Caffeine Withdrawal: A Mental Disorder?

With the release of the latest edition of the Diagnostic and Statistical Manual of Mental Disorders (the DSM), caffeine enthusiasts should know that their habit could induce what is now classified as a temporary mental disorder: Caffeine Withdrawal.

Caffeine is the most widely used behaviorally active drug in the world. While certain benefits, such as a reduced risk of some cancers, have been linked to coffee drinking, its active ingredient, caffeine, can also harm the body.

To qualify for caffeine withdrawal, someone must have prolonged daily use of caffeine along with 3 or more of the criteria listed in the box to the right. A standard DSM test must also be met: The withdrawal must cause distress or impair the drinker’s ability to function.

Symptoms of caffeine withdrawal usually begin 12-24 hours after the last caffeine consumed and peak after 1-2 days. While symptoms can last for 2-9 days (in some cases headaches occur for 21 days), they usually disappear quickly (30-60 minutes) after consuming caffeine again.

Of course, caffeine is not the only chemical that can intoxicate. Be careful, as the use of substances can alter behavior, mental, and physical processes.

What are the Symptoms?

- Headache
- Fatigue or drowsiness
- Depressed mood
- Irritability
- Difficulty concentrating
- Flu-like Symptoms


CSDP: Follow-Up Progress

The success of the Chicago Social Drinking Project (CSDP) is a direct reflection of your continued participation in follow-up. The follow-up completion rate for the original CSDP cohort is 98.2% and the follow-up rate for the second cohort is an incredible 100%!

Most longitudinal studies, such as the CSDP, only track their participants for a couple years and have follow-up rates below 50%. Both the length of our study and our rate of participation set us apart from other studies in our field.

As we have mentioned in past newsletters, the National Institute of Health has awarded continued funding to the project!

One of the ways we like to thank our participants is with raffles throughout the year. In the box to the right, check out the answer and the latest winners from our ‘Secret Word Contest’. Winners from our bi-annual follow-up raffle are also listed.

Be sure to keep everything up to date so that you’re not only able to participate in the next semi-annual follow-up raffle but also the next puzzle contest, which will be in our summer newsletter!

Director’s Note

In this spring issue of “What’s On Tap”, we update you on caffeine addiction, the current CSDP follow-up progress, and also examine the history of two alcoholic drinks.

Be sure to check out the latest raffle winners and look forward to upcoming issues for more chances to win prizes with the CSDP!

Dr. Andrea King

April Follow-Up Raffle Winners!

The answer to the ‘Secret Word Contest’ found in our winter issue of, ‘What’s on Tap?’ was, “Thank you”... Congrats to those who submitted the secret word and won our contest!

$40 Grand Prize: #432
$20 Prize: #605
$10 Prize: #699

Winners of the Biannual Follow-Up Raffle:

$100 Grand Prize: #638
$20 Prizes: #642, #577
$10 Prizes: #645, #567
Cuba Libre!

Looking forward to warmer weather and summertime drinks? Some typical alcoholic beverages, the daiquiri and the rum and coke, have some interesting origins.

In 1829, a Spanish wine merchant named Don Facundo Bacardi moved to Cuba. He took a liking to the indigenous drink and began experimenting with its distillation in his backyard. Eventually he bought a small distillery and in 1862, he introduced a different kind of rum.

This new kind of rum was smoother and mellower than the rums currently used in the United States at that point. Bacardi thought that this difference would give a different flavor to mixed drinks.

Bacardi’s new kind of rum inspired two Americans who came to Cuba with Teddy Roosevelt and his Rough Riders in 1898. One (an engineer) created the daiquiri, and another (a soldier) created the “Cuba Libre”, otherwise known as a rum-and-coke. Americans traveled to Havana where the bartenders were excited to have people try both the daiquiri and the “Cuba Libre” when Prohibition arrived around 1920. These two new drinks helped boost rum’s reputation, but only among Americans who could afford to travel to another country for a nightcap. Most who sought to drink during prohibition had to make do with whatever bootleggers gave them.


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.

No winter lasts forever; no spring skips its turn.
~Hal Borland

In need of a CSDP Travel Mug? Frisbee? Bag clip?
Be sure to check out the ‘Raffle & Gifts’ section of our website at http://socialdrinking.uchicago.edu/ to view photos of past CSDP study gifts.
If you see anything you’d like, send us an e-mail at socdrink@uchicago.edu and, if we have it in stock, we’ll mail it out to you!