# ADAI NEWS

**Spring 1994** 

ALCOHOL & DRUG ABUSE INSTITUTE, UNIVERSITY OF WASHINGTON

# **DIRECTOR'S COLUMN**

by Dennis M. Donovan, Ph.D.

This issue of ADAI News focuses on the ADAI Small Grants Program. This program is meant to provide seed money for small projects or pilot studies in all areas of alcohol and drug abuse. It has been instrumental to graduate students working on theses and dissertations as well as to faculty members seeking federal funding. Since its inception in 1973, this program has received 475 grant applications from 52 departments throughout the A total of 245 small grants have been University. funded, providing approximately \$1,835,00 to faculty and students. For the most recent deadline, we received 18 applications, the largest single number of submissions since 1980. The Small Grants Program and the other ADAI research activities have proven successful in facilitating research and research funding; it is estimated that for every dollar spent by ADAI on small grants and other research support, approximately \$14 in subsequent grants and contracts have been awarded to UW substance abuse researchers.

ADAI's staff of Research Scientists have been actively developing research projects; in the last year ADAI Scientists were involved in the writing and submission of 26 proposals, either as Principal Investigators, Co-PIs, or co-investigators with colleagues from 7 schools or departments within the University. The latter reflects an ADAI goal of collaboration and contribution to the conduct of interdisciplinary research on alcohol and drug abuse.

Finally, I invite all of you to join your colleagues and ADAI staff at the summer symposium in July.



Tentative Date: July 22, 1994 UW Waterfront Activity Center

# RESEARCH AFFILIATE SPOTLIGHT

Brief supportive telephone counseling is a promising adjunct to self-help smoking cessation programs, according to ADAI Research Affiliate Susan J. Curry, Ph.D. and John Britt, R.N., M.P.H. of the Department of Health Services. This study, funded through ADAI's Small Grants Program, tested the acceptability and effectiveness of telephone counseling as an adjunct to the use of self-help smoking cessation materials and written personalized feedback among a non-volunteer population of smokers. Smokers (n=1137) were identified through health surveys administered to a random sample of enrollees (n=5903) in a health maintenance organization. One hundred and fifty smokers were randomly assigned to receive up to three outreach telephone counseling calls during the 10 weeks following receipt of a self-help manual for smoking cessation. Follow-up data were obtained at 3, 12 and 21 months post-randomization. Outcomes of interest included use of the self-help materials, prevalent abstinence (7+ days of abstinence reported at follow-up) and continuous abstinence (7+ days of abstinence reported at consecutive follow-ups). The telephone counseling treatment was compared to a no-treatment control group (n=328), a self-help booklet only group (n=330) and a self-help booklet plus computer-generated personalized feedback (n=329).

A total of 86% of smokers accepted at least one of three counselor calls, 66% accepted all three calls. Baseline characteristics associated with acceptance of calls included being female and greater average length of time to the first cigarette of the day. Acceptance did not differ significantly by baseline stage of readiness to quit smoking. Among all smokers the telephone counseling intervention significantly increased completion of program activities and prevalent abstinence at 3 months. In addition, the telephone counseling significantly increased prevalent abstinence at 12 months and continuous abstinence between 3 and 21 months for smokers who were not seriously considering quitting at baseline (i.e., were in a precontemplative stage of readiness to quit).

Overall the study demonstrates that it is feasible to provide outreach telephone counseling to unselected (i.e., non-volunteer) smokers and that the counseling may

(see Spotlight, page 3)

### SMALL GRANTS PROGRAM

by Charles Chavkin, Ph.D., Pharmacology Director, ADAI Extramural Research

For 20 years, the Alcohol and Drug Abuse Institute has provided money to support research at the University of Washington through a Small Grants Program. program provides about \$100,000 in direct research support annually. We view this effort as an essential component of the Institute's mission to facilitate research on alcohol and other drugs of abuse. Each year 6 to 10 projects are selected for support based on their scientific merit, and the success rate of proposals is good, with about half the submitted grants being funded. Topics funded span the broad range from applied clinical research on treatment strategies to basic pharmacologic studies using in vitro preparations. The diversity of funded projects is desirable as we would like to distribute the money as widely as possible within the university to support new ideas and pilot projects. Labs with established interest in drug abuse research, new investigators establishing their research programs, and faculty with new interest in this area are strongly encouraged to apply.

