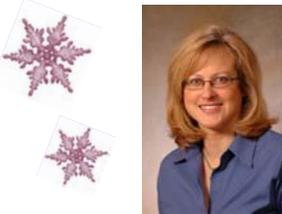


# WHAT'S ON TAP?

Chicago Social Drinking Project Winter 2010: Volume 4, Issue 4



## Director's Note



Happy New Year to everyone. We hope you all enjoyed a happy and healthy holiday season. In this January 2010 newsletter, we provide a recap of the progress with the CSDP in 2009, announce the lottery winners of the October 1, 2009 raffle, and discuss the Food and Drug Administration's recent concern with alcohol mixed energy drinks. We look forward to following up with all of you in this year.

*A. King (MK)*

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Principal Investigator

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## Chicago Social Drinking Project: 2009 in Review

With your help, the CSDP has had a very productive and successful year. We wanted to take this opportunity to review the study's progress with a quick look back on 2009:

### January 2009: Grant Renewal

► On January 1, 2009, we received a five-year renewal of our grant funding from the National Institutes of Health.

► The plans for this renewal phase are to continue follow-ups and begin retesting sessions with our first 188 participants (who joined the study in 2004-2006) and recruit a new group of 100 participants. We will also analyze data, write papers and present findings at scientific meetings.



### March 2009: 5-Year Follow-Ups & Sessions

► In March 2009, we began conducting 5-year follow-up interviews, which consist of confidential surveys on moods, life events, and substance use patterns.

► On 4/6/09, our first re-testing session, five years after original testing, was conducted.



### May 2009: New Participants

► In May 2009, enrollment of 100 new participants to CSDP was initiated. These new participants are the first to join the study since July 2006. They will take part in identical procedures in the laboratory and in follow-ups as those of you who joined in 2004-2006.

### June 2009: Scientific Conference

► Dr. King, Patrick, Megan, and Dan presented some initial research findings at the Research Society on Alcoholism's annual scientific conference in San Diego, CA in June 2009.



► We presented of the research on these topics: how to achieve 99% follow-up success, perceptions of beverage content, alcohol and substance use patterns during follow-up, and tobacco and alcohol interactions.

### July 2009: New Staff

► Over the summer, we had two additions to our staff: research assistants Katie Foster and Sarah Butler. Many of you may have met or talked with them over the past six months, and if not, you will likely get to know them this next year.



► They are involved in all aspects of the study from recruitment, screening, experimental sessions, follow-up interviewing, and data analysis/presentation.

### November 2009: Fly-In Record

► Thus far, 100% of participants now living outside of Chicago have participated in the 5-Year retesting sessions (with all travel and lodging provided by the study).

► In November 2009, the record for longest fly-in distance was set by not just one, but two participants, each of whom flew in from Anchorage, Alaska (2,858 miles!).



### December 2009: Overview of Follow-up

► For our new group of participants, we have thus far enrolled an additional 47 participants into the study and have achieved a 100% follow-up rate for quarterly follow-up interviews.

► Our first group of participants have completed 135 four and five year follow-up interviews and have participated in 89 re-test sessions.

**In all, 2009 was a very successful year for us, thanks to your continued dedication to the study. In 2010, we look forward to continuing to work with you in CSDP.**

Check Out Our Website -

<http://socialdrinking.uchicago.edu>

For links to follow-up interviews, re-testing information, past issues of newsletters, or to refer a new participant!



# Caffeine and Alcohol: Danger in the Mix?

What do energy drinks like *Wide Eye*, *Max Fury*, *Slingshot Party Gel*, *Sparks*, and *Jungle Joose* have in common? They are all popular energy drinks containing both caffeine and alcohol.



While the isolated effects of alcohol (feeling intoxicated) and caffeine (feeling wide awake) are well-known, their action together has still yet to be clearly characterized. Thus far, studies examining the co-use of these substances have revealed mild improvement of performance reaction time but no reduction in other impairment associated with alcohol intoxication.

Despite this lack of research, people still make assumptions about the influences these drugs have on one another. An estimated 26% of college drinkers regularly consume alcohol mixed energy drinks, expecting caffeine to reduce the severity of a hangover and to increase their capacity for alcohol by reducing drunkenness.



This idea that caffeine can make you “less drunk” may be especially hazardous

as evidence strongly suggests that the addition of caffeine leads to worse self-assessment about intoxication, perhaps leading to riskier behavior. In other words, you might not realize just how intoxicated you are, so you might be more likely to perform tasks (i.e., driving a car) better left performed while sober.



Recently, mounting concern that consuming these products, relative to alcohol alone, increases the likelihood of injury or aggression has prompted the FDA to warn 30 manufacturers of alcoholic energy drinks that they must prove the safety of their products or be forced to discontinue them.

In the Chicago Social Drinking Project, we touch upon this issue by examining performance differences (in tasks like the pegboard, eye tracker, and digit symbol matching) among varying social drinkers after the consumption of combinations of substances (alcohol, stimulant, sedative, placebo, etc). The data obtained from the study will add to this growing body of research.

CSDP Research Staff

Principal Investigator

Andrea C. King, Ph.D.

Project Coordinator

Patrick McNamara

Current Research Assistants

Sarah Butler

Katie Foster

Toni Harris

Constantine Trela

Past Research Assistants

Megan Conrad

Roslynn Riley

Curt Van Riper

Ty Brumback, M.A.

Adrienne Dellinger

Alyssa Epstein, PhD

## Bi-Annual Follow-Up Lottery Winners

The 9th Bi-Annual Follow-Up Lottery was drawn in October 2009:

**Grand Prize** (\$100 Gift Card)  
went to subject # 521

**Runner-Ups** (\$10 Gift Card)  
were subjects # 531 and #519

Follow-up lotteries are held twice a year. All participants who completed an Annual follow-up interview on time during the 6 month period preceding each drawing will be automatically entered.

The next drawing will be held **April 1, 2010**  
**Please complete your follow-up on time to be eligible!**

## Puzzle Corner

5 of the 10 energy drinks below contain alcohol— Can you tell which ones?



Answers: A-B-E-F-H