| Demographics and clinical characteristics | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | ***N*** | ***%*** | ***M*** | ***SD*** | ***Range*** |
| Age | — | — | 40.9 | 12 | 21-72 |
| Sex | | | | | |
| Female | 72 | 49.3 | — | — | — |
| Male | 74 | 50.7 | — | — | — |
| Race | | | | | |
| American Indian/Alaska Native | 3 | 2.1 | — | — | — |
| Asian | 2 | 1.4 | — | — | — |
| Black/African American | 7 | 4.8 | — | — | — |
| White/Caucasian | 127 | 87.0 | — | — | — |
| Other/Multiracial | 7 | 4.8 | — | — | — |
| Hispanic, Latino, or Spanish Origin | | | | | |
| Yes | 4 | 2.7 | — | — | — |
| No | 142 | 97.3 | — | — | — |
| Education | | | | | |
| Less than high school or GED degree | 1 | 0.7 | — | — | — |
| High school or GED | 13 | 8.9 | — | — | — |
| Some college | 39 | 26.7 | — | — | — |
| 2-Year degree | 12 | 8.2 | — | — | — |
| College degree | 58 | 39.7 | — | — | — |
| Advanced degree | 23 | 15.8 | — | — | — |
| Employment | | | | | |
| Employed full-time | 69 | 47.3 | — | — | — |
| Employed part-time | 25 | 17.1 | — | — | — |
| Full-time student | 7 | 4.8 | — | — | — |
| Homemaker | 1 | 0.7 | — | — | — |
| Disabled | 6 | 4.1 | — | — | — |
| Retired | 8 | 5.5 | — | — | — |
| Unemployed | 18 | 12.3 | — | — | — |
| Temporarily laid off, sick leave, or maternity leave | 3 | 2.1 | — | — | — |
| Other, not otherwise specified | 9 | 6.2 | — | — | — |
| Personal Income | — | — | $34,408 | $32,259 | $0-200,000 |
| Marital Status | | | | | |
| Never married | 64 | 43.8 | — | — | — |
| Married | 30 | 20.5 | — | — | — |
| Divorced | 45 | 30.8 | — | — | — |
| Separated | 5 | 3.4 | — | — | — |
| Widowed | 2 | 1.4 | — | — | — |
| Alcohol Use Disorder Milestones | | | | | |
| Age of first drink | — | — | 14.6 | 3 | 6-24 |
| Age of regular drinking | — | — | 19.6 | 6.6 | 11-56 |
| Age at which drinking became problematic | — | — | 27.8 | 9.7 | 15-60 |
| Age of first quit attempt | — | — | 31.4 | 10.4 | 15-65 |
| Number of Quit Attempts\* | — | — | 5.6 | 5.8 | 0-30 |
| Lifetime History of Treatment (Can choose more than 1) | | | | | |
| Long-term residential (6+ months) | 7 | 4.8 | — | — | — |
| Short-term residential (< 6 months) | 48 | 32.9 | — | — | — |
| Outpatient | 72 | 49.3 | — | — | — |
| Individual counseling | 95 | 65.1 | — | — | — |
| Group counseling | 61 | 41.8 | — | — | — |
| Alcoholics Anonymous/Narcotics Anonymous | 91 | 62.3 | — | — | — |
| Other | 36 | 24.7 | — | — | — |
| Received Medication for Alcohol Use Disorder | | | | | |
| Yes | 57 | 39.0 | — | — | — |
| No | 89 | 61.0 | — | — | — |
| DSM-5 Alcohol Use Disorder Symptom Count | — | — | 8.9 | 1.9 | 4-11 |
| Current (Past 3 Month) Drug Use | | | | | |
| Tobacco products (cigarettes, chewing tobacco, cigars, etc.) | 82 | 56.2 | — | — | — |
| Cannabis (marijuana, pot, grass, hash, etc.) | 65 | 44.5 | — | — | — |
| Cocaine (coke, crack, etc.) | 18 | 12.3 | — | — | — |
| Amphetamine type stimulants (speed, diet pills, ecstasy, etc.) | 14 | 9.6 | — | — | — |
| Inhalants (nitrous, glue, petrol, paint thinner, etc.) | 3 | 2.1 | — | — | — |
| Sedatives or sleeping pills (Valium, Serepax, Rohypnol, etc.) | 22 | 15.1 | — | — | — |
| Hallucinogens (LSD, acid, mushrooms, PCP, Special K, etc.) | 14 | 9.6 | — | — | — |
| Opioids (heroin, morphine, methadone, codeine, etc.) | 16 | 11.0 | — | — | — |
| Reported 1 or More Lapse During Study Period | | | | | |
| Yes | 82 | 56.2 | — | — | — |
| No | 64 | 43.8 | — | — | — |
| Number of reported lapses | — | — | 7 | 12.2 | 0-75 |
| *Note:* |  |  |  |  |  |
| N = 146 |  |  |  |  |  |
| Two participants reported 100 or more quit attempts. We removed these outliers prior to calculating the mean (M), standard deviation (SD), and range. |  |  |  |  |  |
|  |  |  |  |  |  |