Proposals are accepted twice per year with deadlines of October 15 and March 15. Immediately following receipt, the applications are assigned for review by experts at the University, and the reviewers meet a few weeks later to discuss the scientific merits of the proposals. We take great effort to ensure that reviews are both thorough and fair; conflicts of interest are diligently avoided, the reviewers are anonymous, and the discussion remains confidential. A second committee then reviews the recommendations of the initial review committee and makes funding decisions; thus funding and merit determinations remain separate. A summary of the critique and a funding decision are usually returned to the principal investigator within six to eight weeks. We hope that the comments provide useful feedback to investigators even if a grant is not funded. procedures closely follow those of the NIH peer review system. It is a familiar process to most of us and a chance for new investigators to gain experience with its features. We recognize that the success of this process for ADAI has been largely due to generous efforts and commitment of time by the review committee members. and we are grateful to them.

Guidelines for preparation of proposals are available from the Institute at 543-0937. Comments about this program or questions concerning a proposed research topic are welcome and can be directed either to ADAI or to me at 543-4266.

# **SMALL GRANT AWARDS**

The following proposals were awarded funding by ADAI during the Fall 1993 award cycle:

Drug Involvement and Suicide Risk: Reciprocal Effects Among High-Risk Youth, submitted by Leona L. Eggert, Ph.D., R.N., Associate Professor, Department of Psychosocial Nursing

Parent-Adolescent Relations: A Protective Factor in the Prevention of Substance Abuse?, submitted by Mark T. Greenberg, Ph.D., Professor, Department of Psychology

Driver and Pedestrian Sobriety: An Investigation of the Validity of Police Data, submitted by David C. Grossman, M.D., M.P.H., Assistant Professor, Department of Pediatrics

Effect of Ethanol in the Development of Organized Connections in the Brain, submitted by Jaime Olavarria, Ph.D., Assistant Professor, Department of Psychology

## **VISITING SCHOLAR**

Toni Krupski directs the Research and Evaluation Unit in the State Division of Alcohol and Substance Abuse (DASA) in Olympia. She was a visiting scholar at ADAI last summer. She provides this report on DASA's research activities and on her experience at ADAI.

The DASA Research Unit provides information used in making policy decisions and in informing state-wide planning for chemical dependency services. Data are obtained by conducting and sponsoring original research and evaluation projects. Current projects include:

The State Demand and Needs Assessment Study will provide reliable use, abuse/dependence, risk, and treatment demand estimates for the household population in Washington. Six thousand households were selected representing five racial and ethnic groups, persons above and below the poverty line, rural and urban areas, and males and females. The project involves collaboration with researchers from DASA, the DSHS Office of Research and Data Analysis, the UW Social Development Research Group, and the Social and Economic Sciences Research Center at WSU.

A State-Wide Outcome Study of Adolescent Treatment is being conducted in collaboration with CATOR, New Standards of St. Paul. Six hundred intensive inpatient and 600 outpatient adolescent clients are interviewed at admission, at discharge, and at 3-, 6-, 12-, and 18-months after admission to assess changes in their alcohol/drug

(see DASA, page 3)

