

What's On Tap?



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CSDP Presents at RSA Conference in San Francisco

In June 2012, study staff travelled to San Francisco, CA to attend and present results at the annual Research Society on Alcoholism (RSA) Conference. The meeting highlights the newest findings in the field of alcohol and substance use research. The meeting was an overall success and early results from the Chicago Social Drinking Project are well-received by others in the field. Some of our highlights include:

Online Calendar Survey

We conducted a study in young persons aged 18-29 on their smoking and drinking patterns and showed that results obtained by a confidential and self-administered online version of the instrument are reliable and valid. This re-

moves the burden on participants to schedule follow-up in person or by telephone. The online version also allows ease



of use and flexibility. The results will appear in the September issue of the *Journal of Studies on Alcohol and Drugs*. In addition, this newly-developed online calendar survey will be implemented in CSDP shortly!

Effects of Brief Feedback

Data from a pilot study we conducted in Fall 2011 showed that a novel brief, targeted feedback may help prevent future alcohol and substance use problems in persons identified as

most at risk. The effects of this brief feedback intervention were observed through six months of follow-up. Dr. King presented these results and provided plans for a larger and more extensive study by our group in the next few years.

Drug for Smoker-Drinkers

Naltrexone, a medication approved in the treatment of opiate and alcohol dependence, may also be helpful in smoking cessation. Dr. King presented findings from her recent clinical trial in smokers wanting to quit and showed that those with the heaviest drinking patterns had greater sensitivity to the drug compared with light and nondrinkers. Results may help target use of this medication in those most likely to respond.

Director's Note



We hope you are enjoying your summer! In this issue of "What's On Tap?", we report on our recent conference presentations, examine follow-up latency in CSDP, reveal some interesting research on the relation of drinking and exercise, and bid farewell to one of the CSDP research team. Please feel free to contact me or any of the CSDP staff at any time with questions about your participation.

Dr. Andrea King
Principal Investigator

CSDP Follow-Up: Speed of Completing Interviews

We often report our high follow-up success rate (>98%) in CSDP. As such, we recently embarked on analyses to examine the time interval (latency) for completion of follow ups in the study. We examined the first 2 years of follow-up for subjects #401-598 (enrolled from 2004-2006).

The average latency to completion was **8.4 days**

from initial notification. Also, **86%** of interviews have been completed in time for a bonus! These follow up rates are outstanding and we thank you all for your time and efforts. Men unfortunately lag women in terms of time to complete follow up. This is a gender difference we hope to reduce over time. So men, please get your follow ups done on time to reverse this gender gap!



April Follow-Up Raffle Winners!

In April 2012, we held our follow-up raffle for persons completing their Annual Follow up between Oct 2011 and Mar 2012. The following prizes were awarded:

- \$100 Grand Prize: #539
- \$20 Prize: #676, #553, #684
- \$10 Prize: #646, #577

Congratulations to all! Our next raffle will be on October 15th for those completing an Annual interview between April-September 2012. All participants completing their interview on time are automatically entered to win!

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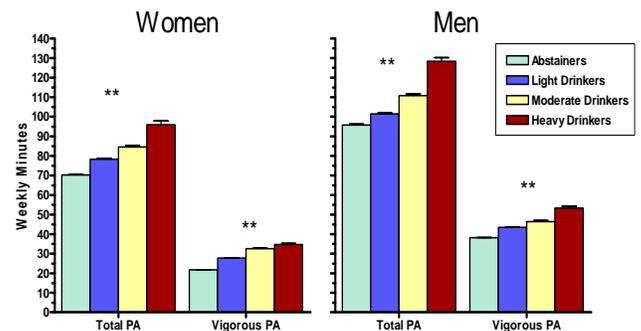
Exercise and Alcohol: *Tighten, Tone, Tie One On?*

Research examining the relation of health behaviors has found a surprising connection: people reporting more minutes of weekly exercise also report increased drinking frequency.

Using data from a large, nationwide survey, researchers at the University of Miami* asked over 230,000 adults to report their minutes of total physical activity (*any* activity which causes *any* increase in heart rate and respiration) and for vigorous physical activity (activity causing large increases in heart rate and respiration). They also obtained the total number of alcohol drinks consumed in the last 30 days, and then classified participants as abstainers, and light, moderate, and heavy drinkers based upon their total reported drinks per month.

After taking into account factors like age, health, marital status, etc., results showed that in both men and women, increases in self-reported exercise were correlated with increased alcohol drinking (see Figure, below). Several explanations have been proposed for this effect: some may exercise more to compensate for increased calories from drinking; drinking and exercise may both facilitate endorphin release; sports-related social groups may involve more drinking occasions.

Certainly more research (including information from CSDP) is needed to more fully understand this connection.



*Source: French MT, Popovici I, Maclean, JC. Do alcohol consumers exercise more? Findings from a national survey. *Am J Health Promot.* 2009; 24(1):2-10.

Look for us online: Updated website and Facebook

Check out our website and Facebook page to view study updates, follow-up schedule information, past copies of newsletters, or to access online interviews.

Website: <http://socialdrinking.uchicago.edu>

Facebook: ChicagoSocial DrinkingProject

Good Luck, Constantine!

We'd like to thank Constantine Trela for his hard work as a research assistant in our laboratory for the past five years. Constantine started as an undergraduate research assistant performing part-time data entry and then eventually graduated to full-time research assistant position and key staff member for CSDP. Many of you may have interacted with Constantine during the last few years for either an experimental session or a follow up interview. He has taken on responsibility for many aspects of the study and he will be sorely missed. Constantine will be attending the University of Missouri in the fall to begin his graduate studies in clinical psychology. Best of luck, Constantine!

