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Dynamic modeling of problem drinkers undergoing behavioral treatment

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Dynamic modeling of problem drinkers undergoing behavioral treatment

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We use dynamical systems modeling to help understand how selected intra-personal factors interact to form mechanisms of behavior change in a group of problem drinkers. Our modeling effort illustrates the iterative process of modeling using individuals' clinical data. Due to lack of previous work in modeling behavior change in individual patients, we build a preliminary model relying on psychological understandings of the relationships among the variables. We refine the model and enhance our psychological understanding through the iterative modeling process. Our results suggest that this is a promising direction in research in alcohol use disorders.