



Supporting people in Yorkshire who smoke to Quit: The YorQuit study

Information Sheet

We would like to invite you to take part in our research study. Before you decide if you want to take part, we would like you to understand why the research is being done and what it will involve for you. Please read the following information carefully and talk to others about it if you wish. One of our team will go through the information with you and answer any questions you have. Please ask us if there is anything that is not clear.

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Why are we doing this study?

Research has shown that providing stop smoking support to people attending lung cancer screening can help them to stop or cut down their smoking. Local stop smoking services offer support in different ways and we want to find out the best way to help people who want to stop or cut down their smoking. This study will compare three different ways of providing stop smoking support to people contacted by the Lung Cancer Screening programme. The study starts in 2024 and will run for around 4 years. We are hoping that around 2000 people in Yorkshire and Manchester will join the study.



Why have I been invited?

When you were recently contacted about lung cancer screening, you said that you had smoked in the last 7 days and indicated an interest in quitting or changing your smoking habits. You also meet the study's inclusion criteria; you are aged 55-75 and are able to provide consent to participate. We want to provide people with a range of options to quit or reduce their smoking habits alongside their lung cancer screening to help reduce the risk of smoking-related diseases.

Do I have to take part?

No. It is up to you if you take part, and you are free to withdraw at any time and without giving a reason. This will not affect your health care or your rights in any way. If you do decide to take part, you will be asked to complete a consent form. If you don't want to take part in the study but you would still like support to change your smoking habits, you can access support from your local stop smoking services [\[Add local link/contact details\]](#).

How do I take part?

A member of our study team will telephone you to chat about the study and answer any questions you have. They will text you before they call you so that you have their phone number. You may wish to store this number on your phone.

What will happen to me if I take part?

You will complete a consent form either with a member of our study team over the phone, or online by using a link sent to you. A copy of your consent form will be sent to you.

After you consent the person from the study team will go through a questionnaire with you to ask about your smoking, your health, and your use of healthcare services. This will take about 10-15 minutes. You will then be placed into one of three study groups, each offering different types of stop smoking support. These groups are chosen by a computer, and no one can choose which group you will be in. You will have an equal chance of being placed in each group. Using different groups lets us find out what works best to help people to stop or cut down their smoking. The three groups are:

Study group 1

If you are in group 1 you will be referred to your local stop smoking services. These services are the standard care that you could expect from the National Health Service (NHS). The support and quit aids these services offer may include behavioural support, Nicotine Replacement Therapies, and e-cigarettes. In addition to the local services, you will also be offered a free 3-month subscription to the 'Smoke Free' digital app (which requires a smart phone) where you can also receive behavioural support, Nicotine Replacement Therapies, and e-cigarettes. Both the Smoke Free app team and the local stop smoking service could refer you to your General Practitioner (GP) for stop smoking medication, for example, Cytisine, if you would like this and it is appropriate for you. Access to the free Smoke Free app will be via a clickable link or a QR code sent to you by the study team.

The app is not currently part of the standard care available in the NHS; Smoke Free is a commercial organisation backed by a wealth of research that supports its effectiveness in helping people to quit or cut down their smoking. You do not have to use the app if you don't want to. If you choose to use the app but would like help with downloading, installing, and using the app, the Smoke Free app team can call you to talk through the steps. How much you use the app is completely up to you.



The full, free subscription to the app that is provided as part of the study will last for 12 weeks; after this you can either continue to use the free features of the app at no cost to you or purchase a further subscription directly from the Smoke Free organisation. Smoke Free is a separate organisation to the study, and your use of the app after the free 12-week subscription ends will not be managed by or monitored by the YorQuit study team.

If you choose to purchase a further subscription to the app, there are two options:

1. A monthly subscription at £9.99 per month, giving you access to the Quit Coach chat bot for instant, anonymous support, as well as daily, group clinics with advisors. You can cancel this subscription at any time.
2. The 'Blitz your Quit' programme at a one-off fee of £50 for 6 weeks, which includes a tailored stop smoking plan, 24/7 access to stop smoking advisors, and access to the chatroom with other app users.

Study group 2

If you are in group 2 you will receive telephone stop smoking support from a stop smoking advisor who works in the YorQuit study team. This will include one-to-one behavioural support, Nicotine Replacement Therapy, e-cigarettes, and a referral to your GP, secondary care team, or a pharmacist for stop smoking medication, for example Cytisine, if you would like this and it is appropriate for you. The stop smoking advisor will call you 1-2 days after you have been placed in this group, discuss what could help you, and arrange for the agreed quit aids to be posted to you. This support is available for up to 12 weeks. You can choose when and how often you would like to talk to the stop smoking advisor, but it is expected that for the first few weeks, you will have weekly appointments, after which this may reduce to every other week. These conversations will take place over the telephone.

