

Tobacco and Alcohol Research Group

July Newsletter 2022

COVID-19 Update:

The University of Bristol is open.

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.

Alcohol Studies

- How does performance on digital health tasks change after alcohol intake?
- Investigating how alcohol drinkers interpret the term “mindful drinking” and exploring barriers and facilitators to engagement

Smoking and E-Cigarettes Studies

- Effects of acute smoking on health-related biomarkers
- Study to help cancer patients who are trying to quit smoking
- Exploring young people’s opinions of e-liquid packaging

Other Studies

- Investigating the impact of lived experience stories for individuals who self-harm
- Effects of 7.5% carbon dioxide (CO₂) inhalation on cognitive performance
- An investigation of how individual differences affect reward processing
- Investigating consumer preferences for protein sources
- Experiences of adults with ADHD: a qualitative investigation
- Exploring experiences of relationships with other patients during treatment for anorexia nervosa as an inpatient in hospital.

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



How does performance on digital health tasks change after alcohol intake?

This study requires you to attend our laboratory at the University of Bristol on two different days (approximately 24 hours apart). The first session involves practicing the tasks and completing demographic questionnaires. At the second session, you would complete a baseline assessment on the digital health tasks before consuming a beverage of either alcohol or placebo. You would complete the digital health tasks 3 more times.

Upon completion of the study, you would be reimbursed £20 for your time. In order to take part you should be:

- 18-40 years old
- In good physical and psychiatric health
- Drink between 5 and 30 units* of alcohol a week if female or between 10 and 50 units* if male

If you are interested and would like further information, please contact the research team at emma.dennie@bristol.ac.uk.

Investigating how alcohol drinkers interpret the term “mindful drinking” and exploring barriers and facilitators to engagement

This is a study investigating what is currently known about "mindful drinking". It consists of an online survey which will take 10 – 15 minutes to complete. During the survey, you will be asked about yourself, your drinking habits, what you believe "drinking mindfully" is and if you participate in it. After taking part, you will have the option to enter a prize draw to win 1 of 4 x £50 shopping vouchers.

Inclusion Criteria

Individuals over the age of 18, who drink alcoholic beverages, live in the UK full-time, and are fluent in English are invited to take part.

Find out more and sign up to participate:

The survey can be accessed [here](#). The Participant Information Sheet is presented at the start of the survey. If you have any questions, please contact the lead researcher, [Olivia Pillinger](#).

Smoking and E-Cigarette Studies



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)

Would you like to assist with a study to help cancer patients who are trying to quit smoking?

A research team at the University of Bristol are making a smartwatch app designed to help cancer patients trying to quit smoking to stay smoke free. To do this they are keen to speak to people with a cancer diagnosis who are current or former smokers.

They would like to talk to these people individually and/or as a group about their thoughts and ideas about this work. Their feedback will be really important in helping to design the app and how it is used.

If you might be interested in being involved, you can do so as a one-off, or on an ongoing basis throughout the study – either way it would not need to take up much of your time and you would receive reimbursement for this. If you'd like to find out more, or to have an informal chat with one of the study team, please email Chris Stone at the University of Bristol: chris.stone@bristol.ac.uk

Exploring young people's opinions of e-liquid packaging

Are you a parent of an 11-17-year-old or a teenager yourself? The Tobacco and Alcohol Research Group are looking for 11–17-year-olds to complete a 20-minute online survey. Participants will be asked to look at pictures of e-liquids and answer some questions. As a thank you, participants can enter a prize draw for a 1 in 10 chance of winning a £20 or £50 shopping voucher.

Inclusion Criteria

- Be aged between 11 and 17 years.
- Not currently smoke cigarettes and have never regularly smoked cigarettes. This means they have not tried smoking more than 10 times.
- Not currently vape (used e-cigarettes) and have never regularly vaped. This means they have not tried vaping more than 10 times.
- Live in the UK.
- Have normal vision or they use glasses or contact lenses to correct their vision.

