

WHAT'S ON TAP?

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CHICAGO SOCIAL DRINKING PROJECT (CSDP)



Director's Note:

Autumn is a time of change. This season's cooling weather and changing leaves come alongside a big change in our lab. We have completed recruitment and experimental sessions for the CSDP, shifting to a follow-up focused study. Meanwhile, we are beginning three new studies in the next few months. Please read on to learn more about CSDP's accomplishments and to find out more information on our new projects. We are also featuring an article about gardening that could surprise you.

Dr. Andrea King
Andrea C. King, Ph.D.

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CSDP in the News: Saying 'When'

On Sunday June 4, 2006 the Chicago Tribune featured an article on the front page of the Q section called "Saying 'When.'" The article described a new trend among some young Chicagoans to cut back on their social drinking. Our own Dr. Andrea King was interviewed for the article and provided her expert opinion on the effects of and reasons behind heavy social drinking.

Dr. King mentioned the CSDP and discussed an earlier study in which she found that heavy drinkers release fewer stress hormones while drinking than light drinkers. Her earlier studies have also found that approximately 46% of people matured out of heavy drinking with time, while 24% did not change their drinking habits and 30% became alcoholic.

The article went on to describe the various reasons that some Chicagoans are cutting back on their drinking—from saving money to improving health to learning from their family's history of alcohol abuse.

Lab Update: Phase I Completed!

The Chicago Social Drinking Project is proud to report that we have completed Phase I of our study! We have completed subject recruitment and experimental sessions, and are focusing solely on follow-ups now.

The study began in March, 2004. Over two years the CSDP staff scheduled 537 screening interviews and we accepted 210 participants for the study. A total of 594 experimental sessions have been conducted in this study from March, 2004 to July, 2006.

Phase II, the follow-up phase, is just as important as the experimental sessions. We appreciate your time in Quarterly (phone) and Annual (phone and internet) follow-up on your substance patterns and moods. We look forward to continuing to hear from you every few months.

A Stiff Drink Could Help Your Houseplants

A recent study published in HortTechnology found that giving diluted alcohol to plants will stunt the stems but not the blossoms. William Miller, the director of Cornell's Flower Bulb Research Program, studied paperwhite narcissus and other daffodils.

Miller got the inspiration for his study from a letter a New York Times reader wrote to the garden editor. The reader claimed that gin had prevented paperwhite narcissi from growing too tall and floppy, and wanted to know why.

Miller tested the effect of dry gin, unflavored vodka, whiskey, white rum, gold tequila,

mint schnapps, red and white wine and pale lager beer on paperwhites. Whiskey, vodka, gin and tequila were most successful in stunting stem growth. Beer and wine did not work, most likely because of their high sugar content. Alcohol solutions of between 4 and 6 percent alcohol were the most effective.

Miller is not sure why alcohol has this effect, but he has two theories. He believes that it either injures root growth or forces the plant to expend more energy to extract the water or rid itself of alcohol.

Gardeners interested in trying the experiment at home should wait until their daffodil shoots

are several inches long. Then, add one part 80– proof liquor to seven parts water to make a 5% solution. Pour the mixture into the soil, and let us know what happens!

Source: <http://www.cnn.com/2006/TECH/science/04/06/boozing.flowers.ap/index.html>



Three New Studies

The Chicago Social Drinking Project is part of the Clinical Addictions Research Laboratory (CARL) at the University of Chicago. In the next few months, CARL will be expanding to work on three new studies. Below you will find more information on the studies and how to apply if you are interested.

C-STOP

The Chicago Stop Smoking Research Project is a smoking cessation study examining the effectiveness of the drug naltrexone in addition to nicotine patches and counseling in helping people to quit smoking. Enrollment will be from June 2006 to August 2008.

Social Smoking Brain Imaging Project

Our brain imaging project will use functional Magnetic Resonance Imaging (fMRI) to look at how the brains of social smokers and drinkers respond to substances such as alcohol, stimulants, sedatives and nicotine. Enrollment will begin in the next few months.

Social Smoking Moods & Behaviors Study

This study will examine how social smokers and drinkers respond to a variety of substances, including stimulants, sedatives, alcohol and nicotine. We will begin enrolling subjects in the next few months.

Look to the left to learn more about our lab's new studies! These may be of interest to you or someone you know.

To apply or get more information on these studies, please visit: <http://addiction.uchicago.edu>



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Word Search

s a q z y t r a p
w m s e d c r f v
c p o d i b e e r
o u e k l t h n m
f e r t i g h d b
f g y a q n m o e
e a i q u r g s n
e t l j o i n t i
n e j k r f k u w

Search the puzzle for some relevant substance-related terms!

- Beer
- Wine
- Liquor
- Party
- Smoking
- Coffee
- Joint



Questions? Suggestions? Contact us!

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