

Participant Information Sheet

TRAJECT: Tracking via Repeated Assessment of Joint E-Cigarette and Tobacco use.

You are invited to take part in a research study. We want to talk to people who smoke tobacco who have recently also started using an e-cigarette (for less than 3 months). We are interested in learning more about people who both smoke and vape, often referred to as “dual users”. We want to understand how dual use varies over time and between people, and what factors help or hinder smokers in switching to e-cigarettes away from smoking.

This study is funded by Cancer Research UK.

Purpose of and background to the research

Around half of UK e-cigarette users continue to smoke tobacco. While dual using both e-cigarettes and tobacco is common, it is not well understood.

Our findings will be important for practice recommendations in terms of how to assist dual users to stop smoking, and inform policy-decisions on how e-cigarettes can be promoted effectively to help people stop smoking and stay stopped.

What will taking part involve?



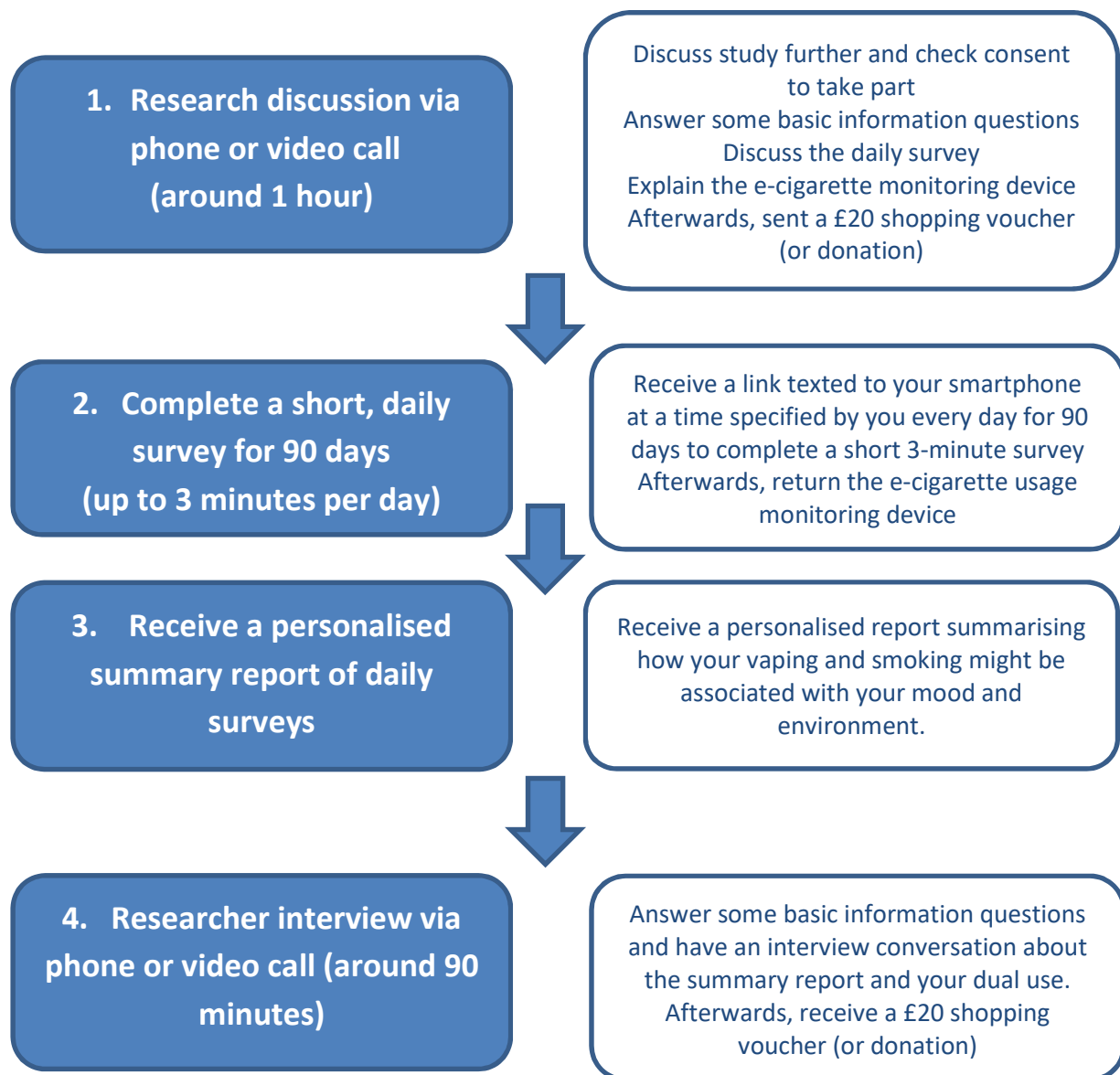
The flow diagram below shows the different stages of the study. After you have consented to take part and completed the first research interview, you may be posted a small monitoring device (pictured here) to attach to your e-cigarette. (Note: it requires that your e-cigarette has a tank that screws on with what is called a 510 thread.) This device keeps track of your vaping usage patterns (i.e. duration of puffs, timing of puffs, power used per puff) for us to download at the end of the study. It is inconspicuous and it will not affect how your e-cigarette functions. You can choose to opt out of using the monitoring device and instead, choose to report your vaping usage patterns

yourself.

