



What's On Tap?

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Where In The World Is CSDP?

While the study is still entitled the "Chicago" Social Drinking Project, throughout the follow-up phase, participants have spread out to reside, work, and travel the world over.

The CSDP is currently conducting regular follow-up interviews with 291 participants around the world, via online surveys, phone calls, e-mails, paper surveys, and interviews on Skype.

Thanks to regular contact updates, we are able to keep in touch with participants wherever they may be, which, during the course of the study, has included all 7 continents!

The map, above, provides the approximate locations of CSDP participants during this month.



As of this month -

- **60%** of participants live in Chicago
- **11%** live outside of Chicago, but in Illinois
- **24%** live in another state
- **5%** live in another country or outside the continental U.S.

Thanks so much for keeping in contact with us during follow-up! Please e-mail or call any time if you would like to update your current address, provide a new phone number or e-mail, or simply just want to drop us a line to tell us about your travels. We always enjoy hearing from you!

Director's Note



In this Fall issue of our Quarterly news letter, we provide a snapshot of the large scope of CSDP follow-up, report on the newly enrolled participant cohort, examine the rise of relaxation beverages, and tell you about a new study in our lab currently recruiting women participants.

Thanks for your continued dedication to the Chicago Social Drinking Project. As always, please feel free to contact us at any time with questions about the lab or study.

Dr. Andrea King
Principal Investigator

October Annual Follow-Up Lottery

All subjects who completed an Annual Follow-Up Interview between April and September of this year are automatically entered into a lottery for a \$100 gift card!

The drawing will take place on 10/12/11 with all participants and winners notified by e-mail. Best of Luck!



New Subject Enrollment Completed

The Chicago Social Drinking Project continues to grow with the addition of 104 social drinking young adults into the study!

Between April 2009 and July 2011, the CSDP recruited an additional 104 participants to increase the overall size of the sample. Currently, there are 291 participants actively taking part in the Chicago Social Drinking Project. The study now spans from those just completing their first quarterly interview all the way to those surpassing their 7th year with the study!



CSDP Contact Information

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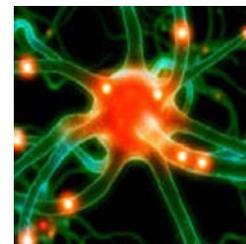
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Hormones and Mood Study Recruitment

The Hormones and Mood Study is a paid research study examining mood and hormonal responses to Naltrexone, an FDA-approved drug that is currently approved for the treatment of opioid and alcohol dependence, in women. The study seeks to examine the effect of the drug on the hormones of healthy, non-alcohol and non-drug dependent females, age 18-35.



Participants will take part in 2 experimental sessions during which they ingest a tablet (either placebo or Naltrexone), answer questionnaires about their mood, and provide blood and saliva samples. Sessions last 4-5 hours, start in the morning at the University of Chicago, and are scheduled around different phases of the menstrual cycle. Participants will receive \$150 for their time.

To learn more about the study and apply, visit the website:

<http://addictions.uchicago.edu/HAM/>
or call Dan Roche: 773-834-8654.

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

Feel free to call Dr. Andrea King directly on a confidential basis for suggestions, feedback, or referrals at tel: **773-702-6181**



Relaxation In a Can: The Anti-Energy Drink

Following the success of beverages with promises of caffeine and instant energy (i.e. Red Bull, Four Loko, 5-Hour Energy), the past few years has seen the rise of sodas and concoctions offering just the opposite: they slow you down.



'Relaxation beverages' with brand names such as 'Unwind', 'Mini Chill', 'Drank', and 'Mary Jane's Relaxing Soda' are marketed as helping people to unwind, relieve stress, and aid in sleeping. These sedating sodas have been widely criticized for both their marketing campaigns and potential safety risks.

The beverages, with their colorful and

cartoonish branding, are generally sold near college campuses and in convenience stores. Some brands elude to providing the same sedation-like effects of other recreational drugs of abuse. For example, the name 'Drank' has its roots in the slang term 'purple drank': a term for an illegal concoction of codeine syrup with soft drinks or alcohol.



safe; however, no major clinical trials have been conducted on the doses contained within relaxation drinks and the FDA does .

The chief ingredients in many of these beverages are often legal, natural supplements like kava, melatonin, valerian root, and rose hips. Taken in moderation, these supplements are seemingly

not strictly review dietary supplements, raising safety concerns.

For example, while the body produces about 3/4 of a milligram of melatonin a day, some of these beverages contain up to 3-5 milligrams in one serving.

In 2002, the FDA warned that kava root had been linked to 'severe liver injury'. Additional studies have found that melatonin can interfere with testosterone and that valerian root withdrawal may be linked to seizures.

Future research will clarify these unknown factors surrounding 'relaxation in a can'.