# RECENT PUBLICATIONS ON SUBSTANCE ABUSE BY UNIVERSITY OF WASHINGTON RESEARCHERS

# Spring 1994

- Baer JS. (Psychology) Etiology and secondary prevention of alcohol problems with young adults. In: Baer JS; Marlatt GA; McMahon RJ (eds.) Addictive Behaviors Across The Life Span. Newbury Park, CA: SAGE Publications, Inc., 1993, pp.111-137.
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- Boyer D. (Women Studies) Adolescent pregnancy; a new perspective. Adolescence Magazine. 5(5):53-56, 1993.
- Boyer D. (Women Studies) Occupational therapy: meeting needs of maltreated youth. *Adolescence Magazine*. 6(2):33-35, 1993.
- Bradley KA; Donovan DM; Larson EB. (Medicine and Alcohol & Drug Abuse Institute) How much is too much? Advising patients about safe levels of alcohol consumption. *Archives of Internal Medicine* 153(24):2734-40, 1993.
- Calsyn DA; Saxon AJ; Freeman G; Whittaker S (VA Medical Center) Ineffectiveness of AIDS education and HIV antibody testing in reducing high-risk behaviors among injection drug users. *American Journal of Public Health* 82(4):573-575, 1992.
- Catalano RF. (Social Development Research Group) Prevention: Parents--a formidable key in preventing teen substance abuse. Adolescence Magazine. 6(4):16-17, 1993.
- Catalano RF; Hawkins JD; Krenz C; Gillmore M; Morrison D; Wells E; Abbott R. (Social Development Research Group) Using research to guide culturally appropriate drug abuse prevention. *Journal of Consulting and Clinical Psychology* 61(5):804-11, 1993.
- Chiles JA; Cohen S; Maiuro R; Wright R. (Psychiatry & Behavioral Sciences) Smoking and schizophrenic psychopathology. *American Journal on Addictions*. 2(4):315-319, 1993.
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- Eggert LL; Herting JR. (Psychosocial Nursing) Drug involvement among potential dropouts and "typical" youth. *Journal of Drug Education* 23(1):31-55, 1993.
- Eggert LL; Herting JR. (Psychosocial Nursing) Preventing teenage drug abuse: exploratory effects of network social support. Youth and Society 22:482-524, 1991
- Eggert LL; Nicholas LJ. (Psychosocial Nursing) Speaking like a Skipper: "Skippin' an'gettin'high." Journal of Language and Social Psychology 11:75-100, 1992.
- Farrow JA; Smith WR; Hurst MD. (Child Development & Mental Retardation Center) Adolescent Drug and Alcohol Assessment Instruments in Current Use: A Critical Comparison. Report prepared for Washington State Division of Alcohol and Substance Abuse, 1993, 34p.
- Files FJ; Andrews CM; Lewis RS; Samson HH. (Alcohol & Drug Abuse Institute) Effects of ethanol concentration and fixed-ratio requirement on ethanol self-administration by P rats in a continuous access situation. *Alcoholism: Clinical and Experimental Research* 17(1):61-8, 1993.
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- Gainey RR; Wells EA; Hawkins JD; Catalano RF. (Social Development Research Group) Predicting treatment retention among cocaine users. *International Journal of the Addictions* 28(6):487-505, 1993.
- Gentilello LM; Cobean RA; Walker AP; Moore EE; Wertz MJ; Dellinger EP; (Surgery) Acute ethanol intoxication increases the risk of infection following penetrating abdominal trauma. *Journal of Trauma* 34(5):669-75, 1993.
- Gilchrist LD; Gillmore MR. (Social Work) Methodological issues in prevention research on drug use and pregnancy. NIDA Research Monograph 117:1-17, 1992.
- Goodman GE; Omenn GS; Thornquist MD; Lund B; Metch B; Gylys CI. (Public Health, Fred Hutchinson Cancer Research Center) The Carotene and Retinol Efficacy Trial (CARET) to prevent lung cancer in high-risk populations: pilot study with cigarette smokers. Cancer, Epidemiology Biomarkers and Prevention 2(4):389-96, 1993.

