INFORMATION SHEET
PARTICIPANT INFORMATION SHEET
HEALTH AND MEDICAL RESEARCH

STUDY: Making the most of plain packaging: using self-efficacy messages on cigarette packages to promote smoking cessation.

You are invited to participate in a research study to investigate the way that anti-smoking warnings influence smoking behaviour and the onset of smoking. The study is conducted by Dr. Natalie Schüz, Dr Benjamin Schüz, Dr. Stuart Ferguson, Lillian Brinken, Brenda Keliher, and Kelsey Madden.

1. What is the purpose of this study?
The purpose is to investigate the way that anti-smoking warnings on cigarette packages influence smoking behaviour.

2. Why have I been invited to participate in this study?
You are eligible to participate in this study because

1. you are an adult (18+) cigarette smoker
2. you have smoked 10 cigarettes per day for, the past 3 years
3. you are NOT currently interested in quitting smoking within the next month
4. you are NOT pregnant
5. you have adequate comprehension of English.

3. What does this study involve?
If you choose to participate in this study, you will be required to take part in three (3) study visits at the University of Tasmania campus, answer prompted questions and monitor the cigarettes you smoke for a total of 3 weeks (explained below).

You will monitor the cigarettes you smoke using a study-specific smartphone provided to you for the duration of the study. You indicate every time you smoke a cigarette by pressing a button on the device. You will also be asked to complete 2 minute assessments at 4-5 random times throughout your day as well as brief reports when you turn the device on in the morning and before you turn it off in the evening. **You will need to return this device at the end of the study. You will be asked to carry this device with you at all times until the end of the study.** During the three study visits, we will obtain two measures of expired air carbon monoxide levels as a measure of cigarette smoke exposure.

**Visit one (1)** - will take approximately 30-45 minutes to complete, during which you complete a questionnaire and will be given training in the study procedures.

**Visit two (2)** – one week (7 days) after the first visit. It will take approximately 15-20 minutes. The data from your device will be downloaded; and you will provide a sample of your breath, a simple and non-invasive procedure where you exhale into a special device. You will be required to bring along any cigarette packets you have. A research assistant will apply
labels to all provided packs/tobacco pouches and distribute additional stickers to last until the next visit.

Visit three (3) – This final visit will be scheduled two weeks (14 days) after visit two (2). You are asked to return the study device. You will be debriefed and provided with the opportunity to tell us about your experiences in the study.

4. Will I be reimbursed for my time?
Participants have the potential to obtain shopping vouchers worth a total of $140. All participants who complete the three study visits will be reimbursed with shopping vouchers worth a total of $90 for their time and out of pocket expenses; at Visit one, you will receive a $20 voucher, at Visit two a $30 voucher, and a $40 voucher at Visit three. Additionally, if you answer at least 3-4 of the 4-5 daily random prompts (75% of all random prompts), and report at least 75% of all the cigarettes you smoke, you will receive an additional $50 shopping voucher at Visit three. First year psychology students will receive three hours of course credit. Your involvement in the study is not linked to your individual answers or your interest in quitting. If you complete the study you will be reimbursed for your time.

5. What will happen to my personal details?
It is important that you understand your involvement in this study is voluntary. While we would be pleased to have you participate, we respect your right to decline. There will be no consequences to you if you decide not to participate. If you decide to discontinue participation at any time, you may do so without providing an explanation. All information will be treated in a confidential manner, and your name will not be used in any publication arising out of the research. All of the research data will be kept on a password-protected computer. Hard copy data will be kept for at least five (5) years from the date of the first publication of the study results. Electronic data will be securely stored until it is no longer necessary.

6. Are there any possible benefits from participation in this study?
No. However, the information we gather may help preventing the onset of smoking in adolescents and motivating smokers to quit smoking in the future.

7. Are there any possible risks from participation in this study?
There are no specific risks anticipated with participation in this study aside from those associated with continued smoking if you are a current smoker. If, over the course of the study, you do decide that you would like to quit smoking, we would be happy to provide you with quitting materials and to refer you to the local quit line.

8. What if I have questions about this research?
If you would like to discuss any aspect of this study please feel free to contact Dr. Natalie Schüz on (03) 6226 1093. Dr. Schüz would be happy to discuss any aspect of the research with you. When the study has been finalised the main outcomes will be published on the University of Tasmania’s website.

This study has been approved by the Tasmanian Health and Medical Human Research Ethics Committee. If you have concerns or complaints about the conduct of this study should contact the Executive Officer of the HREC (Tasmania) Network on (03) 6226 7479 or email human.ethics@utas.edu.au. The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote [H0015696].

Thank you for taking the time to consider this study. If you wish to take part in it, please sign the attached consent form. This information sheet is for you to keep.