

Research Group: Alcoholism and Addictions

Dr. Theodore Jacob currently holds positions as a Senior Research Career Scientist at the Veterans Administration Palo Alto Health Care System and as a Research Professor at the Pacific Graduate School of Psychology. For over 35 years, Dr. Jacob's research has focused on the development and course of alcoholism over the lifespan. His primary areas of interest include: (1) Environmental and genetic influences on etiology of substance use disorders, (2) Life course of alcoholism and comorbid, psychiatric disorders, (3) Alcoholism and aging, and (4) The effectiveness of brief interventions for problem drinking. Dr. Jacob currently serves as Principal Investigator or Co-Investigator on several large-scale, longitudinal research grants that focus on the development and course of alcoholism involving both child and adult populations.

Key Research Projects:

Offspring of Twins With or Without Alcohol Dependence

The major goals of this project are to (1) determine the extent to which adult offspring of alcoholic versus nonalcoholic cotwins differ in regards to alcohol and non-alcohol outcomes, and (2) to identify moderators and mediators associated with childhood and young adulthood that qualify and/or account for risk-outcome relationships.

Alcoholism Course through Midlife

This study focuses on (1) the course of alcoholism from onset of problem drinking to midlife and (2) the identification of individual, interpersonal and contextual influences predictive of long-term drinking trajectories and of transitions between problem drinking and nonproblem drinking.

Treatment Interventions For Medical Patients Screening Positive For Alcohol Use Disorders

This study focuses on the feasibility, acceptability, and utility of implementing Brief Alcohol Interventions (BAIs) within primary care. A large number of individuals seen in primary care settings exhibit alcohol related difficulties yet few obtain treatment. Thus, it is important to (i) to identify and characterize those individuals who screen positive for alcohol problems yet do not seek treatment; (ii) to identify influences (referred to as "barriers to treatment") that delay an individual's seeking treatment (including stigma, perceived ineffectiveness of treatment, viewing the problem as minor, etc) and (iii) to evaluate brief, less demanding and less threatening interventions for those with limited motivation for more formal and extensive treatment approaches. These aims are being pursued as part of Dr. Jacob's current research efforts.

Prospective Students

Advanced students with previous research experience and interests in Alcohol and Substance Use Disorders are well suited for this Research Group. Current activities include (i) analyses of data that have been collected from the projects described above, (ii) contributing to the writing of scientific manuscripts, and (iii) working with Dr. Jacob in the collection and analysis data regarding his ongoing study of "Treatment Interventions For Medical Patients Screening Positive For Alcohol Use Disorders". Many independent and dissertation relevant research possibilities are available.

To Apply for this Research Group:

Please attach your CV and cover letter to an email to Dr. Jacob at ttjbocaj@aol.com. Please include "PAU Research Group" in the subject line of your email and label your attachments with your last name and the title of the attachment.