- Gordon JR; Barrett K. (Psychology) The codependency movement: issues of context and differentiation. In: Baer JS; Marlatt GA; McMahon RJ (eds.) Addictive Behaviors Across the Life Span. Newbury Park, CA: SAGE Publications, Inc., 1993, pp.307-339.
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- Gurney JG, Rivara FP, Mueller BA, Newell DW, Copass MK, Jurkovich GJ. (Epidemiology and Medicine) The effects of alcohol intoxication on the initial treatment and hospital course of patients with acute brain injury. *Journal of Trauma* 33(5):709-713, 1992.
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- Kemper KJ; Greteman A; Bennett E; Babonis TR. (Pediatrics) Screening mothers of young children for substance abuse. *Journal of Developing Behavior and Pediatrics* 14(5):308-12, 1993.
- Khan A; Mirolo MH; Claypoole K; Hughes D. (Psychiatry & Behavioral Sciences) Low-dose thyrotropin-releasing hormone effects in cognitively impaired alcoholics. *Alcoholism: Clinical and Experimental Research.* 17(4):791-6, 1993.
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Parrish KM; Higuchi S; Lucas LJ. (Health Services) Increased alcohol-related oesophageal cancer mortality rates in Japanese men. *International Journal of Epidemiology*. 22(4):600-5, 1993.

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use, relationships with family, school performance, involvement with the juvenile justice system, medical status, psychiatric status, and source of income/financial support.

DASA is collaborating with ADAI Research Scientist Jeanette Norris, Ph.D, to document the incidence of domestic violence among pregnant and postpartum substance abusers entering either residential or outpatient treatment.

In addition to the above, DASA is also developing an Accountability Plan for tracking outcomes of clients who receive state-funded treatment. The purpose of this system will be to demonstrate links between how publicly funded treatment dollars are spent and the resulting client outcomes.

For two months last summer I had the opportunity to spend two days a week at ADAI as a visiting scholar through the state-sponsored Career Executive Program, to learn more about treatment research with the intent of using the most recent and innovative information available to develop the outcome component of DASA's Accountability Plan. In addition, I hoped to take advantage of the expertise available at the Institute to provide me with guidance and feedback on the plan's development.

DASA director Ken Stark encourages collaboration between DASA and researchers in the community to develop proposals for projects of mutual interest. We also invite university researchers, postdocs, and grad students with an interest in chemical dependency and public policy to consider spending time in Olympia.

To discuss opportunities for collaboration and resources that are available, contact me at Division of Alcohol and Substance Abuse, P.O. Box 45330, Olympia, WA 98504-5330, (206) 438-8206.

# Spotlight (continued from page 1)

be most effective for smokers who are in the earlier stages of readiness to quit. The telephone counseling protocol has been adapted for use in an evaluation of relapse prevention interventions with pregnant smokers (a 5 year study funded by the National Heart, Lung and Blood Institute). Results pertaining to implementation and acceptance of telephone counseling are forthcoming in Health Education Quarterly, Vol. 21 (1). Results from the full-scale trial are currently being prepared for publication.

### VIEWS OF A SMALL GRANTS REVIEWER

by James Farrow, M.D., Adolescent Medicine

Having been an ADAI Small Grants reviewer for two years, I can offer some perspective on the process.

Review panels consist of UW experts in the basic and applied sciences, as well as the behavioral sciences. Review panels also are a broad mix of disciplines, including medicine, nursing, psychology, social work, pharmacology, and public health. The review process is made all the more interesting because of the various views that these experts bring to the table in reviewing any particular proposal. It has allowed for equal weight to be placed on the technical merits of proposed experiments and the human subjects considerations. As a result, this Small Grants Program supports high quality, small research projects which allow the best possible opportunity to create a meaningful foundation to answer larger questions.

The ADAI research funding program and the review process were very helpful in refining my own early work in the adolescent drinking-driving research area. high quality of the review process for new proposals makes membership on the review panel rewarding.

# **NEW RESEARCH AFFILIATES**

The following individuals have joined ADAI recently as Research Affiliates. Welcome.

Gary B. Cox. Ph.D. is a Research Associate Professor in the Department of Psychiatry and Behavioral Sciences. His interests include treatment outcome; program evaluation, decision making and policy development in the public sector; systems analysis and evaluation services research; special populations, especially homeless, dual diagnosis and Native Americans.

