

# What's On Tap?

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Winter 2012



## Director's Note



Hello again from the Chicago Social Drinking Project! We hope that everyone is enjoying the

winter. In this issue, we update you on study highlights from 2011, provide information on a new online measure that our lab developed, and a lab member spotlight to let you know a little bit more about our research assistant, Mike Palmeri.

Thanks again for your continued participation!

Dr. Andrea King  
Principal Investigator

## Bi-Annual Follow-Up Lottery Winners

In October, all subjects who completed an Annual Follow-Up Interview between April and September were automatically entered into a lottery for a \$100 gift card.

**1st Prize:** \$100 Gift Card — #626

**2nd Prize:** \$20 Gift Card — #660, #602

**3rd Prize:** \$10 Gift Card — #532, #525, #625

The next follow-up raffle will be for all participants completing between October '11 and March '12 and will be held in April 2012. Finish an annual on-time to be automatically entered!

## CSDP: Study Highlights & Updates

### Data Analysis Phase Begins

By far the biggest accomplishment for CSDP in 2011 was the conclusion of enrollment and data collection for both 104 additional social drinkers and 156 participants completing 5-Year retest session. In the upcoming months, while follow-up interviews continue, staff will be entering into the data management and analysis phase of the study. Staff will be hard at work, comparing baseline experimental data of the new and former social drinkers as well as ex-

amining data over time from baseline to 5-year retest. Output for research conferences and manuscripts will follow.

### 2400<sup>th</sup> Follow-up Interview

Last month, we successfully completed our 2400th follow-up interview! We have been consistently completing both quarterly and annual interviews since the initial study follow-up in July 2004. Thanks to your commitment and dedication to the study, we have maintained a successful follow-up completion rate of over 98%!

### E-Gift Card Option

Several months ago, the

CSDP implemented the option of receiving e-gift cards to our vendors (Amazon, Target, Barnes & Noble, and Starbucks). Response has been positive thus far, and the process of filling out an 'e-receipt' rather than having to mail back a paper receipt copy has cut down on a lot of paperwork. As always, if you have a comment or suggestion regarding compensation or any other aspect of the study, feel free to write or call at any time.

## CSDP Develops Online Calendar Survey

CSDP staff recently completed a study examining an online version of the calendar survey utilized during annual follow-up interviews. The calendar survey, which involves reporting the days of the week in the last month when drinking and smoking occurred, has previously been shown to provide reliable data when conducted in-person or over the phone, but no self-administered, online version has ever existed.

After several months of

design and troubleshooting, staff administered both the online and phone versions (in random order) of the study to a group of subjects. Results showed that

responses to both versions were very similar, leading to the conclusion that this newly created online version can provide valid and reliable data about past month substance use.

Study staff, Mike and Constantine, helped au-



thor a paper reporting these findings which is currently submitted and under review.

The CSDP has tested the online calendar survey with a few study participants living abroad and hopes to expand its use during future follow-up interviews for the entire sample.



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## Lab Spotlight: Mike Palmeri



In this issue of “What’s on Tap?”, the lab spotlight is on Mike Palmeri.

Mike began working with the CSDP in October 2010. His many roles since that time have included conducting initial phone and in-person screening interviews, conducting experimental sessions, and managing biological sample collection and analysis. Most recently, you may have encountered Mike via e-mail and phone calls, as he’s taken on a larger role to assist with quarterly and annual follow-up interviews.

A native of the Chicago area, Mike attended Loyola University where he

graduated in 2010 with a double major in Psychology and Neuroscience. In the future, Mike hopes to further his education to obtain a PhD and continue on in research.

We recently sat down with Mike and asked him a few questions to get to know him better:

### **Do you have any hobbies?**

“I played Club Soccer throughout high school and my time at Loyola, and I still regularly enjoy 7 on 7 soccer today. I also enjoy DJing, am

a craft beer enthusiast, and experiment with amateur cooking”

### **Who is your favorite band or musical artist?**

“I’m a big fan of Hip Hop producers *J Dilla* and *Flying Lotus*, Swedish indie rock band *Dungen*, and *Morris Day and the Time*.”

### **What was the worst job you ever had?**

“Throughout high school, I cleaned offices and bathrooms, which was pretty awful...of course, that was followed closely in second by the time I was a manager at a Pier 1 Imports.”

### **Any hidden talents?**

“I can recite the name of all US Presidents from memory, in order”

**Contact Information Up To Date?** Feel free to e-mail or call us at any time to update us on your new phone numbers, email, address, name changes, collateral information, etc.



## Trivia Corner: Java Edition

**How much do you know about this popular drink? Take this quiz to find out!** (answers, below)

Do you know which type of roast contains the most caffeine?

- A. Espresso (darkest roast)
- B. French (dark roast)
- C. Breakfast (medium roast)
- D. New England (light roast)

What’s a ristretto?

- A. A very short, super-concentrated shot of espresso
- B. A very long espresso shot containing twice the water of a regular shot
- C. A double shot of espresso in a short cup with no foam
- D. A espresso shot topped with light cream

Ordering whipped cream on your midday grande mocha adds an extra \_\_\_\_\_ calories to your daily diet.

- A. 100
- B. 150
- C. 50
- D. 10

Which of these chores can coffee NOT do?

- A. Fuel a fire in your fireplace
- B. Exfoliate and tone your skin
- C. Deodorize your freezer
- D. Clean tarnished silverware

On average, an 8-ounce cup of decaf coffee contains \_\_\_\_\_ milligrams of caffeine?

- A. Zero, it’s decaf
- B. About 50-80 milligrams
- C. 25 milligrams or less
- D. 5 milligrams or less



Answers: D, A, A, D, D

Source: MSN Health & Fitness—Diet & Fitness “Spill the Beans” Coffee Quiz by Bethany Lye