

Tobacco and Alcohol Research Group

November 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.

Alcohol Studies

- Alcohol consumers: join a focus group to develop alcohol health communication materials
- Health and social care professionals: join a focus group to develop alcohol health communication materials

Smoking and E-Cigarettes Studies

- Assessment of nicotine replacement therapy for harm reduction in smokers: an n-of-1 study
- Effects of acute smoking on health-related biomarkers
- Exploring young people's opinions of e-liquid packaging

Other Studies

- 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



Alcohol consumers: join a focus group to develop alcohol health communication materials

An opportunity is currently open for consumers of alcohol to join a two-hour focus group. This focus group will help develop alcohol health communication materials. The focus group will take place in-person at Filwood Community Centre, BS4 1JP on the 29th of November 2022, 6 - 8 pm. Reimbursement will take the form of local travel costs and a £40 Love2Shop voucher.

Inclusion/Exclusion Criteria

To participate you should:

- Be alcohol consumers who regularly drink more than 14 units of alcohol per week.

More information and Sign up to Participate

If interested, please email Thea House. (thea.house@bristol.ac.uk)

Health and social care professionals: join a focus group to develop alcohol health communication materials

An opportunity is currently open for health and social care professionals to join a two-hour focus group. This focus group will help develop alcohol health communication materials. The focus group will take place in-person or online depending on participants' preference, and will take place some time during November/December 2022. Reimbursement will take the form of local travel costs and a £40 Love2Shop voucher.

Inclusion/Exclusion Criteria

To participate you should:

- Be health and social care professionals, including but not limited to GPs, nurses, and pharmacists.

More information and Sign up to Participate

If interested, please email Thea House. (thea.house@bristol.ac.uk)

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).

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.

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.

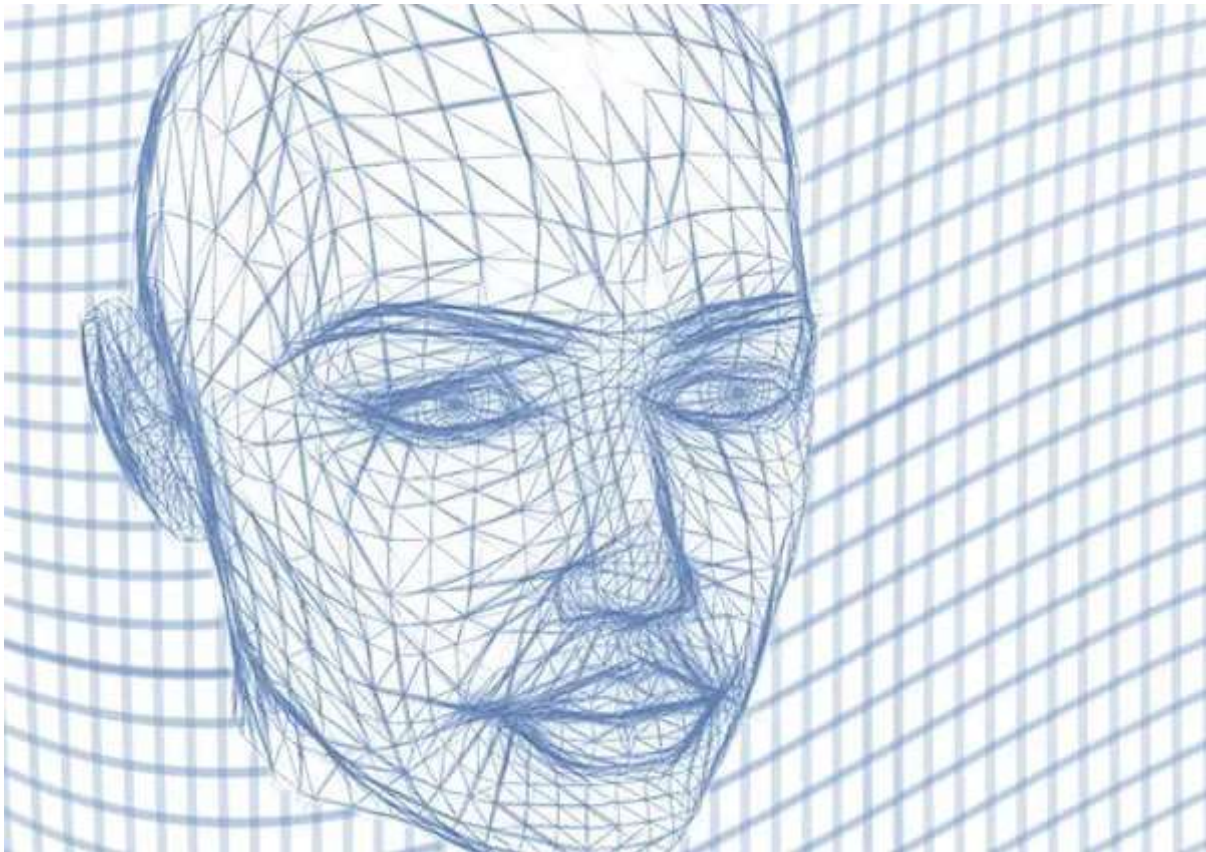
For further information, please contact Jennifer Ferrar
(jennifer.ferrar@bristol.ac.uk)

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



Experiences of adults with ADHD: A qualitative investigation

Rewards are an important, practically essential, part of life. “Rewards” can be anything from food to social media, to money, and many more! Despite the fact humans and animals respond to rewards, not everyone responds to them similarly. This can be due to lots of factors that influence how we think and feel about things we like. 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, this should take an hour or less. 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. Your answers will be audio-recorded (but not video-recorded) for the purposes of transcription so that we can analyse the results. If you do not want to be audio-recorded then you cannot take part.

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

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.

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

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