November 18, 2019

Dear Sarah Bires:

Thank you for your participation in the research study, ***Dynamic, real-time prediction of alcohol use lapse using mHealth technologies***. Your participation helped support our study goal to develop a procedure to use real-time measures to identify when newly sober individuals with alcohol use disorder are at the greatest risk of relapsing back to drinking. As requested, below you will find an outline of the research activities you completed while enrolled in our study.

You participated in our study from July 17, 2019-October 21, 2019. As a research participant you completed the following:

- You attended 5 study visits (each lasting between 2 and 3 hours) to our research center on the following dates:

    o July 17, 2019
    o July 22, 2019
    o August 26, 2019
    o September 23, 2019
    o October 21, 2019

- During each of the study visits you completed several self-report surveys answering questions about your demographics, personality, mental health, emotions, experiences with alcohol, your recovery efforts, and personal support network.

- You completed short surveys on your smartphone 5 times a day to report on your commitment to sobriety, daily stressors, and your emotions.

- Through smartphone apps you allowed study staff to passively monitor your GPS locations and social interactions (by collecting SMS and Voice logs) to gain insight into the people and places that support or detract from your goal of sobriety. This monitoring occurred from 7/22/19-10/21/19.

Please let me know if you need any additional information about your participation in our research study.

Sincerely,

Candace Lightheart

Candace Lightheart, Senior Research Specialist
UW-Madison-Addiction Research Center