



The Center for Health  
Enhancement Systems Studies  
UNIVERSITY OF WISCONSIN-MADISON

## Family-focused vs. Drinker-focused Smartphone Interventions to Reduce Drinking-related Consequences of COVID-19

### Principal Investigator at the University of Wisconsin-Madison:

David H Gustafson, Ph.D., 608-263-4882, [dhgustaf@wisc.edu](mailto:dhgustaf@wisc.edu)

### PATIENT VERSION

#### PURPOSE OF THE STUDY

To study whether the PartnerCHESS-C smartphone-based support system can change the number of risky drinking days, quality of life, and relationship satisfaction for people with Alcohol Use Disorder (AUD) and also provide support for their family partners. CHESS is an acronym that stands for Comprehensive Health Enhancement Support System.

#### MY PARTICIPATION

Participants will be randomly assigned to one of 3 groups.

- 1) the smartphone application ACHESS-C plus treatment as usual (*ACHESS-C group*),
- 2) newly developed PartnerCHESS-C plus treatment as usual (*PartnerCHESS-C group*), or
- 3) smartphone control.

Your participation in this study will not have a negative or positive effect on the health care you or your family partner receive or either of your legal situations if on probation or parole.

#### SURVEYS

You will complete four surveys during the study with a research study coordinator: at enrollment, 4 months, 8 months and 12 months.

#### BENEFITS

A potential benefit may be a reduction in heavy drinking days for you and improvement in quality of life for you and your family partner.

Although taking part in this research may not benefit you directly, it may benefit other people in the future by helping us learn more about how a smartphone with a recovery support system can improve patient and family partner quality of life and improve the health care given to others with substance abuse problems.

#### RISKS

Risks include receiving wrong information from ACHESS-C/PartnerCHESS-C or other participants in the study; negative emotions from reporting on sensitive issues; potential intervention from health care and/or police if the study team is concerned you may harm yourself or others; study team contact if your behavior on ACHESS-C/PartnerCHESS-C is deemed inappropriate; if provided a smartphone during the study, phone service discontinuation if you have not been using ACHESS-C/PartnerCHESS-C and the study coordinator cannot reach you for surveys; no replacement phone if your study smartphone is lost or stolen; feelings of loss when smartphone service ends after the 8 month study period; Being assigned to a less effective treatment arm.

(cont.)



**COMPENSATION:** You will be paid \$25 for each survey you complete, for a total of \$100. If you are in the ACHESS-C or smartphone control group, you will be given access to support contacts and crisis hotlines and paid \$50/month toward your cellular phone plan for 8 months. If you have a smartphone and are in the ACHESS-C/PartnerCHESS-C group, we will download the ACHESS-C/PartnerCHESS-C app onto your phone and you will be paid \$50/month towards your phone service for 8 months. The total you will be paid towards your phone service is \$400. If you do not have a smartphone, you will be given one with 8 months of paid phone service.

#### **PROTECTION OF PRIVACY**

Your confidentiality is very important to us. Only the UW study coordinators will have your name. Any information that identifies you will be removed from any data we collect.

Questions? Contact Dave Gustafson, Jr at 1-800-361-5481.