Mary Rogers Gillmore, Ph.D. is a Research Associate Professor in the School of Social Work. She is interested in the relationship between substance use and other risk behaviors, especially risky sex, among adolescents; factors which influence decisions to engage in these risky behaviors, and AIDS prevention.

Nancy Sutherland (e-mail: adailib) Editors:

Ellen Downey (e-mail: edowney)

Production: Brenda Hurley (e-mail: bkhurley)

# PROFESSIONAL ACTIVITIES

Brent Baxter presented "Reinventing Corrections" at the Washington Council on Crime and Delinquency, Seattle, November 1993. In February 1994, he spoke to the Shamrock Group in Lynnwood and the Snohomish County DWI Task Force in Everett. Brent has been appointed by State Representative Marlin Applewick to a DUI Work Group. In March 1994, Brent was awarded a contract from the Washington Traffic Safety Commission for the research project, "High-BAC DWI Arrestees: Distinguishing Characteristics and Risks of Recidivism and Crashes."

Dennis Donovan presented, "Effectiveness of Alcohol Treatment and Treatment Matching: How DUI Treatment May Be Improved by Insights from the Alcoholism Treatment Field" at the symposium Recent Developments in Drinking and Driving Research, sponsored by the American Public Health Association in San Francisco, October 1993. He also presented "Relapse Prevention" for the Veterans Affairs National Teleconference on Substance Abuse, January 27, 1994. Dennis has been named Chair of the Executive and Steering Committees for Project MATCH (NIAAA). He is also a member of the Panel of Experts for the Alcohol Assessment Handbook (NIAAA) and the National Substance Abuse Training Program Planning Committee (Department of Veterans Affairs). Locally, he serves on the Clinical Psychology Postdoctoral Training Committee, Psychology Service (VA) and the Scientific Advisory Council of the Seattle Indian Health Board and United Indians of All Tribes Foundation.

Barbara Leigh presented "The Relationship of Substance Use to Sexual Activity in Young Adults: Results from a National Survey" at the 121st Annual Meeting of the American Public Health Association, in San Francisco, October 1993. She also presented "An Individual-Difference Perspective Applied to Normative Associative Strength" with Alan Stacy and Ken Weingardt at the 34th Annual Meeting of the Psychonomic Society in Washington, D.C., November 1993.

Jeanette Norris participated in the NIAAA Working Group for Prevention Research on Women and Alcohol in September 1993 in Bethesda, MD, where she presented "Alcohol Consumption and Female Sexuality: A Review." In January 1994, Jeanette was awarded a contract from the Division of Alcohol and Substance Abuse for the research project, "Domestic Violence Among Pregnant Substance Abusers."

David Rosengren attended "Motivational Interviewing and Brief Intervention: Training for Trainers" in Albuquerque, October, 1993. He was named editor of the new publication Motivational Interviewing Newsletter for Trainers; and in March 1994, he conducted a workshop on motivational interviewing techniques for the King County Training Consortium.

### **UPCOMING UW EVENTS**

April 6, 12:15 - 1:15

The Neuroscience of Drug Addiction: Implications for Psychiatry, by Floyd E. Bloom.

Dept. of Psychiatry & Behavioral Sci. Ripley Lecture Location: Health Sciences A-420, Hogness Auditorium

April 8, 9:00 - 4:00

Assessing Alcohol Risks at Colleges and Universities: Environmental Approaches to Prevention

Cost: none

Contact: UC San Diego, Extension/ATODS, 9500 Gilman Drive (0176), La Jolla CA 92093-0176. 619/534-63836 (Cindy); FAX 619/554-0485

Location: Terry Hall, Jade Room

**April 20-21** 

Cultural Concerns: Counseling Substance Abusers from

Communities of Color About HIV Disease

Cost: \$50.00

Contact: UW AIDS Education & Training Ctr, ZH-20,

Seattle WA 98122. 206/720-4250 Location: South Campus Center

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ALCOHOL & DRUG ABUSE INSTITUTE University of Washington, NL-15 3937 - 15th Ave NE Seattle, WA 98195