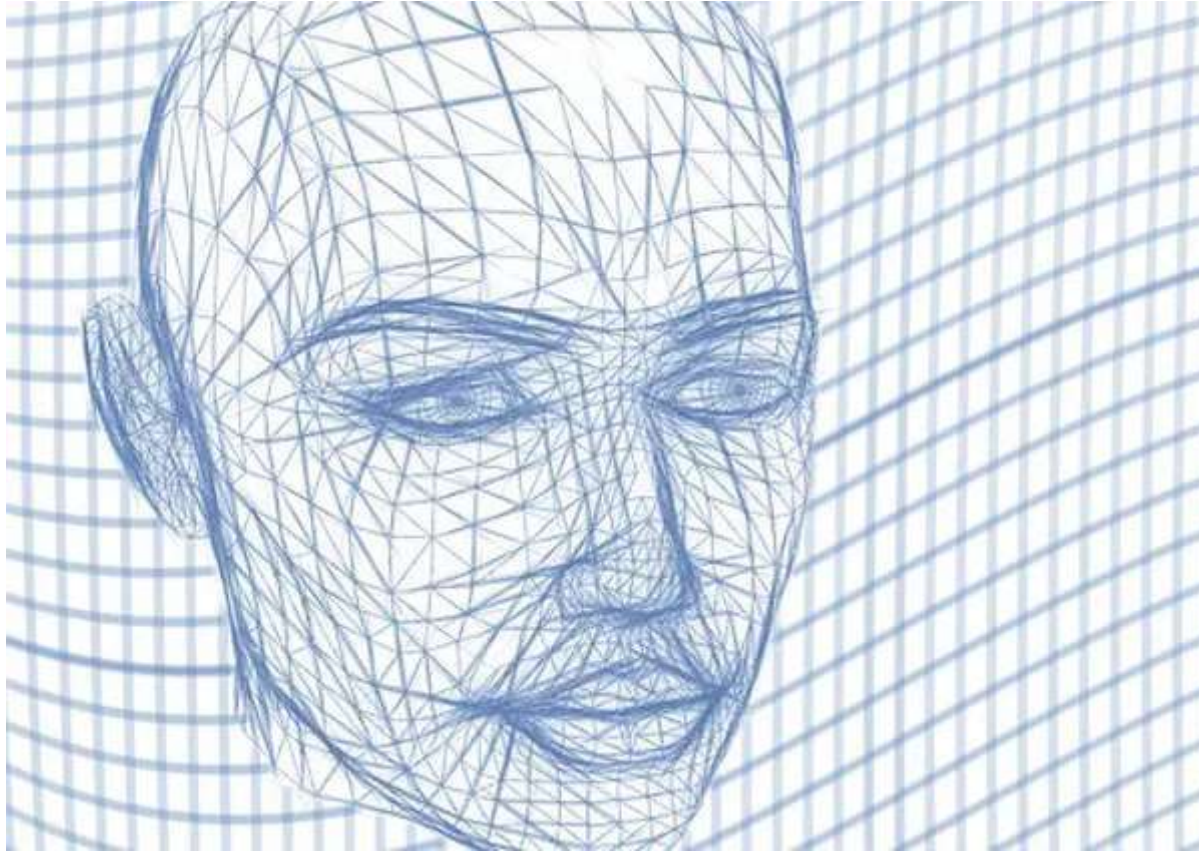
Find out more and sign up to participate

To take part, email Dr Maddy Dyer (maddy.dyer@bristol.ac.uk). Please note that 16- and 17-year-olds can email me directly. Parents of 11-15-year-olds must email me on their child's behalf.



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



Investigating the impact of lived experience stories for individuals who self-harm

The internet offers an important avenue for supporting people who self-harm, and who may not have the opportunity or capability to access "real world" help. With more people searching for help online, it is vital that the support content provided is effective and evidence-based. This study will provide insight into the types of online support content that are most effective.

This project consists of two studies (an online survey that takes approximately 30 minutes to complete and a focus group interview that takes approximately 1 hour to complete).

Participants who complete the online experiment will be offered the option to enter into a prize draw to win one of four £50 gift vouchers.

Inclusion Criteria

- Be at least 16 years of age or over
- Have self-harmed in the last year
- Be fluent in English
- Be a resident in the United Kingdom

Find out more and sign up to participate

TRIGGER WARNING *The content in the study will not include any physical details of self-harm, but the subject matter may be triggering or upsetting to those who have experience of self-harm. You will be provided with a list of [Self-harm support services \(PDF, 30kB\)](#) and are free to exit the study at any point.*

To find out more information about either study, please read the full information sheets:

[Online survey \(PDF, 165kB\)](#)

To sign up to participate, please contact [Jennifer Ferrar](#).

Effects of 7.5% carbon dioxide (CO₂) inhalation on cognitive performance

We are looking for healthy volunteers to take part in a research study.

This study requires you to attend our laboratory at the University of Bristol on two different days (approximately one week apart).

The first session involves a screening procedure to check you are eligible to take part. This will be followed by a practice run of the procedures.

At the second session, you would complete two 20-minute inhalation procedures while completing some computer tasks. You would be randomised to either inhale normal (medical) air or air that has higher carbon dioxide (CO₂) than normal. This gas temporarily induces feelings of anxiety in most people.

Upon completion of the study, you would be reimbursed £40 for your time.

Inclusion criteria

- 18-50 years old
- In good physical and psychiatric health
- Currently registered with a General Practitioner (GP)

Full information including a full list of inclusion/exclusion criteria is attached in the participant information sheet. Please read this carefully before deciding if you would like to take part.

Find out more and sign up to participate

If you are interested, please read our [webpage](#) carefully.

An investigation of how individual differences affect reward processing

This is a new study seeking expressions of interest. We are waiting for ethics approval before we recruit to this study, but if you are interested, please get in touch and we will send you the study details as soon as approval is received.

This study aims to understand how individual differences contribute to reward processing. Rewards include things like food, money, and meeting friends and family. Our knowledge of rewards and how they are processed is limited. However, we do know that problems with reward processing can be a symptom of a mental health condition. This study uses different tasks that test reward processing and help us to understand different types of rewards better and to understand how processing rewards may differ between individuals.

What will I have to do as a participant?

