatives to regular cigarettes and as a possible smoking cessation device, but these claims do not have scientific support.¹

Of increasing concern are claims that these devices are safe when evidence has shown that e-cigarette products and vapors contain toxic chemicals.²

Our lab has recently conducted a study that showed how viewing an e-cigarette increases a smoker’s desire to smoke both an e-cigarette and a regular cigarette. This means that smokers will experience an urge to smoke a regular cigarette if they see someone smoking either a regular cigarette or an e-cigarette.³ This could be detrimental to recent decreases in tobacco use across the country.⁴

As the US government currently has no regulations



on e-cigarettes, it’s up to local governments to put restrictions on their use.⁵ This has made e-cigarette use a hot topic around the country, particularly in New York and Chicago where electronic cigarettes have been added to smoking bans.

We hope that the results of our newest study will help to inform lawmakers across the country and support the claims that e-cigarette use could thwart smoking cessation efforts and increase the use of tobacco products.

Concerned about your drinking or substance use or about that of a friend or a family member?

Feel free to call Dr. Andrea King (who is a licensed clinical psychologist) on a confidential basis, for suggestions or referrals at 773-702-6181

Secret Word Contest: Enter for a chance to win!

Directions:

- Complete the blanks with the missing words and then use the numbered letters to assemble the **secret word** in order to complete the sentence at the bottom of the page.
- When complete, e-mail the **secret word** that you figured out from the clues to complete the sentence at the bottom of the page to **socdrink@uchicago.edu**.
- All entries received by midnight **Friday, April 25, 2014** will be entered into a drawing for a \$40 gift card to Amazon.com, Starbucks, Target, or Barnes and Noble (with additional \$20 and \$10 runner-up prizes drawn as well).

Clues

- The Chicago Social Drinking Project takes place in the city of _____.
- Participants will be invited back for their _____ year follow-up experimental sessions.
- With your help, we have an unprecedented 98.6% _____ - _____ rate!!
- Our lab showed that _____’ urge for a regular and e-cigarette increases when they view an e-cigarette.
- We hope that the results of our e-cigarette study will help to inform lawmakers across the _____.

Secret Word: _____ for your dedication to the Chicago Social Drinking Project!

1 2 3 4 5 6 7 8

1 Palazzolo DL. Electronic Cigarettes and Vaping: A New Challenge in Clinical Medicine and Public Health. A Literature Review. Front Public Health 2013;1:56.

2 Goniewicz ML, Hajek P, McRobbie H. Nicotine content of electronic cigarettes, its release in vapour and its consistency across batches: regulatory implications. Addiction 2013.

3 King AC, Smith LS, McNamara PJ, et al. Passive exposure to electronic cigarette (e-cigarette) use increases smoking urges. Tob Control. Submitted 2014.

4 Centers for Disease Control and Prevention (CDC). Consumption of cigarettes and combustible tobacco-United States, 2000-2011. MMWR Morb Mortal Wkly Rep 2012;61(30):565-577.

5 United States Food and Drug Administration. (2009, July 22). FDA’s Media Briefing on Electronic Cigarettes. Retrieved January 10, 2014, from FDA website: <http://www.fda.gov/downloads/NewsEvents/Newsroom/MediaTranscripts/UCM173405.pdf>



What's On Tap?

Volume 8, Issue 4, C2

Winter 2014

CSDP: Additional NIH Support!

Approximately 3-4 years ago, you took part in 3 experimental sessions as part of the Chicago Social Drinking Project (CSDP) at the University of Chicago.

Since that time, we have appreciated your active participation in 100% of your follow-up interviews. Your follow-up rate is even better than the 98.2% follow-up rate of our other cohort of participants! Throughout this time, the Chicago Social Drinking Project has

continued to advance our understanding of how responses to various substances may predict future moods, life transitions, and substance use behaviors in young adults.

We are excited to announce that we have successfully received additional NIH grant support for follow-ups and a continuation of our study procedures. With this funding, your follow-up **compensation will increase!** Details regarding

your next follow-up sessions will be announced soon. Thank you for your continued support and dedication.

Thanks to your continued participation, the CSDP has become nationally recognized for its dedicated sample!

Director's Note

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