Title of the Study: A Real-Time Pilot Study of a Text Messaging Program for Nondaily Smokers

Why is this research being done?

Many nondaily smokers want to quit smoking, but fail in their quit attempts. We are interested in developing support materials to help them quit smoking successfully. A promising smoking cessation tool is text-messaging. Recent studies have shown that text-messaging interventions effectively help daily smokers quit smoking, but we do not know if they provide adequate support for non-daily smokers. Thus, in this study, we are asking non-daily smokers to quit smoking using a validated smoking cessation text-messaging program, and to provide us with their thoughts and feelings in real-time as they go through the process of quitting.

What will happen in this research study?

If you agree to participate in this research, we will ask you to do the following things:

- Pass a 1-week screening test, in which you complete an online survey (this one) and provide 1 week of real-time reports of your thoughts and feelings using a smartphone app we configured for this purpose
- If you successfully pass the screening test, we’d ask you to:
  - Pick a quit day
  - Enroll in a text-message program to support you in quitting smoking (by texting “join” to the number we will provide)
  - Use our smartphone app to report your thoughts and feelings for 3 more weeks (2 weeks immediately following your quit day, for 1 week 6 weeks after your quit day)
  - Complete three more online surveys (2 weeks, 6 weeks and 3 months after your quit day)

![Timeline of Study Participation](image)

What are the risks and/or benefits of this research study?

There are two risks in participating in this study:

- **Subjective discomfort from answering our questions**: please rest assured that you may skip any question you are uncomfortable answering, with the exception of logistical details we need from
you to remunerate you for your participation (i.e., full name, mailing address, social security number) or to enable participation (i.e., email address, the phone number of your smartphone, name of two people we are allowed to contact you in case we cannot reach you for follow-up assessments)

- **Breach of confidentiality**: we believe this risk to be minimal, because we are collecting data via technologies that are fully HIPAA compliant, and because our study staff is properly trained about the critical importance of confidentiality and in human research subjects’ protection.

There are two benefits to participating in this study:
- You will receive **smoking cessation support** as part of your study, and thus, you may be able to quit smoking. Quitting smoking would have a substantial positive impact on your health!
- Your study participation would provide generalizable knowledge about the process of smoking cessation in non-daily smokers, which can be used to guide the development of further treatments to support smoking cessation in this growing population of smokers.

**Will I be remunerated for my study participation?**

Yes. You will be remunerated to a total of up to $287. For each online survey you complete, you will receive $35. For each audibly prompted mini-survey you complete via your smartphone, you will receive $1. For weeks during which you complete ≥ 90% of audibly prompted smartphone mini-surveys, you will receive an additional $5. If you complete a mini-survey in response to reporting that you are smoking a cigarette, you will get $1 that day. Here is an overview of your remuneration:

<table>
<thead>
<tr>
<th>Visit</th>
<th>EMA</th>
<th>Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline &amp; Screening</td>
<td>Up to $36</td>
<td>$35</td>
</tr>
<tr>
<td>2-week (2 EMA weeks)</td>
<td>Up to $75</td>
<td>$35</td>
</tr>
<tr>
<td>6-week</td>
<td>Up to $36</td>
<td>$35</td>
</tr>
<tr>
<td>3-month</td>
<td></td>
<td>$35</td>
</tr>
</tbody>
</table>

**$287 per EMA participant**

To pay you, we will mail you checks to your US mailing address. For that, we will need to know your social security number, as we are required to keep a record of research remuneration amounts for tax purposes, if the remuneration exceeds $50, as it does in this study.

We will mail you check at four times:
- At the end of the screening period
- At the end of the 2-week assessment
- At the end of the 6-week assessment
- After completion of the 3-month survey

**What else do I need to know?**

In order to use your own smartphone to provide the real-time reports of your thoughts and feelings, we will be asking you to install a smartphone app on your own smartphone. This smartphone app was designed and is owned by the company MetricWire. Our research team has purchased a license to use the MetricWire app to send you the surveys we have designed on your smartphone. Please note that MetricWire owns the mobile application that you will be using during the Study. By signing this consent form, you indicate that you understand that, as with most software, you are being given a
license to use the mobile application with certain restrictions. You will have the right to use the MetricWire mobile application only during the Study, and you agree to delete the mobile application after the completion of the Study. You will have the right to use the MetricWire mobile application only for the Study and for no other purpose. You agree not to copy or share the MetricWire mobile application with anyone. You agree not to take apart, modify, or make changes to the MetricWire mobile application nor do anything else with it other than use it for its intended purpose (which is to collect information from you as part of the Study). MetricWire will have access to and use of your information. MetricWire agrees to keep identifying information about you confidential and to comply with all applicable laws regarding your privacy. MetricWire and the MetricWire mobile application do not provide medical advice or treatment. MetricWire is not your medical professional and is not responsible for your medical treatment or healthcare.

We are required by the Health Insurance Portability and Accountability Act (HIPAA) to protect the privacy of health information obtained for research. This is an abbreviated notice, and does not describe all details of this requirement. During this study, identifiable information about you or your health will be collected and shared with the researchers conducting the research. In general, under federal law, identifiable health information is private. However, there are exceptions to this rule. In some cases, others may see your identifiable health information for purposes of research oversight, quality control, public health and safety, or law enforcement. We share your health information only when we must, and we ask anyone who receives it from us to protect your privacy.

**Who can I contact if I have questions or concerns about this study?**

If you have questions about the study, our study staff can be reached at (617) 724-3129.

If you have concerns or complaints about this research and its procedures, risks and benefits, you may contact the Principal Investigator of this study, Bettina Hoeppner, Ph.D., at (617) 643-1988.

If you would like to speak to someone not involved in this research, please contact the Partners Human Research Committee at (857) 282-1900.

Thank you for considering participating!

**I AGREE TO PARTICIPATE IN THIS STUDY**

- Yes
- No