

**A Prospective Observational Study on Gamified Mobile Applications for Smoking
Cessation Interventions**

PARTICIPANT INFORMATION SHEET – The Stop Smoking Study

(Version 1.1, 25th April 2019)

Thank you for your interest in participating in this study on using mobile apps to quit smoking. Before agreeing to participate, please read through the following information in order to understand the research, its purpose and value, and your involvement.

If you have any unanswered questions, are unclear about any aspect of this study, or would like further information, please feel free to contact Nikita Rajani via nikita.rajani14@imperial.ac.uk. Please take your time to decide whether or not you wish to participate.

What is the purpose of your research?

The purpose of this study is to investigate how certain features and elements in mobile apps designed to help people quit smoking affect a smoker's confidence in their ability to quit and their motivation to quit. The study also aims to examine whether certain features and elements of mobile apps improve the likelihood of successfully quitting.

Can I participate in this study?

In order to participate in the study, you need to meet the following eligibility criteria:

- I am 18 years or older
- I am proficient in the English language
- I am a smoker. I have smoked at least 100 cigarettes in my life time and I currently smoke at least one cigarette a day.
- I am trying or willing to quit smoking in the next 30 days
- I am not using other forms of smoking cessation treatment. This includes nicotine-replacement products, medications, other pharmacological treatment and any other interventions such as e-cigarettes
- I have not previously used the mobile application Kwit or Quit Genius
- I am not currently using any mobile app for smoking cessation
- I am fine with installing a mobile application for smoking cessation on my smartphone and have access to mobile data
- I am not diagnosed with a mental health conditions

What will I be asked to do?

If you decide to participate, you will be assigned an unidentifiable study identification number and be asked to sign an electronic consent form. You are asked install and use a smoking cessation mobile application assigned to you for a total of 4 weeks. Before downloading the app, two weeks after using the app, and 4 weeks after using the app, you will be asked to fill out questionnaires about your smoking status, confidence in your ability to quit, motivation to

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quit, and thoughts about certain features and elements of the mobile application. All questionnaires can be completed online; there is no need for in-person contact. Furthermore, your app usage data will be shared with the responsible Imperial College London researchers from the mobile app developers.

What happens when I complete the study? Will I be reimbursed?

You will successfully complete the study when you:

- Use the smoking cessation mobile app for the entire duration of the study
- Complete all online questionnaires

As reimbursement, you gain access to the smoking cessation mobile app for free throughout the duration of the study. This app would otherwise have a fee for usage. You will also get a chance to win a £50 Amazon voucher.

What are the possible benefits of taking part?

Participating in the study may result in successfully quitting smoking and therefore adopting a healthier lifestyle. Your contribution will help researchers better understand health behaviour change strategies for smoking.

Will my taking part in this study be kept confidential?

Online questionnaire will be delivered to you using Qualtrics. Qualtrics is a secure online Research Suite survey tool that follows HITECH (Health Information Technology for Economic and Clinical Health Act) requirements to properly protect data and follow best security practices.

Neither questionnaires nor data collected by apps will contain your name. The app developers will only share completely anonymized data with Imperial College London. You will not be identified by name in any report of results, nor will the report contain any statements that can be traced to any individual. We will not inform anyone that you participated in this study.

LEGAL BASIS

As a university we use personally-identifiable information to conduct research to improve health, care and services. As a publicly-funded organisation, we have to ensure that it is in the public interest when we use personally-identifiable information from people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use your data in the ways needed to conduct and analyse the research study.

Health and care research should serve the public interest, which means that we have to demonstrate that our research serves the interests of society as a whole. We do this by following the UK Policy Framework for Health and Social Care Research.

Imperial College London researchers will use your name and contact details to contact you about the research study, and make sure that relevant information about the study is recorded for your care, and to oversee the quality of the study. Individuals from Imperial College London and regulatory organisations may look at your medical and research records to check the accuracy of the research study. The only people at Imperial College London who will have access to information that identifies you will be people who need to contact you regarding the study or audit the data collection process. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details.

Imperial College London will keep identifiable information about you from this study 10 years after the study has finished.

Am I allowed to withdraw from the study?

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It is up to you whether you would like to participate in the study or not. You are allowed to withdraw from the study at any point that you wish without having to give a reason.

What will happen to the results of the research study?

Data collected by questionnaires and the app will be analysed to evaluate the impact of features and elements of the mobile app on quitting confidence and motivation to quit. The summarized and anonymised feedback will be shared with the app developers, which can aid them in creating a better app. We will also write up the results in a scientific manuscript to share our learnings. The data collected in this study will be securely stored for a minimum of 10 years at the Imperial College London.

Who has reviewed the study?

The Joint Research Compliance Office (JRCO) has reviewed and approved the study.

Who can I contact if I have any problems or queries?

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