

What's On Tap?

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Updates & New Research Findings by our Group

We at the Chicago Social Drinking Project (CSDP) remain busy this Fall with participant follow ups and data organization and analyses. Our 290 CSDP participants range from those completing their first 1-year follow up to those completing an 8-year follow up. We are thrilled with our ~98% follow up rate and hope that each and every one of you know how appreciative we are of your continued participation. We know we say this a lot, but we hear at least on a monthly basis from other researchers how truly amazing and unique our study is, and that our success in follow up is unparalleled. Thank you all again!

While follow ups over the internet or telephone interviews continue, we have also been working on results in other studies. In this article we share some recently published or in press work from our large smoking cessation trial.

In our clinical research group, we enrolled 315 smokers desiring to quit and randomized them to treatment

with a medication called naltrexone or to a placebo (not active drug condition). We compared smoking behaviors, quit rates, and how much weight



was gained over the course of the trial. Our results^a showed that men were more sensitive to the medication in reducing smoking and improving quit rates, while women were more sensitive to the medication's effect on reducing number of pounds gained during treatment.

We then combined our data on those who remained smoke-free one year after the quit date with similar participants in a study by our colleague at Yale University. In this combined analysis^b of 159 successful quit-

ters (out of 700 participants originally enrolled), we found that women who received naltrexone (vs. placebo) during the first few months of treatment showed significant reductions in weight gain up to one year later. For men, those who received the medication or placebo gained about the same amount of weight at follow up. These results provide evidence for naltrexone as the first medication to reduce women's long term weight gain when they quit smoking. The medication may be a helpful adjunct treatment for those most concerned about gaining weight.

Source

^aKing A, Cao D, O'Mally S, Kranzler H, Cai X, deWit H, Matthews A, & Stachowiak R (2012). Effects of naltrexone on smoking cessation outcomes and weight gain in nicotine-dependent men and women. *Journal Clin Psychopharmacol*. 32(5): 630-6

^bKing A, Cao D, Zhang L, & O'Malley SS (2012 in press). Naltrexone reduction of long-term smoking cessation weight gain in women but not men: A randomized controlled trial. *Biological Psychiatry*.



Director's Note

Hope everyone is enjoying the Fall season. In this issue of "What's On Tap?", we include updates on our research, offer tips on how to maintain success in follow-up, and include a fun puzzle on page 2. Those who email us the answer, four letters across in row 2, over the next 2 weeks will be in a drawing for \$\$ and prizes.

Dr. Andrea King
Principal Investigator

Help Keep The Rate Great!

Since its inception, the CSDP has conducted **over 2,500 follow-up interviews**. Thanks to your dedication in continuing participation, we currently boast an outstanding **98.5%** successful interview completion rate.

Suggestions for you to help us maintain this success rate going forward:

- **Keep your contact information up to date**
Remember to call or email if you move, change e-mails, get a new phone number, or want to update your collateral person who we can contact in case we can't reach you. It saves a lot of time trying to reconnect when you are due for an interview.
- **Take advantage of alternate follow-up methods if needed**
Out of the country? No Internet access? No problem! We can conduct all follow-up interviews online, by phone, via Skype, mailed paper copy, e-mail, or in-person (we'll have our car service transport you). Contact us to let us know which works best for you.
- **Communicate your schedule to arrange for additional time**
If contacted during a time when an unexpected event makes completing a follow-up interview difficult, feel free to communicate that with us, and we'll be happy to work with you to arrange an alternate date or to just skip it.

October Follow-Up Raffle!

The Annual Follow-Up Raffle for those completing follow-up between April and Sept. 2012 was held this month, with 89 participants entered. **The winners were:**

\$100 Grand Prize- #698: "Thanks! Other than 'Awesome', I don't know what to say!"

\$20 Prize- #589, #697, #408

\$10 Prize- #432, #410

CSDP Gifts-#704, #657, #596

Congratulations! Our next raffle will be held on **April 15, 2013** for those completing an Annual interview from Oct 2012 - March 2013.

Complete your interview on time to be automatically entered to win!

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Alcohol and the Visual System

It is well known that alcohol may affect visual functioning, making certain activities (like driving) dangerous; however, little is known about how alcohol affects individual pathways and components within the visual system. We are engaged in an ongoing collaboration with Dr. Dingcai Cao in the Dept of Ophthalmology and Visual Science at the University of Illinois at Chicago to examine this issue.

In our first pilot study, which is now in press^c, we examined alcohol's effect on visual pathways which manage contrast processing, which is the ability to distinguish an object against a background.

A group of 16 young adults participated in this study. Each participant drank a beverage containing either alcohol or a placebo before completing a series of tasks which examined

the participant's ability to detect slight changes in the color and brightness of an object set against a background. For example, a difference in contrast would be introduced on 1 of 4 squares (Figure 1, below) and the participant would indicate which square changed.

Fig 1



Results showed that alcohol impaired elements of contrast processing in particular visual pathways in different ways: While alcohol reduced *contrast sensitivity* in one pathway and *contrast gain* in another, it had no effect on sensitivity or gain in the opposite pathway.

Differences in these pathways after alcohol consumption increase our knowledge of how alcohol may



impact our ability to properly perceive our environment and also may provide insight into several visual disorders which may relate to drinking patterns. Further collaborative research is underway at the University of Illinois at Chicago.

For additional details, please see the publication, below.

Source:

^cZhuang X, King A, McNamara P, Pokorny J & Cao D (2012 in press). Differential effects of alcohol on contrast processing mediated by the Magnocellular and Parvocellular pathways. *Journal of Vision*.

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

Feel free to call Dr. Andrea King (who is a licensed clinical psychologist) on a confidential basis, for suggestions or referrals at 773-702-6181



Autumn Puzzle Contest!

Complete this Autumn-themed puzzle for a chance to win a \$40 gift card from the CSDP. The puzzle is easy and does not require prior experience (even Dr. King completed it within five minutes!).

Directions:

- Fill in the grid so that every row, column, and 2x2 mini-grid contains the letters L, E, A, and F
- When complete, note the letters contained in (row 2) boxes 1-4:
1) ____ 2) ____ 3) ____ 4) ____
- Email these letters to us at socdrink@uchicago.edu
- All entries received by midnight **Fri Nov 2, 2012** will be entered into a drawing for a \$40 gift card to either Amazon.com, Target, Barnes & Noble, or Starbucks (and \$20 and \$10 for first- and second-runner up prizes).

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|---|---|---|--------|
| F | | | |
| 1 | 2 | 3 | 4 A |
| L | | | |
| | | | E |