

Alcoholism: The Science Made Easy

This publication includes a compilation of alcohol-related *Addiction Science Made Easy* articles from the ATTC National Office. Original source documents from *Alcoholism: Clinical and Experimental Research*, the official journal of the Research Society on Alcoholism.



The Addiction Technology Transfer Center Network
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At the time of printing, Charles G. Curie, MA, ACSW, served as the SAMHSA Administrator. H. Westley Clark, MD, JD, MPH, served as the CSAT Director, and Karl D. White, EdD, served as the CSAT Project Officer.

The opinions expressed herein are the views of the ATTC Network and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA or CSAT. No official support or endorsement of DHHS, SAMHSA or CSAT for the opinions described in this document is intended or should be inferred.





*I*ntroduction

HOW TO USE THIS PUBLICATION

This publication was created so the ongoing series of research based articles called *Addiction Science Made Easy (ASME)*, could be easily distributed and used for educational purposes. Although these articles are available on the Internet, our vision was to create another way for educators and practitioners to access them. Whether educating students in a formal setting, delivering continuing education courses, or discussing findings with colleagues, it is our hope that you will use this book to inform others.

There are approximately 100 articles included in this document, and we have broken them into 10 major categories. Many articles could “fall” under several different category headings. For example, the article entitled *Promising New Treatment Options for People With Co-Existing Alcohol Use and Psychiatric Disorders* could have been placed in the Prevention, Intervention and Treatment category or in the Mental Health category. For this reason, we have included a number of ways for you to locate articles. The table of contents located on the next page includes page numbers for each of the primary categories. Then you’ll find a listing of all the article titles with their corresponding page numbers and category headers. At the back is a key word index to help you locate specific topics of interest.

Please use these articles as you wish. Each page is perforated and three-hole punched for easy copying and storage. Please use these articles as the basis for presentations and handouts in trainings and classrooms. Tear out the pages, make copies, post them in your break room, pass them out to students, etc. We do ask that you site the original source whenever possible.

ARTICLES ONLINE AT
WWW.NATTC.ORG/ASME

- **More than 200 ASME articles**
- **Searchable by key word**
- **Research based, easy-to-understand**

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PREFACE

Many professionals in direct treatment settings do not have the resources or time to read research journals; nor do their agencies have the money to subscribe to these publications. In addition, research is typically written in a technical manner which is difficult to use in every day prevention and treatment practice. In an effort to bring current research findings to direct service providers, individuals at three organizations came together in an unprecedented manner. In 1999, staff from the Addiction Technology Transfer Center (ATTC) National Office, the Research Society on Alcoholism (RSA) and the journal, *Alcoholism: Clinical and Experimental Research (ACER)*, decided to partner in an effort to translate and disseminate current research on alcoholism. Their goal was to provide frontline staff, educators and the public easy-to-read, concise research findings.

Through the synergy of these three organizations, the *Addiction Science Made Easy (ASME)* project was born. Since that time, more than 215 alcoholism research articles have been disseminated throughout the world. Each month a science writer reads and summarizes the main findings from *ACER* and “translates” them into easy-to-understand articles.

EurekaAlert!

The *ASME* articles are first distributed to journalists online through EurekaAlert! (www.eurekaalert.org), an online press service created by the American Association for the Advancement of Science. The primary goal of EurekaAlert! is to provide a forum where research institutions, universities, government agencies and corporations can distribute science-related news to the media. Once released, these articles are made available to the public.

More than half a million public visitors, and almost 20,000 registered journalists have viewed *ASME* articles via the EurekaAlert! Web site. Several articles can be directly linked to international news coverage by a variety of media groups including the New York Times, BBC, Reuters, CBC, International Herald Tribune, Yahoo News, CNN International, MSNBC and WebMD.

Distribution by the ATTC

ASME articles are available online at the ATTC Network Web site (www.nattc.org). From the home page, users can click on the *Addiction Science Made Easy* link. Once there, they can search a database of all *ASME* articles by keyword, or simply view the most current articles.

