



What's On Tap?

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<http://socialdrinking.uchicago.edu>

Chicago Social Drinking Project 2016: A Year in Review

This year has been a wildly successful one for the Chicago Social Drinking Project (CSDP). As the CSDP completes its 13th year of ongoing research, we would like to share with you some of the study's successes from 2016:

First Cohort

This year, the CSDP completed its 10th year of follow-up for our original cohort who enrolled between 2004-2006. We are thrilled to have garnered a **98%** follow-up rate among your group. In addition, **88%** of you joined us here in Chicago for 10-year retest sessions.

We welcomed individuals from **11** countries, and completed **326** in-lab sessions. Thank you for your help in this research milestone!

Second Cohort

Adding on to the successes of our original cohort, participants who enrolled between 2009-2011 successfully completed their 5th year of follow-up interviews in 2016, producing a success rate of **99%** participation. A retention rate this high is truly unmatched in longitudinal research, and is a source of pride for the CSDP. Thank you for partnering with us.

New: Third Cohort

Lastly, we are currently beginning a new wave of recruitment in heavy alcohol drinkers. Looking ahead to 2017, we plan to enroll **104** new participants. We encourage all of you to spread the word if you know of any chronic heavy drinkers who may be interested in joining!

The year of 2016 saw many achievements for the CSDP, thanks in large part to your continued dedication to our research. We are excited to see all the successes that 2017 may bring!



Follow-up Raffle!

We have given over \$3,000 in raffles since 2005!

Winners of the October 2016

Follow-up Raffle:

\$100 Grand Prize - #652

\$20 Prizes - #696, #654, #658

A big thanks to those of you who participated in follow-up interviews this past year.

Also, we would like to extend an extra thanks to those who completed our puzzle in our most recent Fall edition of "What's On Tap?". For those who missed it, the Chicagoan that coined the phrase, "Vote early and vote often"

was AL CAPONE.

Director's Note

Welcome to our winter issue of "What's On Tap?" In this issue, we take a look back at our accomplishments with the Chicago Social Drinking Project in 2016.



On the back page, we discuss recent research concerning caffeine consumption and withdrawal symptoms. In addition, we provide a chance to learn a little bit more about the CSDP staff with a new question and answer section.

Thank you very much for your participation with the Chicago Social Drinking Project. We look forward to catching up in 2017!

Dr. Andrea King, Principal Investigator



Today's Cup of Joe: Placebo Caffeine Reduces Withdrawal in Abstinent Coffee Drinkers

For all the coffee drinkers out there, we have news for you! Do you ever get headaches, feel fatigued, or have a strong craving for caffeine if you miss your daily dose? Recent research suggests that simply being told a beverage is caffeinated, even if it is not, can significantly decrease those unwanted symptoms of caffeine withdrawal. This new finding comes at a time when many can't live without a caffeine fix, offering hope that people may be able to get through the day caffeine-free *and* without a killer headache.

A recent study at the University of Sydney examined a group of coffee drinkers (drinking at least 3 cups of coffee every weekday), and the relationship between their expectancy for caffeine and their experience of caffeine withdrawal symptoms.

Though all study participants received decaffeinated coffee, the researchers led half of the group to believe that caffeine was indeed in their beverage. Following beverage consumption and observation, participants completed various questionnaires on their withdrawal symptoms.

The researchers discovered that those who were led to believe that they had received regular coffee experienced less difficulty concentrating, fatigue, and flu-like feelings, even though these participants never received a drop of caffeine--quite the "placebo effect". So, next time you miss your morning cup of coffee, just remember: if you believe it, you can achieve it!



Reference: Mills, L., Boakes, R. A., & Colagiuri, B. (2016). Placebo caffeine reduces withdrawal in abstinent coffee drinkers. Journal of Psychopharmacology, 30(4), 388-394.

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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.

They Said What?

Ever wonder what's on the mind of your favorite CSDP staff members? Send in a question to socdrink@uchicago.edu and look for our answers in the next edition of "What's On Tap?"!

When asked for the highlight of 2016...

"Being at Wrigley for Cubs NLCS Game 6, when they clinched going to the World Series!"



Andrea King
CSDP Director

"Going to the Research Society on Alcoholism conference, held blocks from the New Orleans French Quarter."



Patrick McNamara
CSDP Team Member
since 2004

"Canoe tripping this past summer with friends."



Patrick Smith
CSDP Team Member
since 2014

"Road tripping from Boston to Orlando to visit heaven on Earth: Harry Potter World."



Kelsey Clayman
CSDP Team Member
since 2016

