**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.

**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.   
  
  
**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.
* Participants are 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).

**Recruitment Method:**   
1. Clinician will briefly describe the study to clients who meet the eligibility criteria.  
  
2. Clinician will give interested clients a brochure outlining the essential study information. Client will then be informed that a release of information containing their contact information will need to be completed and sent to study staff.  
  
3. Clinic release of information form containing client’s name and telephone number will be completed and faxed to: Addiction Research Center, 1202 W. Johnson Street Madison, WI 53706. Fax: 608-261-1087  
  
4. Inform client that study staff will contact them to complete a phone screen and have a more detailed discussion about the study. All clients who pass the phone screen, and are still interested in the study, will be invited to the lab to complete the initial screening interview. Their final eligibility will be confirmed after the initial screening visit.

**Suggested Study Introduction Script:**  
I would like to tell you about 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. 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 enroll in the study. This information is confidential and will never be shared with me or anyone else in our clinic.