

## Tobacco and Alcohol Research Group

January Newsletter 2023

**We have studies operating online, remotely, and in-person. Please refer to individual study adverts below for more information.**

Our priority is to ensure you stay safe and healthy, and thank you for bearing with us as we continue our research, without risking your health.

### All Current Studies

We are always looking for more participants to volunteer to be part of our studies.

[Click here for all current studies](#)

Click the button above to find full details of each study on our website, including how to contact the relevant researcher for more information or to sign up as a new participant. Please be aware that unless otherwise stated, you must be aged 18 or over to take part. You can also see a summary of our current studies below.

#### Smoking and E-Cigarettes Studies

- Effects of acute smoking on health-related biomarkers
- Assessment of nicotine replacement therapy for harm reduction in smokers: an n-of-1 study
- Sleep, physical activity, and smoking relapse vulnerability
- Evaluating the feasibility of a smartwatch-based smoking relapse intervention
- Get involved in developing a wearable technology stop-smoking aid

### Financial reimbursement for your participation

All studies reimburse for your time, mostly at around £7-£12/hour. This does vary depending on the nature of each study, the time commitment required and the funding source so please ask the researcher for details when signing up.

## Alcohol Studies



We do not currently have any studies involving alcohol that are seeking participants. Please check back later for future studies.

## Smoking and E-Cigarette Studies



### Assessment of nicotine replacement therapy for harm reduction in smokers: an n-of-1 study

Please note we are currently gathering expressions of interest for this study, for participation starting in January 2023.

This is a remote study lasting 60 days (excluding initial screening).

After completing two screening Zoom calls (to check that you are eligible for this study), the main study period will start and last 58 days. Every day for eight

weeks, you will be required to use nicotine replacement therapy (NRT) skin patches. You will also be required to wear a smartwatch provided by us, and complete two questions about how you feel on the watch, several times per day. Once per week, you will also provide a saliva sample and complete a breath test. You may continue to smoke during the study.

The whole study will take place in your everyday environment (i.e., you do not need to visit the University of Bristol). Study equipment will be sent to you by post, and you will be required to return equipment back by post at the end of the study. You will be reimbursed £120 upon study completion.

## **Inclusion/Exclusion Criteria**

To participate you must:

- Be at least 18 years of age.
- Be residing in the UK.
- Be daily smoker, defined as smoking 10-20 cigarettes per day for at least 3 months.
- Not use electronic cigarettes.
- Not be currently attempting to quit smoking (i.e., not currently using other nicotine replacement products) or in active smoking cessation treatment.
- Smoke with your right hand.
- Not have a current/past significant physical illness.
- Not have any skin disorder/condition/damage which precludes nicotine replacement or placebo patch use (e.g., hives, rash).
- Not be currently using prescription medication (excluding the contraceptive pill).
- Not be pregnant, breast-feeding or trying to conceive during the study period.

Please see the participant information sheet attached for full eligibility criteria.

## **More information and Sign up to Participate**

Please read the attached participant information sheet carefully to check that you are eligible and that you are happy with the study procedures. [N-of-1 Information Sheet 2022 \(PDF, 223kB\)](#)

For more information and to sign up to participate, please contact Dr Maddy Dyer ([maddy.dyer@bristol.ac.uk](mailto:maddy.dyer@bristol.ac.uk)).

We need cigarette smokers to take part in a new study evaluating the feasibility and acceptability of a smartwatch-based smoking relapse intervention.

## Who can take part?

- You should be a daily smoker, smoking at least 10 cigarettes a day (not e-cigarettes)
- You should be a UK resident aged between 18 and 70 years
- You should be actively seeking to quit smoking
- You should smoke with your right hand, and not have any mobility issues affecting your right hand or right arm
- You should not use e-cigarettes or any form of nicotine replacement during the period of the study

## What's involved?

- an initial video training session of approximately 30 mins to familiarise you with the smartwatch system (which will be mailed to you).
- wearing the smartwatch system for 2 weeks in your everyday environment.
- at the end of the 2 weeks, return of the smartwatch equipment and completion of an online questionnaire and interview to provide feedback on your experience with the system.

You will be reimbursed £50 for your time, upon study completion.

The whole study will take place in your everyday environment (i.e., you do not need to visit the University of Bristol). Study equipment will be sent to you by post, and you will be required to return equipment back by post at the end of the study.

## More information and sign-up to participate:

Please read the attached participant information sheet carefully to check that you are eligible and that you are happy with the study procedures. To sign up to participate, please contact Chris Stone by email to [chris.stone@bristol.ac.uk](mailto:chris.stone@bristol.ac.uk)

[StopWatch\\_intervention\\_infosheet\\_v2 \(PDF, 133kB\)](#)

*(This study has been approved by the School of Psychological Science Human Research Ethics Committee, reference number 12067)*

### Effects of acute smoking on health-related biomarkers

This study will measure and compare biomarkers (biological indicators of factors related to health which can act as early predictors of disease) after a relatively

heavy bout of smoking compared to a day of smoking abstinence. This study requires you to attend the lab on two different days (one week apart).

To measure the first biomarker, we will use a device which uses light technology to read biomarker levels in your skin. To measure the second biomarker, a trained researcher will take a blood sample (5 ml) from a vein in your inner arm

You will be reimbursed £50 for your time and expenses.

## Inclusion Criteria

- 18-40 years old
- Non-daily smoker
- Have English as first language or equivalent level of fluency
- Good physical and psychiatric health
- Able to attend three sessions on two separate days approximately one week apart

## Find out more and sign up to participate:

*Full inclusion/exclusion criteria can be found in the study participant information sheet, [Effects of acute smoking on health-related biomarkers \(PDF, 138kB\)](#).*

To find out if you are eligible, please complete our [screening survey](#). Eligible participants will be provided with information on how to sign up at the end of the survey.