The ATTC also distributes *ASME* articles through its free electronic magazine *Eye on the Field*. This e-zine is published by the ATTC National Office each month, and is sent to more than 9,500 subscribers. Each issue features information relating to substance use disorders and includes four *ASME* articles, useful tools for practitioners, information about educational events, pertinent Web sites and timely news. Those interested can subscribe to *Eye on the Field* at www.nattc.org.

Similarly, the ATTC National Office highlights *ASME* articles in its bi-annual newsletter, *The ATTC Networker*. This free publication is mailed to approximately 5,000 subscribers. Each issue highlights an important theme relating to addiction treatment (such as co-occurring disorders), and then profiles trends, statistics, trainings, treatment methods and other publications relating to that theme. To subscribe, contact the ATTC National Office at 816-482-1200 or visit www.nattc.org.

Finally, the ATTC Network highlights *ASME* articles at trainings delivered across the country. The concise, easy-to-understand style of these articles is perfect for practitioners, educators and the public to receive at conferences and educational events.

ARTICLES ONLINE AT WWW.NATTC.ORG/ASME

- More than 200 *ASME* articles
- Searchable by key word
- Research based, easy-to-understand

ACKNOWLEDGMENTS

Since its inception, there have been many important contributors to the *ASME* project. It continues to be a truly collaborative undertaking. First and foremost, we want to thank the researchers for their tireless efforts – the steadfast scientists who spend their lives studying the effects of alcohol on the human body, mind and spirit. Their work is ground-breaking and ultimately contributes to saving lives.

Many individuals were instrumental in developing the innovative partnership that made the *ASME* project possible five years ago. Specifically, we are greatly indebted to Carlton Erickson, PhD, director of the Addiction Science Research and Education Center at the University of Texas and associate editor of *Alcoholism: Clinical and Experimental Research (ACER)*. Dr. Erickson, along with Ting-Kai Li, MD, director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the immediate past editor of *ACER*, approached ATTC National Office staff with their resourceful idea which resulted in the *ASME* project. Their ardor for making research accessible to frontline workers is evident, and their expertise and communication styles continue to build bridges between the research and treatment communities.

We also want to thank Victor Hesselbrock, PhD, president of RSA, the RSA board of directors, and countless others from RSA, who have been supportive of the *ASME* project since the beginning. RSA's monetary contribution continues to make these articles possible. Similarly, we greatly appreciate the new editor of *ACER*, Ivan Diamond, MD, PhD, who supports this partnership and continues to allow us to “translate” research from the journal. Additionally, without copyright permission from the journal's publisher Lippincott, Williams and Wilkins, none of this would be possible.

Next we commend our science writer, Sherry Wasilow-Mueller. Each month she reads, interprets and summarizes each *ASME* article for dissemination to the field. We applaud her ability to capture the essence of new research and to clearly translate technical content. Her enthusiasm for this work is evident in the excellence of her article summaries. We believe her concise writing style will help change the way practitioners view research.

It was the insightful vision of Mary Beth Johnson, MSW, director of the ATTC National Office, to create this book for educators and practitioners.

A thank you also goes to Jennifer Tate Giles, MSW, and to Angie Olson, MS, associates of the ATTC National Office, who organized, edited and designed this publication. In addition, Carla Ingram, CSACII, LCSW, associate director of the ATTC National Office, helped review and categorize the articles.

Finally, we are grateful to Iris Wilkinson, EdD, associate professor in the Human Services Department at Washburn University, and Amy Leary, LPC, counselor team leader at ReDiscover Mental Health Services, who both took the time to read and score each article for inclusion in this publication. Their insights helped us organize a final product that will be maximally useful to users.

