



A Study of Young Adults' Use of Nicotine Patches and Gum

Researchers from Brock University ([Dr. Kelli-an Lawrance](#)) and the Centre for Addiction and Mental Health ([Dr. Peter Selby](#)) want to know what **you** think of the nicotine patch or gum and how you use these products. You can share your views by answering 3 short on-line surveys about the products and your own smoking and quitting experiences. On all 3 surveys, you have the choice to skip questions if you want to. Also, you can leave the study at any time for any reason with no negative impact of any sort.

If you agree and are eligible to take part, you'll be asked to complete a:

- 5-minute survey right now for a 1-in-50 chance to win a \$10 Chapters gift card
- 10-minute survey in 8 weeks for a 1-in-100 chance to win \$200 worth of gift cards to retailers of your choice
- 5-minute survey 6 months from now for another 1-in-100 chance to win \$200 worth of gift cards

You'll also be asked to provide an address, email and phone number so we can: ship the nicotine patch/gum to you (if you ordered it online); send you brief weekly emails and links to the follow-up surveys; contact you if you win a prize draw; and possibly re-contact you if other stop-smoking aides and related survey opportunities become available in the future. Both during and after the study, your name and contact information will be kept totally confidential. Your name and contact information will be *never* used for anything except research.

More details about the study are provided below. Please read the information, and then...

- click **AGREE** if you agree to fill in the short surveys
- click **DECLINE** or **EXIT** the browser if you decline to fill in the surveys

When can I do the surveys?

You can do the first survey right now if you are eligible. Simply click **AGREE**, then follow the instructions.

You can do the other surveys about 8 weeks and 6 months from now. You'll get an email link to the survey. If you don't reply to any of the 3 email reminders, a research assistant will try to call you up to 3 times to do the survey on the phone.

Where do my survey answers go?

Today, when you finish your survey, a personal identification number (PIN) will appear on your screen. This number along with your survey answers will be downloaded into a database that's accessible only to the researchers. At the same time, your PIN and contact information (address, email, phone number) will be downloaded into a *separate* database that's accessible only to an Administrative Assistant who works with the researchers. This second database will be used to email you the follow-up surveys, contact you if you win a prize draw, and possibly re-contact you about opportunities to receive other quit-smoking aides and/or related surveys in the future. The same procedures are repeated for the 8-week and the 6-month survey.

How is my privacy protected?

During data collection and transmission, all databases are encrypted and protected with numerous security features. The database with your answers (not your name) will be securely maintained, for up to 15 years, under strict password protection. The completely separate database containing your contact information will be destroyed at the end of the study unless you agree to be contacted in the future about quit-smoking aides or opportunities to participate in other studies like this one. In that case, your contact information will be securely retained until which point you decide to discontinue your involvement. All of your information will always be held confidentially to the limits of the law.

How do the prize draws work?

After submitting your survey (or declining to do so), the prize draw entry form will automatically appear. Click it to enter the draw. Your entry will download into the database that contains just your PIN and contact information. The Administrative Assistant who works with the researchers will use that database to conduct the prize draw. If your PIN is drawn as the winner, she will email you to make arrangements for receiving your prize. You will have to reply by a specified date in order to claim your prize.

Are there benefits or risks of participating?

The benefit of joining the study is that you will get 8 weeks of free nicotine patches or gum (if you ordered nicotine patches or gum online), and weekly email support. This will increase your chances of quitting smoking. Your answers will give health professionals and researchers important feedback about your views and use of the nicotine patch or gum. The risk of being in the study is that you might get a mild skin rash from wearing the patch, or some stomach upset from using the gum. These side effects usually go away on their own. You might also find it hard to quit and feel discouraged. Talking to a health professional or calling Smokers' Helpline [877 513-5333] can help you feel better.

IMPORTANT. Carefully read the package insert for specific and important information about whether and how to use the nicotine product, and any possible side effects you might experience. If you are not sure the product is right for you, or if you experience any negative side effects or a change in your health/medical condition (e.g., become pregnant, start using new medications, etc.), please stop using the gum/patch and see your doctor.

How are my answers analyzed & reported?

The database with your survey answers (not your name) will be analyzed by the researchers and their colleagues. They will report results of this study at conferences, in print reports, and on the web. You and your answers will never be identified. Only group answers will be reported. You can read a summary of the surveys in the Fall of 2014 at www.leavethepackbehind.org, under the tab, "LTPB Research."

How can I stop being in the study?

You can stop the study for any reason with no penalty. To withdraw now, click DECLINE. To withdraw from the study after doing a survey, send an email to ltpliboffice@brocku.ca stating your name OR your PIN and your desire to withdraw. (This is the email address for the Administrative Assistant, *not* the researchers. So, your privacy is protected). The Administrative Assistant will tell the researchers your PIN (not your name) and advise them to delete all your answers from their database. She will permanently erase your email request.

What else should I know?

This study is funded by the Ontario Ministry of Health and Long Term Care. The researchers leading the study are: Dr. Kelli-an Lawrance (Brock University) and Dr. Peter Selby (Centre for Addiction and Mental Health). The study has been reviewed by and received clearance from the Brock University (File: 13-004) and The Centre for Addiction and Mental Health (File: 111-2013) Research Ethics Boards. There are no foreseeable serious risks posed by this study, and should any emerge, you will be informed immediately. This study should in no way be taken as a form of medical consultation or substitute for consultation with a health professional. If you have concerns about the study or nicotine patches or gum you can click [here](#) for Frequently Asked Questions or you can contact the researchers (Dr. Kelli-an Lawrance, PhD [905-688-5550 x. 4288, klawrance@brocku.ca], or Dr. Peter Selby, MD [416-535-8501 x.6859, peter_selby@camh.ca]) or the Research Ethics Board at Brock University [905-688-5550 x. 3035] or at the Centre for Addiction and Mental Health [416-535-8501 ext. 6876].

If you have general questions about the study or nicotine patches or gum, please contact Leave The Pack Behind at 905-688-5550 ext. 4992 / LTPBOffice@brocku.ca.