Appendix A: A SUMMARY OF LDA TOPIC KEYWORDS AND EXAMPLE POSTS FROM r/stopdrinking

LDA Topic Keywords	Paraphrased Example Quotations
external_link, book, watch, link, movie, reddit, song, comment, write, show	``During the movie club we chat while watching the linked stream in sync as best as we can.''
sleep, run, play, exercise, hour, meditation, walk, hobby, watch, game	``It's rainy and I'm out of ideas. Anyone have any suggestions of things that can keep my hands and mind busy? :)''
bar, party, fun, plan, event, situation, hang, enjoy, weekend, date	``I found out that some friends went out last Saturday and didn't invite me because they thought that I don't like to drink beer. I miss going out with them and I feel excluded just because I've stopped drinking.''
eat, beer, water, coffee, food, tea, craving, taste, wine, triumph	``I've been having fun by trying and enjoying so many different non-alcoholic drinks instead of just choosing the one with the highest alcohol amount''
link, external_link, comment, www_reddit, com_stopdrink, comment_http, amp_nbsp, author_post, title_link, ups_down	`See the comments for a table of top posts. Most Upvoted Comments ...''
relationship, alcoholic, wife, drive, talk, situation, call, advice, lose, car	``I saw in the newspaper that someone got picked up for their 5th dui. This made me think about my own duis from several years ago and realize how great it is to be free of both alcohol and the legal system.''
family, mom, dad, kid, parent, child, son, brother, daughter, die	``Joining this sub helped give me reasons to not join in on the drowning of sorrows when my wife's mom died. That way I could be there for my wife.''
money, school, college, pay, live, move, spend, class, save, student	``When I see how much I saved I can't help but think it's awesome to not be wasting money on alcohol. I won't drink with you today.''
eat, body, weight, liver, lose, exercise, calorie, diet, health, food	``I found it weird how even though I was eating more chocolate bars I still lost weight during my first few months. I also found that tracking my diet was easier when I wasn't binge eating in the middle of the night while blackout drink''
meeting, aa, group, recovery, meet, talk, step, sponsor, program, share	``I want to find a group that has members who have common ground with me as a young female if possible.''
step, aa, god, program, sponsor, higher_power, atheist, big_book, recovery, person	``While I respect that everyone has different beliefs that may involve religion it just isn't for me. When I see higher power I have a hard time accepting that it's not a reference to God. Any suggestions?''
congratulation, share, birthday, celebrate, man, guy, number, story, inspiration, badge	``I turned 45 years old yesterday and made it to 1 year. It was so worth it to quit drinking that I can image how winning the lottery feels.''

LDA Topic Keywords	**Paraphrased Example Quotations**
alcoholic, alcoholism, drug, control, addiction, moderation, smoke, addict, question, drinker	``I can't understand how any amount of alcohol can be good for us as since I stopped drinking recently and I feel way healthier. Does anyone know if the claim the moderated drinking extends your life has been refuted by science? I can't believe this claim.''
learn, feeling, thought, deal, mind, live, recovery, realize, point, person	``By reading This Naked Mind and thinking about my feelings and what alcohol took from me has been enlightening. I was able to establish a critical perspective that showed me how warped my thoughts had subconsciously become.''
morning, wake, beer, bottle, tomorrow, hour, weekend, dream, bed, plan	``I was so relieved when I finally realized it was in a dream. At first I thought it was impossible that I was in the middle of my 1st glass of beer. I felt that I had fallen off the wagon and thought I may as well enjoy the beer or maybe it was a dream like last time. Then I realized it really was a dream!''
doctor, anxiety, withdrawal, detox, depression, medication, symptom, sleep, med, taper	``Has anyone used Klonopin before? My doctor perceived this new stuff instead of Librium.''