Sherry Wasilow-Mueller – ASME Science Writer

As stated previously, we appreciate the invaluable work of the *ASME* science writer, Sherry Wasilow-Mueller. Each month, she takes four current *ACER* research articles selected by an *ACER* associate editor and creates feature stories. To develop the *ASME* features, she uses input from the corresponding authors and other scientists who comment on the value of the research being presented. Her articles highlight scientific findings from the *ACER* journal in an easy-to-read, concise manner. More than simple press releases, each feature provides a broad perspective beyond simple reporting.

In June 2001, Wasilow-Mueller was presented with the second annual RSA Journalism Award. Carlton Erickson, PhD, *ACER* Associate Editor and a national researcher on alcoholism, believes Wasilow-Mueller's work is impressive. "Sherry has done a superb job of bringing newsworthy research to the public's attention," he said. "Her work is characterized by its accuracy, understandability and a talent for condensing large amounts of information into scientifically accurate, interesting articles."

Wasilow-Mueller is married with three small boys, and hopes to eventually earn a doctorate.

THE *ASME* PARTNERS

This project was made possible through the vision and synergy of three organizations: the Addiction Technology Transfer Center (ATTC) National Office, the Research Society on Alcoholism (RSA) and its journal, *Alcoholism: Clinical and Experimental Research (ACER)*. Each organization contributes time and resources to make this project possible.

Addiction Technology Transfer Center (ATTC) National Office

University of Missouri – Kansas City
5100 Rockhill Road • Kansas City, Missouri 64110
816-482-1200 • www.nattc.org

The Addiction Technology Transfer Center (ATTC) Network is dedicated to identifying and advancing opportunities for improving addiction treatment. The Network's vision is to unify science, education and services to transform the lives of individuals and families affected by alcohol and other drug addiction. The Network is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to upgrade the skills of existing treatment practitioners and other health professionals, and to disseminate the latest scientific findings to the treatment community.

Serving the 50 U.S. States, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and the Pacific Islands, the ATTC Network operates as 14 individual Regional Centers and a National Office.

The ATTC National Office (National Office) supports the *ASME* partnership in a number of ways. The largest contribution is by contracting with a science writer to summarize the findings of four *ACER* journal articles each month. In addition, the National Office disseminates *ASME* articles in key ATTC publications, maintains an *ASME* area on the ATTC Network Web site, and developed, published and disseminated this *ASME* publication.

Research Society on Alcoholism (RSA)

7801 North Lamar Boulevard, Suite D-89
Austin, Texas 78752-1038
512-454-0022 • www.rsoa.org

The Research Society on Alcoholism (RSA) was established in 1975 to encourage scientists to use research to investigate solutions for alcohol-related problems. It is a fertile meeting ground for scientists and promotes research and the acquisition/dissemination of scientific knowledge.

RSA's current membership of more than 1,600 people is drawn from countries all over the world. Membership consists of regular scientific members, associate members and student members.

RSA provides support for the *ASME* partnership by contracting with the EurekaAlert! Web site which allows *ASME* articles to be accessed by journalists throughout the world. In addition, RSA contributed funds to publish this *ASME* book.

Alcoholism: Clinical and Experimental Research (ACER)

www.alcoholism-cer.com

Alcoholism: Clinical and Experimental Research (ACER) was founded by the National Council on Alcoholism and Drug Dependence (NCADD). In the 1980s, RSA assumed publication of the journal, and it became the Society's official journal. Each month, this publication brings health care professionals the latest clinical studies and research findings on alcoholism, alcohol-induced syndromes and organ damage.

Each month, *ACER* Associate Editor, Carlton Erickson, PhD, reviews embargoed articles from the journal and chooses four to be rewritten by the *ASME* science writer. Erickson oversees the work of the science writer, and then submits the four feature articles to the EurekaAlert! Web site for posting.

**The following is an alphabetical list of everyone
who has been instrumental to this ASME project:**

Ivan Diamond, MD, PhD

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School of Medicine, University of California, San Francisco
Editor in Chief, *Alcoholism: Clinical and Experimental Research (ACER)*

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