



A Primary Care Study to Increase Use of Smoking Cessation Services

Information Sheet

in collaboration with



What is the purpose of the study?

We are always trying to find out more about smokers and how to help them. Most smokers say they want to quit but only a small proportion seek help. It is important that we find out from smokers themselves what will help them, so that we can offer the support they need. We want to find out how smokers react to different types of intervention. We need to know what effect this has, and your opinions of it.

Why me?

We can only do this by getting the help of people who smoke. Your general practice has offered to take part, and you have been selected because your GP records show that you are a smoker.

Do I have to take part?

Your contribution is important, but it is up to you to decide whether to take part or not. If you decide to take part, you can still drop out at any time without giving a reason. Your decision will not affect the care you receive at your general practice.

What do I have to do first?

If you are willing to help, all you need to do is:

- Complete and sign the consent statement, initialling all the boxes.
- Complete the questionnaire. The questionnaire has three purposes. The information under section A is to update your medical records. The remaining questions are to provide the researchers firstly with information about smokers needs generally and secondly with more information about you personally so that they can assess what information to send you. This is discussed further in the next section.
- Return both to the surgery in the envelope provided. You do not need a stamp.

What will happen next?

You will be sent some information about services in your area, and may be invited to attend a stop smoking session. You may also receive a letter containing personal risk information based on your answers in the questionnaire, and on your health records. Whether you receive this extra information will be decided at random, rather like tossing a coin. You will receive a telephone call in 6 months time to complete a final questionnaire including quality of life questions. You may be asked to provide a saliva sample to confirm your smoking status.

What are the benefits of taking part?

The information you give will help us to think about the kinds of support we offer and learn more about different types of smokers. There is no guarantee that the information you receive will help, but you may find that you learn more about yourself by answering the questions.

What if something goes wrong?

We think that it is unlikely that anything could go wrong in this study. However, if you have any concerns about the research, you can contact the Lead Researcher, Dr Hazel Gilbert at UCL on *****.

If you wish to complain about any aspect of the way you have been approached or treated during the course of this study, the normal NHS complaints mechanism is available to you. You can find out how to do this by following this link:
<http://www.nhs.uk/choiceintheNHS/Rightsandpledges/complaints>

If you feel the questions or the personalised letter upset you, or if you are worried about smoking, you could discuss it with your practice nurse or GP, or we can refer you to a smoking cessation counsellor.

What happens to the information I give?

All of the information you give is protected by the Data Protection Act, and will be kept strictly confidential. It will be stored and analysed on a secure and password protected computer. It will not be kept with any details that might identify you personally, and will not be passed on to anyone else. Any report resulting from the research will give only group information.

Who is responsible for this research?

The study is being co-ordinated by researchers at University College London, University of Cambridge, and by Stop Smoking Advisors from the NHS. The research is funded by a grant from the National Institute for Health Research Health Technology Assessment programme. All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been given a favourable opinion by the London-Surrey Borders Research Ethics Committee. It has also received approval from the local NHS Trust.

If you have any questions about this research, please contact::

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Trial Manager: Leanne Gardner

[Redacted contact information]