

Sample

N=200

Access (Journey; others?) and community recruitment

Self-report criteria for AUD, moderate severity (≥ 4 criteria)

Alcohol Abstinent between 1 – 8 weeks at Intake visit

WNL for Paranoid Ideation & Psychoticism on SCL-90

Willing to transfer phone number to our study iPhone

Study Timeline

5 in person visits

Screening

Intake (Month)

Follow-up 1 & 2 (Month 1 and 2)

Final visit (Month 3)

Real time monitoring for 3 months

Compensation

iPhone (\$450)

3 months of unlimited voice, SMS, and data (\$66 per month)

\$20/hour for office visits (\$170 - \$230 across 5 visits)

Study participation (90%) bonuses

Carrying Your Cell Phone: \$40 per month

Daily surveys: \$25 per month

Wearing wristband: \$15 per month

Sleep sensor: \$15 per month

Moves app (location monitoring): \$10 per month

Measures

1. Screening

- **Demographics (11)**
- **Alcohol Use History (13)**
- **Self-report DSM Checklist**
- **Young Adult Alcohol Problems Test (27)**
- **WHO The Alcohol, Smoking and Substance Involvement Screening Test**
- **SCL-90 (90)**

2. Intake

- **Intolerance of Uncertainty Scale (27)**
- **Anxiety Sensitivity Index (18)**
- **Distress Tolerance Questionnaire (15)**
- **McMaster Family Assessment Device (60)**
- **Multidimensional Personality Questionnaire Brief Form (155)**

- **Complete Contacts and Risky/Protective Locations and Dates Form**

- **Penn Alcohol Craving Scale (5)**
- **Alcohol Abstinence Self-Efficacy Scale (20)**
- **Monthly Addiction Monitor (19)**
- **Depression Anxiety Stress Scale-21 (21)**
- **Hassles and Uplifts Scale (53)**
- **Quality of Life Questions (17)**
- **Dyadic Adjustment Scale (33)**
- **Multidimensional Scale of Perceived Social Support (12)**

3. Follow-up visit #1

- **Update Contacts and Risky/Protective Locations and Dates Form**
- **Penn Alcohol Craving Scale (5)**
- **Alcohol Abstinence Self-Efficacy Scale (20)**
- **Monthly Addiction Monitor (19)**
- **DASS21 (21)**
- **Hassles and Uplifts Scale (53)**
- **Quality of Life Questions (17)**
- **Dyadic Adjustment Scale (33)**
- **Multidimensional Scale of Perceived Social Support (12)**
- **Burden measure (31)**

4. Follow-up visit #2

- **Update Contacts and Risky/Protective Locations and Dates Form**
- **Penn Alcohol Craving Scale (5)**
- **Alcohol Abstinence Self-Efficacy Scale (20)**
- **Monthly Addiction Monitor (19)**
- **DASS21 (21)**
- **Hassles and Uplifts Scale (53)**
- **Quality of Life Questions (17)**
- **Dyadic Adjustment Scale (32)**
- **Multidimensional Scale of Perceived Social Support (12)**
- **Burden measure (31)**

5. Final visit #3

- **Burden Measure (31)**

6. Real-time Data

- **Morning Daily Ecological Momentary Assessment Survey (11)**
 - https://uwmadison.co1.qualtrics.com/SE/?SID=SV_bBGKAZNQeyXuN6Z
- **3x Daily Ecological Momentary Assessment Survey (7)**
- **1X Daily Audio Check In (How are you feeling about your recovery today?) (1)**
- **GPS Location via Moves app**
- **Phone Call Logs (Incoming and Outgoing)**
- **Text Message Logs (Incoming and Outgoing)**
- **Text Message Content (Incoming and Outgoing)**
- **Movement (Accelerometer)**
- **Heart Rate**
- **Galvanic Skin Response (GSR)**
- **Skin Temperature**
- **Sleep Quality**
- **A-CHESS Usage Statistics**