Study group 3

If you are in group 3 you will receive the same support as people in group 2 plus the offer of shopping vouchers for giving up smoking. If you tell us that you are not smoking and this is confirmed by a breath test (please see section on 'Breath tests' below for more information on this test), you will receive a Love2Shop voucher. Vouchers are available at 4 weeks (£25), 3 months (£50), and 12 months (£100).

Questionnaires

Everyone in groups 1, 2 and 3 will be contacted by a researcher at 4 weeks, 3 months, and 12 months after joining the study and asked to complete a short questionnaire. The questions will ask about your smoking behaviour, how you feel about your current health, and any stop smoking aids you may be using. It should take about 10-15 minutes to complete. We will send you links to the online questionnaires by email, but if you prefer you can complete them with a researcher over the telephone. If you tell us that you have stopped smoking, we will ask you to perform a breath test.

Breath tests

If you tell us in any of your questionnaires that you have stopped smoking a member of the study team will visit you to take a breath test for carbon monoxide in your body that comes from smoking cigarettes. This test involves holding your breath for 10-15 seconds and then blowing into a tube. Please note that results of this test may be affected by exposure to second-hand smoke in the 48 hours prior to testing. Tests will take place either at your home or a community place suitable for you.



Interviews

You may be asked if you want to take part in an interview to find out your views on the stop smoking support you received. We will ask for permission to contact you about this, but you do not need to agree if you do not want to. If you chose not to participate in an interview, this would not affect your taking part in the main study. If you are willing to be contacted regarding an interview, we will share your contact details with researchers at Cardiff University who will conduct the interviews. This information will be helpful for planning a stop smoking service that patients can benefit from as much as possible.

We will also ask some people who decide not to take part in the study if they want to take part in a short interview. This is to find out why people do not want to take part in the study. We will use this information to help shape future services and research. You do not need to take part in the main study in order to be able to take part in an interview.

If you are contacted about an interview and decide to take part, you will receive a £20 shopping voucher to thank you for your time and help.

Expenses and payments

It will not cost you anything to take part in the study.

If you are in group 3 and you quit smoking, you will receive shopping vouchers once you have provided a validated breath test. For this test, a researcher will visit you at a location convenient to you such as home or work, so that you do not have to travel. Vouchers will be provided by post or email shortly after a validated breath test; we are not able to provide these during the breath test appointment.

If you decide to take part in an interview, you will receive a £20 shopping voucher as a thank you for your time and help.

What are the possible disadvantages and risks of taking part?

All the methods of support offered in this study have been shown to be safe. Taking part will use up some of your time but we hope that the benefits to you will outweigh the time taken.

What are the possible benefits of taking part?

One possible benefit of taking part in this study is the chance to change your smoking behaviour and improve your health. Positively changing your smoking behaviour may reduce your risk of health complications from smoking-related diseases. Another benefit of taking part is you will receive one-to-one behavioural support from stop smoking advisors, as well as free aids to help you quit, which will be yours to keep. Finally, reducing or stopping smoking may benefit you financially by saving the money you would normally spend on cigarettes.

We cannot guarantee the study will help you but the information we get from this study will help us to understand the best way to support people attending lung cancer screening to change their smoking habits. This information will be used to help shape future stop smoking services offered alongside Lung Cancer Screening programmes.



What happens when the research study stops?

Once you have completed your 12-month questionnaire, your involvement in the study will finish. If you need further support, you will be able to contact your local stop smoking service or your GP. Any products you receive during the study will be yours to keep. The full subscription to the app will last for 12 weeks; after this you can either continue to use the free features of the app or purchase a further subscription. Please see section 'Study group 1' above for further information.

What if there is a problem?

If you have a concern about any part of this study, please contact a member of the study team who will do their best to answer your questions. Contact details are given at the end of this information sheet.

If you remain unhappy and wish to formally complain, you can do this by contacting the NHS Patient Advice and Liaison Services (PALS) at your hospital: [localise](#)

While we do not expect any harm or distress to come to anyone because of this study it is important to state that there are no special compensation arrangements. In the event that something does go wrong and you are harmed during the research, and this is due to someone else's negligence, then you may have grounds for a legal action for compensation but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you.

How will we use information about you?

The University of Nottingham is the sponsor of this study. This means that they make sure that the study team keep your information safe and use it properly. The study team will need to use information from you, your medical records, and the Lung Cancer Screening programme for this study. This includes you:

- Full name
- NHS number
- Date of birth
- Contact details, including your address
- Contact details of your GP
- Your smoking status
- Your lung scan results

Authorised study team members will use this information to carry out the research, or to make sure that the research is being done properly.

