

What's On Tap?

VOLUME 5, ISSUE 1

SPRING 2010



CSDP Springs Forward

This Spring, the staff of the Chicago Social Drinking Project is doing more than just anxiously awaiting the return of warm weather to Chicago:

Experimental Sessions — As we conduct experimental drinking sessions nearly every night of the week, we've completed about half of the 5-Year sessions. We couldn't be more pleased with the number of participants who've been able to return to participate after 5 years. We recently had our first participant return from outside of the US (all the way from Australia!). We've enjoyed getting reacquainted with all of you who have returned and appreciate your help with our success with these sessions thus far.



Scientific Conferences — In February 2010, we presented research findings at the 16th Annual Meeting of the Society for Research on Nicotine and

Tobacco (SRNT), in Baltimore, Maryland. Dr. King spoke about data comparing the sexes on weight gain and quit rates in a study of smoking cessation; Katie Foster presented findings from a laboratory study showing alcohol relatively reinforces the monetary value of cigarettes; and another lab member, Ryan, lectured on smoking, drinking, and appetite changes during the week before quitting smoking.



We'll next be presenting data at the Research Society on Alcoholism (RSA) conference this summer in San Antonio, TX.



Annual Follow-Up Interviews to Begin — Next month will mark a full year since we began recruiting the new group of participants! Quarterly follow-ups over the past year have been going smoothly so we look forward to continued success as these annual follow-ups begin.

The Annual Follow-Up Interview consists of a series of surveys inquiring about updates of alcohol and substance use patterns, general status, life events, and current moods. The Interview can be completed online or by paper copy and takes 20-30 minutes to complete. You will be compensated with \$40.00 in Gift Cards for completing the Annual Follow-Up Interview—with an additional \$20 bonus awarded for interviews completed prior to the 15th of the month during which the interview is due.

New Recruitment Continues — As we've made great progress recruiting this new group of participants over the past year, we're aiming to enroll new about 50 more participants into the study in the upcoming months. Please refer any people interested in participating to our website to fill out an application at:

https://www.surveymonkey.com/s/CSDP_Application

Director's Note



In this issue of *What's on Tap*, we update you on our 2010 progress, relate some findings from a study on smoking and drinking, and welcome the newest member of our full time staff. Also, we invite you to participate in a caffeine trivia lottery.

As always, we appreciate your contribution and look forward to following-up with you soon!

Andrea King

Dr. Andrea King
Principal Investigator

April Lottery

Best of Luck!

If you completed an Annual follow-up between October 2009 and March 2010 you are automatically enrolled in our semi-annual drawing for prizes including a \$100 gift card. All eligible participants will be notified by email in April about the drawing and winners.

2010 Annual Gift: CSDP Grocery Tote

Each year, we send out an annual gift in order to show our appreciation for your contribution to the study. Hopefully all of you received your CSDP grocery tote and will find good use for them in the upcoming months! If you did not receive one or you need a replacement, please feel free to contact our staff at:

773-834-3878
socdrink@uchicago.edu.



LAB

SPOTLIGHT

The Chicago Social Drinking Project is excited to welcome Constantine Trela on as a full-time research assistant!



**Constantine
Trela**

Constantine is a 2010 graduate of the University of Chicago where he majored in Psychology, played on the University football team and worked part time with our clinical research group. He has assisted with smoking cessation projects and the Chicago Social Drinking Project for the last several years. Outside of social drinking research, Constantine has experience working with children with developmental disabilities and behavioral disorders. He hopes the research experience he gains with the CSDP will assist with his future career and PhD aspirations.

Welcome, Constantine!

CSDP Contact Information

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CSDP Staff

Principal Investigator	Project Coordinator
Andrea C. King, Ph.D.	Patrick McNamara
Research Assistants	
Sarah Butler	Katie Foster
Constantine Trela	Toni Harris
Former Staff	
Megan Conrad	Ty Brumback
Adrienne Dellinger	Ayesha Hurry
Lauren Kemp	Roslynn Riley

Concerned about your drinking or substance use or about that of a friend or family member? Feel free to call Dr. Andrea King directly on a confidential basis to provide suggestions, feedback, or referrals at 773-702-6181

Caffeine Trivia Challenge

Send your answers to socdrink@uchicago.edu by May 3, 2010 to be entered into a raffle for a \$40 gift certificate to your choice of Target, Barnes and Noble or Starbucks!

1. Which has the highest amount of caffeine?

- Mountain Dew
- Diet Mountain Dew
- Jolt Cola
- Canada Dry Ginger Ale

2. Where is caffeine found naturally?

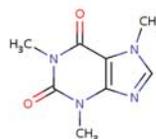
- coffee beans
- tea leaves
- cocoa leaves
- kola nuts
- all of the above
- none of the above

3. A strong cup of tea contains the same caffeine content as a cup of filter coffee.

- True
- False

4. The chemical term for caffeine is

- "trimethylxanthine"
- "ethanol"
- "caffethermaline"
- "joe"



5. Headache pills can contain caffeine; which of the following brands has the highest caffeine content?

- Excedrin
- Aspirin
- Tylenol
- Anacin



6. Which of the following is NOT a short-term effect of caffeine consumption?

- Increased metabolic rate
- Increased anxiety
- Increased body temperature
- Increased blood pressure

7. How long does it take the human body to clear itself of caffeine?

- Around 1 hour
- Around 5 Hours
- Around 12 Hours
- Around 24 Hours