**For further information, please contact Jennifer Ferrar ([jennifer.ferrar@bristol.ac.uk](mailto:jennifer.ferrar@bristol.ac.uk))**

Get involved in developing a wearable technology stop-smoking aid

We need people to take part in a focus group.

- We are developing a new type of intervention to help smokers quit, based on smartwatch technology.
- As part of this process, we need to evaluate our design with input from smokers themselves.
- The focus group will provide ideas and opinions about what we are developing, and help us to refine it.

Interested?

- If you are a regular smoker and are trying (or have tried) to quit, and would like to take part in one of our focus groups, please email Chris Stone at the University of Bristol: [chris.stone@bristol.ac.uk](mailto:chris.stone@bristol.ac.uk)

## Sleep, physical activity, and smoking relapse vulnerability

This is a two-week real world study. During the first week, you would be asked to smoke as normal. During the second week, you would be asked to try to refrain from smoking. For the duration of the study you would be asked to wear an activity monitor on your wrist and complete a daily sleep diary. For the second week only, you would also be asked to wear a smartwatch that would ask you brief questions four times per day. You would also receive an email each evening containing a link to a short task to complete on your laptop/computer.

All equipment will be sent to you with a set of study instructions. When all study items are returned by freepost envelope you would be re-imbursed up to £80 for your time, plus a £20 bonus payment if you complete most of the measures.

## Inclusion/exclusion criteria

- Aged 18 years or older
- A regular smoker (5 or more cigarettes per day for at least 3 months)
- A native or fluent English speaker
- Able to access a laptop or computer daily
- Interested in quitting smoking at some point soon or in the future

Please see the participant information sheet attached for full eligibility criteria.

## Find out more and sign up to participate

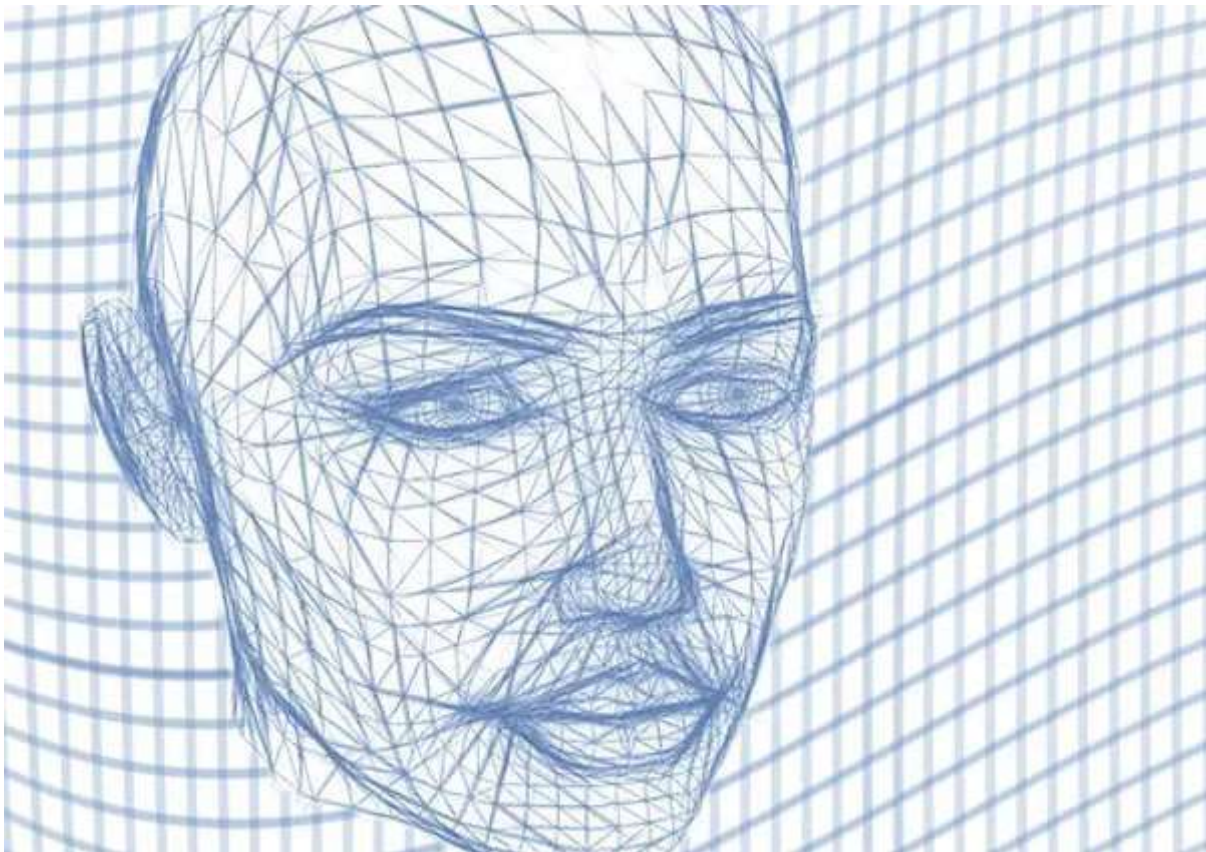
Please read the attached participant information sheet carefully to check that you are eligible and that you are happy with the study procedures. For more information and to sign up to participate, please contact Joe Matthews ([joe.matthews@bristol.ac.uk](mailto:joe.matthews@bristol.ac.uk)).

[Sleep, physical activity, and smoking relapse vulnerability \(PDF, 111kB\)](#)



We do not currently have any studies involving users of recreational drugs that are seeking participants. Please check back later for future studies.

## Other Studies



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Thank you for reading, see you next month.

Yours, TARG.

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