

## **Tobacco and Alcohol Research Group**

September Newsletter 2022

### **COVID-19 Update:**

**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](#)
- [Current or ex-smokers needed to help develop a smoking cessation intervention](#)
- [Exploring young people's opinions of e-liquid packaging](#)
- [Assessment of nicotine replacement therapy for harm reduction in smokers: an n-of-1 study](#)

#### **Other Studies**

- [Investigating the impact of lived experience stories for individuals who self-harm](#)
- [An investigation of how individual differences affect reward processing](#)
- [Experiences of adults with ADHD: a qualitative investigation](#)

## 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



## 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))**

## Current or ex-smokers needed to help develop a smoking cessation intervention

A research team at the University of Bristol are making a smartwatch app designed to help smokers trying to quit smoking to stay smoke free. To do this they are keen to speak to people 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](mailto:chris.stone@bristol.ac.uk)

## 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, which will start in October/November 2022. 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: i.e. Age range, smoking status, sex, medication etc.**

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.

## Find out more and sign up to participate

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)).

### 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

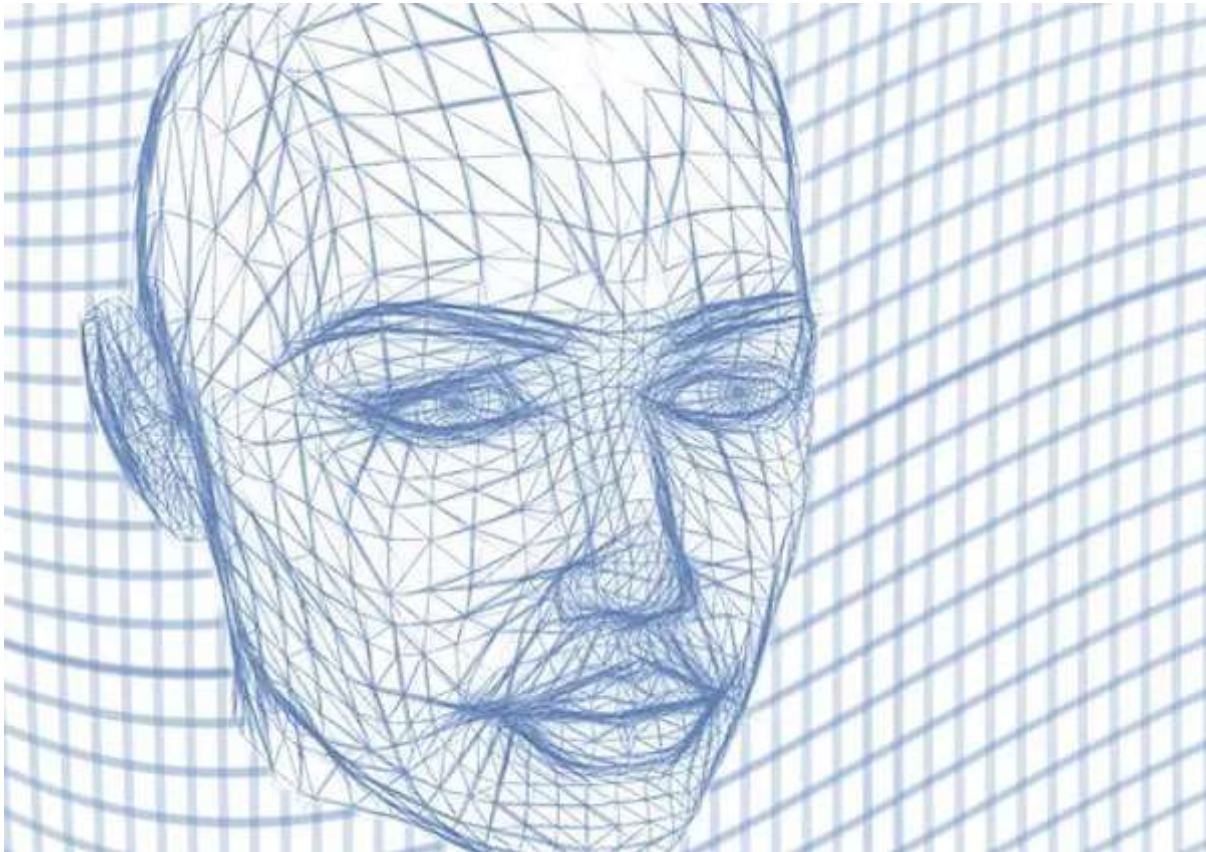
To take part, email Dr Maddy Dyer ([maddy.dyer@bristol.ac.uk](mailto:maddy.dyer@bristol.ac.uk)). Please note that 16- and 17-year-olds can email me directly. Parents of 11-15-year-olds must email me on their child's behalf.

### Recreational Drugs Studies



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:

[Participant information sheet \(PDF, 165kB\)](#)

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

## An investigation of how individual differences affect reward processing

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



## 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](mailto:hv18333@bristol.ac.uk).

[Click for TARG's Latest News](#)

Recently TARG were awarded funds to hold a public engagement event at the

Harbourside in Bristol. The aim of the event was to thank the public for their participation in our research, which is vital! And to encourage others, who haven't been involved before, to get involved. The funding also enabled us to produce a short animation which can be viewed on YouTube here: [Patient and Public Involvement in Research - YouTube](#)

As recipients of our newsletter, we would also therefore like to thank you for your continued involvement with our work. We truly could not do our research without our participants. Thank you and we hope to see you soon!

[Click for TARG's Latest Publications](#)

## Follow Us

By following us on Facebook and Twitter, you can see the latest news more quickly and become part of the conversation by engaging with our researchers directly. A list of our [people](#) who are on Twitter is available [here](#).

Check out our YouTube page for educational videos and talks.



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

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