



# What's On Tap?

Chicago Social Drinking Project (CSDP) \* University of Chicago

## CSDP Welcomes New Participants

In the past several months, we have launched 2 new initiatives here at the CSDP. First, we've reopened the project to enroll another 100 participants over the next year. Like those of you in the original cohort (enrolled between 2004-2006), they will complete experimental sessions in our clinical laboratory and then enter the follow-up phase of our study. Our goal is to examine general health, mood,

and substance use patterns over time in a larger sample size. The new cohort will complete identical follow-ups as those of you in the original cohort. Second, for those 188 of you in our original cohort, we have begun contacting participants who were enrolled



in 2004 (#401-#467) to come back for repeat sessions in our clinical laboratory. Our early success rate is very high, with 88% of participants able to attend these visits. We've been able to fly in out-of-towners to participate as well. These follow-up sessions are crucial, as this information will allow us to study longer-term responses to common substances.

### Questions? Comments? Concerns?

Please visit our website for more information about the experimental phase of the Chicago Social Drinking Project as well as a detailed timeline for all participants currently participating in follow-up.

<http://socialdrinking.uchicago.edu>

## Newest Approach to Treating Alcohol Abuse

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) recently launched a program designed to prevent alcohol abuse by increasing the early identification of risky drinking patterns. Dr. Mark Willenberg, one of the main creators of *Rethinking Drinking*, likens this new approach to the treatment of high cholesterol or heart disease, as "the

idea is early identification of risky drinking patterns and early intervention instead of waiting until the person is chronically ill." *Rethinking Drinking* can help those already drinking at abusive levels seek treatment before suffering irreversible health and social consequences. Written materials can be used in the home, doctor's office, workplace, or college campus, thus

sparing many the stigma often associated with entering a treatment program. Ultimately, Willenberg's hope is that early intervention will identify people at risk of becoming alcohol abusers and help them "cut down on their alcohol consumption and reduce their risk."

New York Times, "Program Tries to Identify Problem Drinkers Before Problems Start." <http://www.nytimes.com/2009/05/12/health>



### Director's Note

After a busy spring, we are excited to welcome our newest participants to this issue of "What's On Tap?" Our main news story focuses on recent advancements in the treatment of alcohol abuse. Read on for details on our April follow-up raffle and a fond farewell to one of our staff members as we wish her the best of luck in graduate school. Be sure to try out our puzzle corner as well. All the best for a relaxing summer!

Dr. Andrea King  
Principal Investigator

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# CHICAGO SOCIAL DRINKING PROJECT

## STAFF

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## April 2009 Raffle Results

On April 1, 2009, we held our 8th Bi-Annual Raffle. Winners were:

**1st prize: \$100 for #443, "What !?! That's amazing!!! CSDP rocks :)"**

**2nd prize: \$20 for #453, "Wow, that's cool!"**

**3rd prize: \$10 for #494, "This has totally made my day!"**

All participants who complete an Annual follow-up on or before the 15th of the month in which it is due will be eligible for our Bi-Annual raffle, which gives away prizes worth \$10-\$100. Our next raffle is October 1, 2009. If you are due for an annual follow-up between April and October, please get them in on time to be eligible for the next drawing!

**Summer's here! Do you have your CSDP frisbee?**

Please email us at [socdrink@uchicago.edu](mailto:socdrink@uchicago.edu) or call us at **(773) 834-3878** to request a replacement or additional Frisbee.

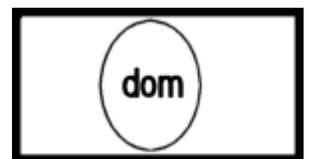
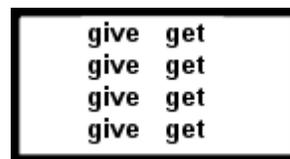
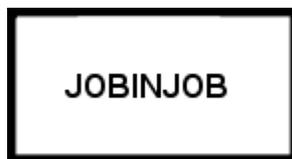


### Good luck Megan!

We'd like to thank Megan Conrad for her hard work as a research assistant with the Chicago Social Drinking Project—we can't believe it's been 3 years already! She will begin her graduate studies in clinical psychology this fall at the University of Illinois at Chicago. We're lucky that she is staying close and we look forward to working with her again in the future.

## Puzzle Corner

A REBUS is a picture representation of a name, work, or phrase. Each puzzle box below portrays a common word or phrase. Can you guess what they are? Answers are included below.



Top Row (Left to Right): Split Level, Point Blank Range, One in a Million, Tuna Fish  
Bottom row (Left to Right): In Between Jobs, Split-Second Timing, Forgive and Forget, Domino

Source: Rebus Puzzle Brainteasers.  
<http://kids.niehs.nih.gov/>