

Participant information sheet

Thank you for your interest in this research study!

Quitting smoking in pregnancy can be hard, so we are creating a smartphone app to help. To do this, we need your help! By understanding the needs and preferences of those who might use the app, we can design something that is useful, supportive, and easy to use.

This information sheet explains what taking part in the study involves. Please take your time to read it, and feel free to ask us any questions.

This research is being led by researchers at the University of East Anglia (UEA) with colleagues from the University of Nottingham. Smoke Free will help develop the app.



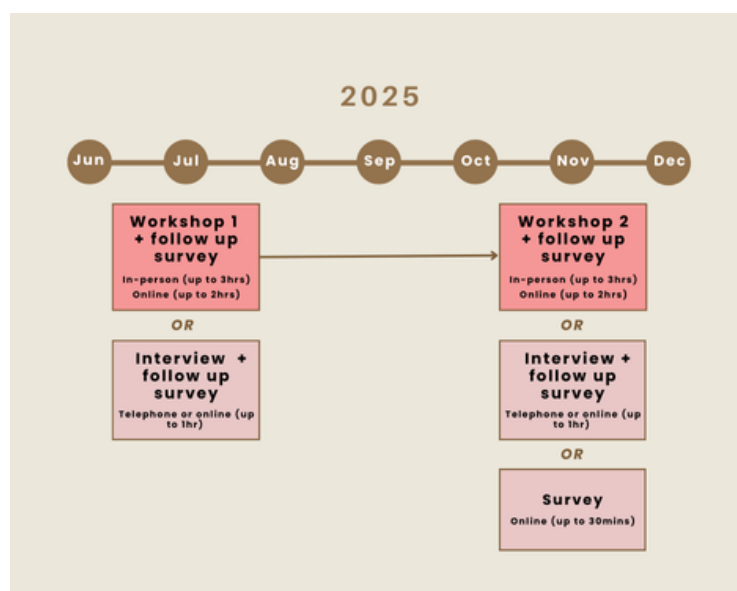
What does taking part involve?

If you decided to take part in the study, a researcher will contact you (by telephone or video call) to confirm you are eligible and answer any questions. You will then be asked to sign an online consent form (you will be given a copy to keep), or we will offer another option if that's not possible.

After that, we will ask you a few questions about yourself and **invite you to join two workshops**, where we will use fun and creative activities to explore:

1. Potential **app features**
2. The **look and feel of the app**, with opportunity to test a chatbot stop smoking counsellor

The workshops will take place either **in person (Norwich or Nottingham, up to 3 hours)** or **online via Microsoft Teams (up to 2 hours)**. Afterwards, we will send a short survey to confirm decisions or cover more sensitive topics. If you can't attend a workshop, we may ask you to do a shorter interview (online or by telephone) or online survey instead.



Who can take part?

People who smoked during pregnancy (whether you quit or not) in the past 5 years.



Do I have to take part?

It is your choice whether to take part or not. If you decide to take part, you will be asked to sign a consent form (you will be given a copy to keep). You can leave the study at any time without giving a reason.



What will happen if I take part?

If you consent to take part in the study, we will arrange the time and location of the first workshop. The workshops will involve fun, creative activities to help design the smartphone app. We would like to audio record discussions (or video record if via Microsoft Teams), and these will be written up, with your name and any identifying details removed, before being deleted. You can ask the researcher to pause the recording at any time. Anonymous quotes, meaning you cannot be identified, may be used when sharing the findings. Upon request, we can send you a copy of the workshop notes. We may also take photos of the group activities or creative materials – making sure to protect your identity. Before we do this, we will ask permission. You may decline or ask us to delete them at any time. We will schedule the second workshop after the first one. If you can't attend a workshop, we may ask you to do a shorter interview (online or by telephone) or survey instead.



What are the potential benefits and risks to taking part?

There are no expected risks in taking part. If talking about smoking in pregnancy might make you feel uncomfortable, this might not be the right research study for you. If you do take part, you will have the opportunity to connect with others and help improve pregnancy stop smoking support.



Will my taking part in the study be kept confidential?

All information collected from you during the research will be kept strictly confidential, anonymised (removing your name or anything that will mean people know who you are) and will be stored in accordance with the General Data Protection Regulation 2018 at UEA or on approved UEA cloud-based servers. All personal information collected as part of the study will be stored in a password protected file. We will label your data with an identification code that will only be accessed by members of the central research team at UEA and the University of Nottingham. This information will be kept separate from your research data. Your personal information will be kept strictly confidential and stored securely at UEA. Audio and/or video recordings of workshops or interviews will be kept in a secure, encrypted file and only accessible to the research team. These recordings will be written up by a UEA transcriber, with any identifiable details removed. Once this is done, the recordings will be deleted.

UEA is responsible for data security, and Professor Felix Naughton will manage data access. Approved regulators may check the study to ensure it is done correctly, but they must also keep your information confidential. You can choose to be contacted about the study results or future research when you fill out the consent form. Research data (except audio recordings) will be securely stored for at least 10 years before being deleted. Personal data will be kept until the end of the study if you choose not to be contacted about future research opportunities, or up to three years after the finish date if you do.

We may occasionally share anonymised research data with other universities and organisations to support health and social care research. This helps avoid repeating studies and improves overall understanding. Your data would be fully anonymised.



Compensation

You will be offered shopping gift cards as thanks for taking part. The amount will depend on the activities you do at each stage:

- In-person workshop (up to 3hrs) - £60 gift card per workshop.
- Online workshop (up to 2hrs) - £40 gift cards per workshop.
- Shorter group or individual interview (up to 1hr) - £20 gift card per interview.
- Online survey - £10 gift card per survey.

A £10 bonus gift card will be offered if you attend an online or in-person workshop at both stages. For in-person workshops, we will also provide lunch. You will receive your gift cards within 30 days after the completion of each workshop stage.



Travel

If you come to an in-person workshop, we can cover your travel costs. You will either be reimbursed for these (using an expense claim form) or we can organise travel on your behalf.



Childcare

If you need to pay for childcare costs to attend an in-person workshop or online, we can help with this – please speak with our research team.



What will happen if I don't want to carry on with the study?

Taking part is completely voluntary. You can withdraw at any time, for any reason, without it affecting your rights. To withdraw, get in touch (contact details are at the end of this information sheet). If you withdraw, we will keep some personal details, like your consent form, and any data collected before your withdrawal will still be used in the study. We will only keep the minimum personal information needed to protect your rights.



What if there is a problem?

If you have a concern about the study, you should ask to speak with the research team at the UEA who will do their best to answer your questions. If you remain unhappy and wish to complain formally, you can do this by contacting: Professor Christopher Burton, Head of the School of Health Sciences, University of East Anglia, Norwich, Norfolk, NR4 7TJ.



What will happen to the results of the research study?

The results of the study may be presented to other researchers, at conferences and through publication in scientific and medical journals, and to public audiences. No names will be used in the results and individuals will not be identifiable in any written reports or presentations. If you would like a copy of the findings, then just tick the box on your consent form.



Who is funding the research?

This research is being led by the University of East Anglia and is being funded by the National Institute for Health Research (NIHR), Programme Grant for Applied Research (Award ID: NIHR206259).

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