You will receive daily text messages over the 90-day period at your preferred time or 9pm with a web-link to the brief online survey that you can complete on a smartphone. This should take less than 3 minutes a day to complete. The survey will ask you questions about smoking, vaping, mood, stress, alcohol use, and social support. We will also ask you to

identify what you think is relevant to your dual use. You are free to withdraw from the study at any time.

Diagram of 4 stages and what you will do at each stage if you take part



Once the 90-day period has ended, we would like to interview you about your experiences of dual use of both e-cigarettes and tobacco, even if you are no longer using e-cigarettes or tobacco. Before the interview, you will receive a personal report summarising the results of the daily questionnaires that you filled in over the 90-day period. We will discuss the report in the interview and you can give your feedback on any changes to your vaping or smoking behaviour. With your permission, the interview will be audio/video-recorded. The interview

will last no more than 90 minutes and can take place on the phone or video call. The interview will be flexible, allowing you to talk about your experiences and 'have a conversation' with the interviewer.

What are the possible benefits of taking part?

If you complete the daily questionnaires for most of the 90 days, you receive the personalised report summarising the results of the daily survey. This will give you insights into how your vaping and smoking habits over time might be associated with your mood and your environment.

Initially, you will be sent a voucher for the value of £20 for taking part and an additional £20 voucher if you consent to take part in the follow up interview. You can opt to donate this to CRUK (the funder of the study) at the researcher interviews. In the past, we have found that many people enjoy taking part in research and having the opportunity to share their experiences.

Your contribution will be very important in helping to establish evidence from a user perspective, and will inform advice that health professionals can give to people wishing to quit smoking using e-cigarettes.

What are the possible disadvantages and risks of taking part?

There are no direct risks to you from taking part in this research. The small monitoring device attached to your e-cigarette is unobtrusive and safe to use. The daily survey has been designed to be brief and easy to complete. However, you are free to withdraw from the study at any point during the 90 days period. During the interview, you do not have to answer any questions that you are uncomfortable with, and are free to stop the interview at any time, without giving a reason. If you ask for further support or advice, our experienced researchers will be able to help you by referring you to appropriate sources of help.

What will happen to the results of this study?

We will publish our findings in academic journals and using online resources. We will present findings at academic conferences and to relevant user and professional groups.

How will my information be kept confidential?

We will use the information obtained from the interviews and surveys for the purposes of research only. We do not collect more information than we need to fulfil this purpose and will not keep it for longer than necessary. With your permission, we will store your personal contact details securely on UEA systems for 18 months after the end of the study and use them only for contacting you in relation to the study.

We will ask for your electronic consent for the interview to be recorded. After the interview we will transcribe the data, and at that point anonymise anything personal that is said. This is so that if any of your interview is quoted in our reports, no one would know who you were referring to. We will securely store survey data and anonymised transcripts on university systems, accessible only to members of the research team. At the end of the study, the final anonymised dataset will be kept for at least 10 years. Fully anonymised data may be shared on academic open access platforms to ensure transparency, aid peer review and allow others to make use of important data for re-analysis.

We use Qualtrics online survey platform to administer project surveys and TextAnywhere to send you study-related text messages (e.g. daily survey links). This data will not be shared with any other third parties and will only be used for this study. For further information, see <https://www.textanywhere.com/policy-documents/terms-and-conditions/>

All data will be handled in accordance with GDPR. Please see the following link for how we use personal information: <https://www.uea.ac.uk/web/about/university-information/statutory-and-legal/data-protection/data-protection-further-information>

How do I stop the daily texts?

The daily survey web link is unique to you and doesn't change. If you would like to stop receiving the daily texts, but would still like the option to participate in the study, please contact Emma at emma.ward@uea.ac.uk or 07818 024702.

How can I withdraw from the study?

Withdrawing from the study means officially no longer being involved in the project. We really hope that you continue to be involved in the study for all of the study period, but we do understand that sometimes people won't be able to take part for the full duration. To withdraw please contact Emma at emma.ward@uea.ac.uk or 07818 024702. We will still include and analyse any surveys you completed before the date you contact us to withdraw.

Who is organising and funding this study?

This study is led by a team of researchers at the Norwich Medical School, University of East Anglia. We are working with colleagues at London South Bank University. The study is funded by Cancer Research UK.

Who has reviewed this study?

This study has been approved by the Faculty of Medicine and Health Sciences Research Ethics committee, at the University of East Anglia (16 January 2020, Ref: 2019/20-046) and by London South Bank University (21 January 2020, Ref: ETH1920-0082).

Further information and contact details

If you have any questions please feel free to contact:

Dr Emma Ward (study Researcher) at emma.ward@uea.ac.uk or 07818 024702.

Alternatively, if you would prefer to speak to someone independent, please contact:

Professor Andy Jones, Head of Public Health and Health Services Research, Norwich Medical School at a.p.jones@uea.ac.uk

If you require further information / advice about smoking cessation or use of electronic cigarettes you may find the following resources helpful:

NHS smokefree advice on electronic cigarettes: <https://www.nhs.uk/smokefree/help-and-advice/e-cigarettes>

Action on Smoking and Health (ASH): <http://www.ash.org.uk/>