**Dynamic, Real Time Prediction of Alcohol Use Lapse Using mHealth Technologies***Funded by the National Institute of Alcohol Abuse and Alcoholism*

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**Study Purpose:**   
To examine the effectiveness and ability of mobile technology to indicate if and when a recovering alcoholic is at-risk of relapse back to drinking. The applied research goal is to create a relapse prediction signal that will alert treatment providers, in real-time, when their client is at-risk of relapse and in turn provide them with supportive services aimed at preventing relapse.

**Recruitment Goal:** N=200

**Recruitment Method:**   
Clinician will provide appropriate clients with a brochure outlining the essential study information and encourage client to contact the recruitment line if they are interested in learning more about participation. This brochure also includes a bus pass and information about bus lines for transport to our office.

Once client contacts our recruitment line, they will complete a brief phone screen. If they pass the phone screen, and are still interested in the study, they will be invited to the lab to complete the initial screening interview. Their final eligibility will be confirmed after the initial screening visit.

**Eligibility Criteria:**

* 18 or older
* Must be able to read and write in English
* Abstinent from alcohol for at least 1 week and no longer than 2 months
* Meet criteria for Alcohol use disorder with at least moderate severity (we will confirm this at the screening session)
* No current severe symptoms of psychosis or paranoia.
* Agree to use an iPhone we provide and transfer their existing cell phone number (if they have one) to the iPhone we provide to establish it as their primary phone.

**What Participants will be Required to Do:**  
Consent to participate in data collection for three-month duration. Data collection will occur during monthly visits to our lab, and between visits where participants’ physiology, sleep habits, social interactions, and location will be monitored through the use of mobile technology.

**What data will we collect:**

* Self-report questionnaires during all study visits to our lab (5 Lab Visits: Screen, Intake, and 3 Follow-up Sessions)
* Brief (< 1 minute) surveys (4x daily) on the iPhone
* Audio response (1x daily) to check-in question: “How are you feeling about your recovery today?”
* Passive daily monitoring of location and social interactions (call & text logs) via iPhone
* Sleep quality via use of sleep monitor
* Physiology via use of wearable wristband that will collect heart rate, skin temperature, activity level, and electrodermal activity

**Abstinence Support:**Participants who report a lapse during their study participation will be offered 30-minutes of brief motivational enhancement treatment. They will also be encouraged to follow-up with their treatment provider, or explore enrolling in services if they do not have a treatment provider.

**Compensation:**Participants can earn up to $545. Below is a breakdown of the compensation:

* $20/hour for all time spent in the lab (Estimated: 8.5-11.5 Hours=$170-$230)
* $120 bonus for carrying cell phone > 90% of the time
* $75 bonus for > 90% completion rate of daily surveys
* $45 bonus for 90% wearing wristband monitor > 90% of the time.
* $45 bonus for > 90% collection rate for sleep quality data (using sleep sensor)
* $30 bonus for provide location information > 90% of the time
* Participants are also allowed to keep the study iPhone if they complete the study
* We provide 3 months of cell phone service on the study iPhone (unlimited voice, text, and data).

**Suggested Study Introduction Script:**  
Our clinic is helping to recruit people for a study taking place at UW’s Addiction Research Center. The study is looking at better ways to support individuals in recovery from alcohol addiction. The study will use cell phones and other technology to identify when an individual in recovery may be at risk to begin drinking again. The goal of the study is to create a resource that individuals in recovery can use to get immediate support to help prevent them from relapsing.

If you participate, you can earn up to $545 and also receive a free iPhone to keep if you complete the study.

Does this study sound like something you would like to learn more about?

**If yes:** OK. Here is the study handout with contact information. Give them a call to learn more about the study and see if it is something you would like to participate in. There is a bus pass attached to the back of the handout in case you end up scheduling a visit to their office and need transportation.

I want to let you know that your participation is completely voluntary. I also want to let you know that I will not know if you call/don’t call, or if you enroll in the study. This information is confidential and will never be shared with me or anyone else in our clinic.