Study group 1:

If you are in study group 1 and decide to use the Smoke Free digital app, Smoke Free will store your name and contact details, and if you request products through the app, it will also store your address so that these can be posted to you. Smoke Free stores data securely on UK servers and data will be deleted after 2 years of non-use of the app.

Study groups 2 and 3:

If you are in study group 2 or 3 and tell us that you want Nicotine Replacement Therapy, stop smoking medications or an e-cigarette, we will share your name and address with our suppliers (see below) so they can post these directly to you.

- The study's supplier of e-cigarettes is Totally Wicked.



- The study's supplier of Nicotine Replacement Therapies and stop smoking medications is MK Medicals. If you would like stop smoking medications, we will also send your health questionnaire (completed by you and your stop smoking advisor) to the pharmacist at MK Medicals so that they can check the medication is suitable for you and prescribe the medication.
- These medications will be sent to you through MK Medicals' sister pharmacy company, Shri Pharmacy. Your name, address and health questionnaire will be shared with Shri pharmacy to enable them to post medication to you.

All study groups:

If you agree, we will keep your contact details to contact you about taking part in future research studies (item 11 on the consent form). We will also use the information listed above to follow up your health status with central NHS records. We will keep all information about you safe and secure on a University of York computer network with access restricted to authorised staff. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. Once we have finished the study, we will keep some of the data for 7 years so we can check the results, but identifiable information will be destroyed 1 year after the end of the study. We will write our reports in a way that no-one can work out that you took part in the study.

We may share non-identifiable research data with researchers in other Universities and organisations, including those in other countries, for research in health and social care. Sharing research data is important to allow other researchers to examine or re-use it (and therefore avoiding duplication of research) and to understand the bigger picture in particular areas of research.

Although what you say to us is confidential, should you disclose anything to us which we feel puts you or anyone else at any risk, we may feel it necessary to report this to the appropriate persons.

What are your choices about how your information is used?

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways for the research to be reliable and accurate. This means that we won't be able to let you see or change the data we hold about you. You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. We would also like to continue collecting information about your health from central NHS records (only for the period that you would have still been involved in the study). If you do not want this to happen, tell us and we will not collect any more information. To safeguard your rights, we will use the minimum personally identifiable information possible. You can find out more about how we use your information by contacting the study team - details below.

Where can you find out more about how your information is used?

You can find out more about how we use your information by:

- reading the University of Nottingham's privacy statement: <https://www.nottingham.ac.uk/utilities/privacy/privacy-information-for-research-participants.aspx>
- reading the University of York's privacy statement: <https://www.york.ac.uk/records-management/dp/your-info/generalprivacynotice/>
- by sending an email to our Data protection officer at dpo@nottingham.ac.uk
- at www.nottingham.ac.uk/utilities/privacy/privacy.aspx
- going to www.hra.nhs.uk/information-about-patients/
- reading our leaflet available from www.hra.nhs.uk/patientdataandresearch



- asking one of the research team
- sending an email to yorquit@nottingham.ac.uk or
- ringing us on 0115 7485410

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

Participation is voluntary. You can leave the study at any time without giving a reason. This will not affect your legal rights. If you do decide to leave, contact **<local researchers>** and they can organise this for you.

Will you contact my GP (General Practitioner)/Family doctor?

We will write to your GP to let them know that you are taking part in this research study. We will tell them which study group you have been placed in and what support we are offering you. We will ask for your consent for this (item 9 on your consent form). We may also contact your GP to ask them to prescribe any stop smoking medications you request if these are suitable for you, or to let them know they were prescribed by the pharmacist. It is important to have your study involvement documented in your health record so that anyone looking after you can see this information.

What will happen to the results of the research study?

The results of this study could improve how smokers attending for lung cancer screening are supported in their attempts to stop or cut down smoking. We hope that the results will be used to improve current stop smoking services. Results will be published in journal articles, on our study website <https://www.york.ac.uk/healthsciences/research/trials/ytutrialsandstudies/trials/yorquit/> and presented at conferences, and you can get a copy on request. We will make sure no-one will be able to work out who you are from the reports we write.

Who is organising and paying for the research?

This research is being organised by the University of Nottingham together with Leeds Teaching Hospitals NHS Trust and University of York. Yorkshire Cancer Research are paying for the study.

Who has reviewed the study?

All research in healthcare is looked at by independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and given a favourable opinion by the East Midlands – Leicester South Research Ethics Committee.

Thank you for reading this information sheet and considering taking part in the study.

Contact details



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Local trust logo

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