

# What's On Tap?

## The Chicago Social Drinking Project (CSDP)

Volume 2, Issue 1

### CSDP Featured in Chicago Sun-Times

When a recent study found that Chicago is the number one binge drinking city, the Sun Times turned to the local binge drinking expert—our very own Dr. Andrea King!

The U.S. Department of Health and Human services found that 25.7% of people 12 and older in the Chicagoland area binged at least once in the last 30 days. The researchers defined bingeing as having five or more drinks in one day. In second place was Houston at 25.6%, and Boston came in third at 25%. Nationally, 22.7% of people reported

bingeing in the

last 30 days. The National Survey on Drug Use and Health found that bingeing is most common among 21–to 25-year olds, with 46% of those in that age range reporting binge drinking. Dr. H. Westley Clark of the Health Department says that although binge drinking may not necessarily destroy your health, it is a serious issue. He believes that those who binge drink are more likely to find themselves in dangerous situations, such as driving while drunk or participating in other reckless behavior.

Dr. King described some of the research in CSDP and



how the data from the laboratory sessions and follow-up may help shed light on risk factors for heavy drinking.

Source: Chicago Sun Times, Sunday, January 14, 2007, Cover Story

#### Director's Note



*It has been a busy winter for me as I am applying for our next five years of funding for CSDP through the National Institute of Alcohol Abuse and Alcoholism. Our first grant was in the top 2.6 percentile so I am hoping for a good outcome on this renewal. With a 98.9% follow-up rate in our first year, we are certainly on the right path-way.*

*Best to all of you!*

*A King PhD*

**Andrea C. King, PhD**



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### NEW CSDP Follow-Up Plans

The Chicago Social Drinking Project is currently working on procedures for the next phase of follow-up. This phase will begin after your second Annual Follow-Up, and will consist of brief internet or paper copy follow ups every six months.

The twice yearly follow-ups will be similar to the quarterly follow-ups you have participated in. They will consist of a 5-10 minute internet survey on your drinking, smoking and caf-

feine consumption, with additional questions on your stress levels and significant life events. You will earn \$20 for each follow-up you complete, with an Early Bird Bonus of \$30 for completing the follow-up on the first day of the month it is due.

We will be sending everyone a letter describing this extended follow-up very soon. If you have any questions in the meantime, please email (socdrink@uchicago.edu) or call us (773-834-3878).

We are very excited to embark on this new phase of follow-up, and look forward to several more years of working with you!



## Lab Spotlight: Patrick McNamara

In each newsletter, we will highlight one lab member and help you get to know them a little bit better. This month we highlight Patrick McNamara.

Patrick McNamara joined our Chicago Social Drinking Project team as a Research Assistant in November 2004. The first subject he tested was #450. In September 2006, Patrick was promoted to Project Coordinator of CSDP as well as another study on alcohol-smoking interactions. In this new role, Patrick is the main person responsible for keeping data collection on track and analyzing results. He was also trained on our clinical telephone follow-up interviews. Some facts about Patrick:

### **Favorite movie:**

“Starship Troopers (from the director of *Showgirls*, it’s actually a terrible movie, but I’m drawn to it like a train wreck).”

### **Favorite TV shows:**

“Lost, Heroes, So You Think You Can Dance? (yes, I realize this makes me a 13 year old girl.)”

### **Worst job:**

“De-Tasselling Corn. It’s field work involving pulling the stem off of corn plants to control fertilization to make seed corn (and the only thing available for those under 16 where I was born). You wake up at 4:00 am, the temperature goes from the 50’s to the 90’s throughout the work day, you have 7 inches of mud on your shoes after walking through the cornfields, sweating and dehydrated and you get cut up by the corn and sunburned while trying to avoid the huge spiders or contracting “corn rash”...all for minimum wage.”

### **Three things you’d most want with you on a deserted island:**

“Lots of water, lots of food and lots of personal insight into the Dharma Initiative.”

### **A unique fact about yourself:**

“I was born and raised in a very small town in Western Illinois. My high school graduating class had only 23 people in it.”



### **What is your favorite book?**

“The Selfish Gene by Richard Dawkins”

### **What is your favorite thing to cook?**

“I’m not exactly a chef...in fact, prior to the age of 25, I rarely prepared anything non-microwaveable. However, I recently learned how to make scrambled eggs very, VERY well.”

## Self-Consciousness and Drinking in Fraternities and Sororities

A recent study on college student drinking found that the more self-conscious female sorority members are, the more they tend to drink, while the opposite is true for male fraternity members.

Aesoon Park of the University of Missouri-Columbia studied college students that belonged to the Greek system and those that did not. Participants reported how

often they became drunk and completed measures to assess their self-consciousness.

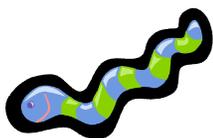
Participants that rated high in self-consciousness were highly aware of how they present themselves to others.

Park found that highly self-conscious fraternity members were drunk less often, while highly self-conscious sorority members were drunk more often. There

was no relationship between self-consciousness and non-Greek members’ drinking.

This may be due to the different ways men and women react to the social pressures to drink heavily in the Greek system. Park believes it highlights the need for colleges to create sex-sensitive intervention programs.

Source: Monitor on Psychology, April 2006, pg. 11



### **Questions? Suggestions? Contact us!**

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