We are looking for specific groups of people to take part in this study, therefore, we first require you to fill out a 10-minute questionnaire online, that asks about your behaviour over the last 6 months. Based on your answers, you may or may not be eligible to take part. If you are eligible, you will be emailed with further details.

If you are eligible you will be asked to attend one 70-minute testing session at the Tobacco and Alcohol laboratory, in the School of Psychological Science, at the University of Bristol.

Will I be reimbursed?

Participants who complete the screening questionnaire, but are not eligible for the study, will not be reimbursed. However, those who are eligible and complete the study, will be given the option to enter a prize draw to win one of five shopping vouchers available worth between £10-£50. Winners can choose where to spend their voucher (either Amazon, Etsy, or Love2Shop). University of Bristol Psychology students will be assigned either 1 Experimental Hours credit for taking part in the study, or entry into the prize draw but not both.

Inclusion criteria

- Adults aged 18-years-old or above
- Fluent in English
- Have normal or corrected-to-normal vision

- Able to wear a face covering during the testing session

Exclusion criteria:

- Current use of any psychiatric medication
- Current severe psychiatric or neurological condition
- Current substance dependency (excluding caffeine or nicotine)
- Current upper body injury or weakness
- Extreme vulnerability to COVID-19
- Inability to wear face covering during in-person testing session
- Anyone who displays COVID-19 symptoms upon attendance of in-person testing session

Find out more and sign up to participate

If you're interested, please contact [Sally J. Turner](#) for further information.

Investigating consumer preferences for protein sources

We are looking for healthy volunteers to take part in a research study. This study aims to understand your preferences for different food products commonly found in supermarkets, specifically for protein sources. This work will help us understand consumer choice, which has important implications for individuals and society.

After reading the study information and consenting to participation, you will complete a short survey to assess your eligibility to participate in the study. If you are eligible, you will be asked some basic demographic questions. Then you will complete a task where you will be shown a series of food products that you might see in a supermarket, and you will be asked to choose between them. Finally, once the study is complete, you will be debriefed about the full nature of the study.

Participants will be given the opportunity to enter a competition for a £50 Amazon Voucher prize draw. If you wish to enter this optional prize draw, a link will be provided at the end of the study for you to do so.

The study is 20 minutes long.

Inclusion Criteria

- Be 18 years of age or over
- Be a current UK resident
- Be fluent in English
- Be able to access the study on a computer/laptop/tablet

Full information including a full list of inclusion/exclusion criteria is attached in the participant information sheet. Please read this carefully before deciding if you would like to take part.

Please read our [Participant Information Sheet](#) carefully for full details

If you have any questions about the study that have not been answered by the above information, please contact Yasmin Sachdev (wz21582@bristol.ac.uk).

Experiences of adults with ADHD: a qualitative investigation

Rewards are an important, practically essential, part of life. There has been a lack of research that aims to understand how adults with attention-deficit hyperactivity disorder (ADHD) experience reward in their everyday lives. This study aims to address this gap by conducting in-depth interviews with adults who have been diagnosed with ADHD.

You will be asked to attend an online interview via Zoom. You will be asked some questions, including questions specific to your ADHD symptoms. These questions are all open-ended and we are interested in your experience, so no answer is right or wrong.

All participants will be given a £10 online shopping voucher for a retailer of your choice (either Amazon, Etsy, or Love2Shop).

Inclusion/Exclusion Criteria

In order to take part, you should:

- Have a formal diagnosis of ADHD. By this, we mean a doctor has diagnosed you with ADHD at some point in your life. This does not have to be during adulthood.
- Be 18-years-old of age or older
- Be fluent in English
- Have no severe uncorrected sensory impairments that could make an online interview difficult

You would not be able to take part in the study if you:

- Are currently using psychiatric medication that is not for ADHD.

Find out more and sign up to Participate

We are seeking expressions of interest and data collection is due to start in a couple of weeks. If you are interested in finding out more about this study, please read this document carefully:

[Experiences of Adults with ADHD: A Qualitative Investigation \(PDF, 147kB\)](#). For further information, please email Sally J. Turner: hv18333@bristol.ac.uk.

Exploring experiences of relationships with other patients during treatment for anorexia nervosa as an inpatient in hospital

Have you ever had inpatient treatment for anorexia nervosa? Are you over 16?
Have you been recovered for at least one year? Can you join an individual

interview for an hour?

In this study, you would have a one-to-one interview via videoconference, with a medical student. In the interview, you would be asked to talk about being with other patients during your admission to hospital with anorexia nervosa. We are keen to hear from you! The QR code/ survey link will take you through some questions to check you are eligible. Within this form we will ask you about your previous eating disorder and also about any current eating disorders. This is to allow us to consider if talking about your experiences may be too distressing for you. We will reply by email to let you know if you are eligible and give you some more detailed information.

We will thank you for your time with a £10 shopping voucher.

If you are interested, please consider joining our study via [this link](#).

This research is led by Lizzie Jackson, Medical Student and supervised by Dr Helen Bould, Consultant Senior Lecturer in Child & Adolescent Psychiatry. We have ethics approval from the University of Bristol.

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Thank you for reading, see you next month.
Yours, TARG.

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