**RISK Participants and Sobriety Uncertainty**

|  |  |  |
| --- | --- | --- |
| **Participant ID** | **Committed to Abstinence-RA Opinion** | **Notes** |
| #34: LR = .27, %green = .46 | No | This participant was an undergrad (young - 23) and this was their first quit attempt. I think they got into some trouble with their drinking and were encouraged to seek treatment, but I do not believe they were committed to abstinence. - JN |
| #37: LR = .40, %green = .06 | No | This participant was also a participant on DOX. In my opinion, this participant was not committed to abstinence. He lapsed several times on DOX and continued to drink on RISK. He never seemed upset when we talked about his drinking or disappointed in himself. -CJ |
| #43: LR = .27, %green = .04 | No | This participant shared that they were a combat vet who suffered from PTSD. I think they got into trouble for their drinking that led them to seek treatment. I do not think they were completely committed to abstinence; however, I think they were sincerely trying to stop drinking as a way to cope. - JN |
| #47: LR = .29, %green = .02 | No | This participant was fairly young and certainly wanted to decrease their alcohol intake, but did not seem committed to abstinence for a very long period of time. I recall them indicating they were glad to be drinking lesser amounts of alcohol than they used to when they drank. -KK |
| #48: LR=.29, %green=.88 | No | By the first follow-up, this participant seemed more committed to significantly decreasing his alcohol intake more than to abstinence. I recall him being happy with drinking less or planning out when he would have one or two drinks. -CJ |
| #54: LR = .30, %green = .33 | Yes | This participant was committed to sobriety for the first part of their study participation. By month three, they were more interested in drinking in moderation for their long-term goal rather than not drinking at all. They began working on drinking in moderation during their MET with Chris at their Final Visit. -KK |
| #56: LR = .28, %green = 0 | No | After the first couple of study visits, this participant did not seem as interested in maintaining sobriety. –KK |
| #58: LR = .47, %green = 0 | No | After the first couple of study visits, this participant did not seem as interested in maintaining sobriety. -KK |
| #86: LR = .43, %green = 0 | No | This was the participant’s first quit attempt. He is very young and seemed to be motivated to quit after being pressured by his parents. I do not think that he was committed to complete abstinence. He was definitely uncertain and trying to figure it out. -CJ |
| #98: LR=.43, % green=.87 | Yes | This participant was definitely striving for sobriety. She was under a lot of stress in her life during her study participation that very likely contributed to her inability to always feel confident about her ability to achieve abstinence. -CJ |
| #104: LR = .95, %green = .05 | No | This participant never regained sobriety. I think they wanted to think they were committed to abstinence, but that they couldn’t achieve sobriety. - JN |
| #121: LR = .30, %green = .07 | No | This participant was committed to abstinence when they joined the study, but as their participation progressed, I think they were less committed to sobriety and more so committed to reducing their problematic drinking. - JN |
| #166 | Yes | Participant expressed that they struggled with abstinence throughout the study and were uncertain not about their desire or goal of sobriety necessarily, but rather that they weren’t/aren’t confident that they are able to maintain sobriety. They shared different strategies they tried that were unsuccessful, including attempts to join AA and Smart Recovery, and overall, they admitted that they struggled with the idea of not being in control and not having enough coping mechanisms in place to deal with cravings. The participant was given the PRTC list of resources and expressed that they would probably be trying to find some AA support even if it is imperfect. -JN |
| #180 | No | Participant was committed at the beginning of the study. They had 4 lapses between their start study and F2 date that they marked uncertain, but most of the responses came between F2 and Final because they felt more confident in their ability to drink in moderation. -KK |
| #189 | Yes | The participant stated that they were devastated that they relapsed and at that point were uncertain whether they could/wanted to maintain abstinence, but they also acknowledged that they were drunk at the time of responding to the survey, so they aren’t completely sure what they were thinking at that moment. They were able to regain sobriety and have recommitted themselves to remaining abstinent. |
| 211 | No | Participant shared that they weren’t certain that they were interested in pursuing abstinence only recovery. |
| 221 | NA | Participant dropped out of study |
| 241 | Yes | Participant shared that they answered that they answered uncertain because even though they desired to maintain abstinence they struggled maintaining sobriety. They shared in the final visit that they felt defeated by this question every time they reported a lapse. |
| 243 | NA | Participant dropped out of study after reporting a lapse in their final month of study participation. |
| 267 | NA | Participant dropped out before Follow Up 1 |