

What's On Tap?

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Spring 2012



CSDP Celebrates Spring 2012 Milestones

Spring 2012 marks two exciting milestones for the CSDP:

CSDP 8-Year Anniversary

March 2012 marks the 8-Year anniversary of the first in-person experimental session for the CSDP. Since then, 294 participants have completed lab sessions (190 from Cohort 1 in 2004-2006; 104 from Cohort 2 in 2009-2011). In Cohort 1, the majority of participants (156 of 190) attended re-test sessions 5 years after their initial sessions. We are very proud of this achievement,

which is the first of its kind in the substance use field. This month also marks our 2,500th follow-up. We truly appreciate the continued participation from so many of you to help us achieve over 97% follow up.

CARL 15-Year Anniversary

This year also marks the 15-Year anniversary of the Clinical



Addictions Research Laboratory (CARL). Dr. King initiated CARL when she joined the faculty at the University of Chicago in 1997. CARL has focused on numerous studies in addition to CSDP with the overall goal of understanding biological and psychological aspects of substance use. Since its inception 15 years ago, the lab has made many contributions to the scientific literature, helping to advance knowledge of substance use patterns and responses.

Here's to another 15 years!

Alternative Methods for Follow-Up Interviews

When it comes to completing follow-up interviews for the study, the CSDP strives to be as flexible and accommodating as possible. We have several alternatives to the standard completion methods to fit your needs.

Limited Internet Access?

Paper copies of all follow-up interviews are available to be mailed to you upon request. Included with the surveys is a self-addressed stamped envelope to use to mail the surveys back to us after you have finished.

Out of the country?

The phone portion of inter-

views are often difficult to complete for participants travelling or living abroad. One alternative is to conduct the phone portion with study staff via *Skype*. The interview can be completed at any time to account for time zone changes. Also, online equivalents of all interviews are available for situations when connecting on the phone is completely impossible.

Want to visit us?

We would love to see you! If you are nearby or would prefer to receive your compensation immediately, feel free to schedule a time to stop by to complete the follow-up interview on the computers in our lab.

Please give us a call or e-mail to arrange these or any other alternative methods for completing a follow-up interview. We will try our best to make the process as smooth as possible for you.

Director's Note



In this issue of "What's On Tap?", we welcome Spring by celebrating two study anniversaries, detail some alternative methods for completing follow-up interviews, and spotlight a lab member to let you know a little more about Dr. Sandra Rueger. Thanks again for your dedication and continued participation. Please feel free to contact me or any of the CSDP staff at any time with questions about your participation.

Dr. Andrea King
Principal Investigator

Follow-Up \$100 Raffle Schedule 2012

All participants completing an Annual Follow-Up Interview on time are automatically entered into a drawing for prizes what includes a \$100 gift card

- April 16, 2012—Drawing for all those completing an Annual Follow-up between Oct'11 and Mar'12
- October 15, 2012—Drawing for all those completing an Annual Follow-up between Apr'12 and Sept'12

All eligible participants and winners will be notified in advance via e-mail, so make sure to keep your contact info up to date!

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Who Said It?

Quotes

- 1) "I cook with wine, sometimes I even add it to the food."
- 2) "The whole world is about three drinks behind."
- 3) "I've stopped drinking. Now I just freeze it on a stick and eat it like a Popsicle."
- 4) "Always remember that I have taken more out of alcohol than alcohol has taken out of me."
- 5) "Wine is bottled poetry."
- 6) "Beer is proof that God loves us and wants us to be happy."



Lab Spotlight: Sandra Rueger



In this issue of "What's on Tap?", the lab spotlight is on Sandra Yu Rueger, PhD.

Dr. Rueger worked as a licensed marriage and family therapist in various mental health settings for over 15 years before embarking on doctoral studies to focus her energies on clinical research. She completed her Postdoctoral Fellowship with CARL in August, 2011 and is now an Assistant Professor of Psychology at Wheaton College. Dr. Rueger continues to work with our group on active collaborations on several projects. Among her accomplishments while at the University of Chicago, Dr. Rueger conducted diagnostic interviews and trained staff on

interviewing techniques, validated a brief version of one of our subjective measures, and conducted an independent study to demonstrate strong psychometric properties of our self-administered calendar survey for alcohol and smoking behaviors.

We recently sat down with Sandi and asked her a few questions to get to know her better:

Do you have any hobbies?

"When I have free time, I love to spend it with friends/family; on sunny days, I like to nap in my hammock, and I've taken up running again. Running a

marathon is on my bucket list. I've also started yoga recently, which is kind of fun, and I'm curious about P90X... if only I had more time..."

What is your favorite television show?

"I can stay up to watch 4 episodes in a row of Criminal Minds until 2 in the morning. Over the years, my favorite shows have been comedies: Seinfeld, Friends, and Raymond are some of the best... oh, and Family Ties with Michael J. Fox... does anyone remember that one? I think I am dating myself pretty badly here!"

What was your worst job ever?

"I have vague recollections of being a telemarketer of some sort...I can picture myself being in a room with cubicles and wearing a headset, but that's all I remember. I think I lasted 3 days. It must have been so bad I have banished it from my memory!"

Look for us online: Updated website and Facebook

Check out our website and Facebook page to view study updates, follow-up schedule information, past copies of newsletters, or to access online interviews.

Website: <http://socialdrinking.uchicago.edu>

Facebook: ChicagoSocial DrinkingProject

Put your trivia knowledge to the test by matching the quotes on the left to its famous author on the right. The answers are provided below.



Attributed To...

- A) Dean Martin
- B) Benjamin Franklin
- C) Winston Churchill
- D) Humphrey Bogart
- E) W.C. Fields
- F) Robert Louis Stevenson

Sources: Lendler, Ian. *Alcoholica Esoterica*. New York: Penguin Books, 2005. Quote Garden (<http://www.quotegarden.com/alcohol.html>).

Answers: 1E, 2D, 3A, 4C, 5F, 6B