



What's On Tap?

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Where in the World is CSDP?



In the Chicago Social Drinking Project, all participants initially resided in Chicago when they started the study. But over the past 10 years, many of you have moved within the city, or to different parts of the Midwest, the U.S., and the world! The map above shows how diverse a group you are, and how

fortunate we are to continue achieving 98.2% follow-up in Cohort 1 (#401-598) and 100% follow-up in Cohort 2 (#601-705).

We will continue to conduct regular follow-up interviews with all our current 291 participants from around the world.

Cheers!

In sum, as of November 2014:

- 45% of you live in Chicago
 - ⇒72% on the North side
 - ⇒13% on the South Side
 - ⇒8% on the West side
 - ⇒7% in the Loop
- 15% of you live in Illinois (not Chicago)
- 35% of you live in another state
- 5% of you live in another country



Director's Note

Welcome to our winter issue of "What's On Tap?". Here we update you on the diverse locations where you are all currently residing. As many of you have likely had contact with our follow-up coordinator **Lia Smith**, we also include an interview with her so you can get to know her better.



Happy and safe holidays!

Warmest wishes,

Dr. Andrea King
Principal Investigator

We look forward to following up with you!

Follow-Up Raffle

We have given \$2,780 in these additional raffles since 2005.

Winners of the Biannual Follow-Up Raffle:

- \$100 Grand Prize: #614**
- \$20 Prizes: #669, #405, #620, & #662**

Upon receiving the news, #614, the winner of the \$100 Grand Prize stated, "Yay! Finally ahaha!"

CSDP Contact Information

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Concerned about your drinking or substance use or about that of a friend or a family member?

Call Dr. Andrea King (a licensed clinical psychologist) on a confidential basis, for suggestions or referrals at 773-702-6181.

Lab Spotlight: Lia Smith

Lia Smith has been with the CSDP since Summer 2013. She coordinates CSDP follow-up and conducts interviews and experimental sessions in the retesting phase of the study.

An alum of Wheaton College where she graduated with a B.A. in Psychology and a minor in Human Needs and Global Resources, Lia initially joined us as a research extern. However, her talent and enthusiasm quickly resulted in her promotion to full-time Research Assistant.

Currently, Lia works not only with the CSDP, but also our recent e-cigarette research. She helped with study design, data collection, & manuscript writing and preparation.

On top of this, Lia spends one day a week as a behavioral health intern at Lawndale Christian Health Center on Chicago's West Side.

In her free time, Lia enjoys biking, and she has recently begun commuting to work along the Lake Shore path each day. She says Chicago's skyline and Lakefront as two "gems" which make the commute and living in the city especially enjoyable.

Lia cites her time working with CSDP participants as one of the biggest benefits of her time here. While smaller projects have afforded her the opportunity to see the research process from beginning to end, her in-depth involvement with CSDP in this larger, ongoing study has provided her with an appreciation of how participant dedication and cooperation with staff can result in something amazing. Lia has continued our stellar follow-up rates of 98.2%!



Lia Smith (right) with her mother during a recent charity bike ride. Fun Fact: Although not spelled the same, Lia's parents named her brother, Luke, and she after George Lucas's famous Star Wars duo.

Lia recently told Dr. King, "Being a part of a longitudinal study with such a great follow-up rate is an exciting and rare opportunity. Most longitudinal studies have a follow-up rate between 40-75%, while ours hovers around 98%! Knowing that each interview adds to this larger goal makes me look forward to getting in touch with participants each month!"

We are delighted to have her on our team.

Alternatives for Insomnia: Natural Sedatives

Trouble sleeping? While many of us may watch TV, turn on our computer, or work on our mobile phones when unable to sleep at night, doctors recommend better choices.

These do not help with sleep however. The suggested alternatives include finding a cool, quiet place to read a book or look at pictures. They also rec-



ommend taking a calming bath or going for a leisurely walk hours before turning in.

Many people report using substances such as Nyquil to help them fall asleep. While these substances are fine in moderation, they may become detrimental to your health with repeated, consistent use.

As an alternative to



these substances, herbs steeped in boiling water, could make for a calming and sleep-inducing tea.



Try these herbs!

California Poppy

Lavender

Chamomile

Passionflower

Hops

Valerian

Retrieved from: Melgren, S. 2010. 6 Herbal sedatives to help you fall asleep naturally.