

Do I have to take part?

Taking part is entirely your choice. If you start the study and then change your mind, it is no problem. You may be asked why you do not want to continue, but you do not have to give any reasons if you do not want to.



Are there any side effects?

Like most smokers, you may have tried to cut down before. You probably know what it feels like to go for longer without a cigarette. When you cut down you may become stressed, agitated, and moody. These things often cause people to smoke more again. We aim to help you cope by using physical activity. If you decide to try any hard physical activity, you will be advised to talk to your doctor. Hard physical activity can have risks. We aim to look mainly at easy physical activity.

Will my information be kept confidential?

No information relating to you will be shared with anyone else without your say so. All information will be kept safely locked in a cabinet. Reports will contain no information which can identify you.

Could the study be stopped for any reason?

If the team think it is necessary, they will stop the study in the interest of the health and safety of those people taking part.

What should I do if something goes wrong during the study?

If you feel ill at any time, you should contact your GP. If you have a medical emergency at any time, you should dial 999 and ask for an ambulance.

Any problems that make it hard for you to continue should be reported to the Health Trainer or another member of the research team. You will be given the contact details at the start.



How can I get more information about the study?

By contacting:

Mel Fairbairn

The Cumberland Centre (Tel: 01752 434438)

Telephone number: **07717 782296**

E-mail: Melanie.Fairbairn@ex.ac.uk

OR

Maggie Kelly

The Cumberland Centre (Tel: 01752 434438)

Telephone number: **07717 715034**

E-mail: M.Kelly@ex.ac.uk



Do you want to cut down but not quit?

A study for people who want to reduce how much they smoke but not quit without using NRT (Nicotine Replacement Therapy)



You are being asked to take part in a research study if you smoke more than 10 cigarettes a day. It is important you understand what you will be asked to do and why before you agree to take part. Please ask us if you are not sure about anything.



Why are we doing this study?

The NHS mainly helps people who want to quit. Little is known about the best way to cut down.

We want to know if simple support can help those who do not want to quit (in the next 4 weeks) reduce how much they smoke. We will then compare those who receive simple support with those who don't.

What will happen if I want to take part?

We need to know it is safe for you to take part. You will be asked to meet with a team member to answer some easy questions about your health.

Half of all people taking part will get the support from a Health Trainer to cut down, and half will not. You may not get the Health Trainer support. The decision is made randomly by a computer.

Everyone in the study will be asked to attend an initial meeting and then again 8 and 16 weeks later. This will be at a place you can get to easily. Similar questions will be asked on the phone at 4 weeks. This call will be no more than 30 minutes.

Why should I take part?

Cutting down how much you smoke and doing more physical activity can have many benefits. The support you may receive can help you do both.

People who cut down may find it easier to quit in the future.

The information you provide may help others to plan better support for smokers who want to cut down.

BOTH GROUPS will be offered a **financial reward** for successfully completing data collection.

BOTH GROUPS are equally important

All participants will attend a baseline screening session to answer a few easy questions (approx 1 hour). You will then be randomly put in to one of two groups— 'Intervention' or 'Normal Care'

What will I get with Health Trainer Support?

At a place easy for you to get to you will meet them 3 times over 16 weeks. Each meeting will last up to 1 hour. In the weeks between these meetings the Health Trainer will phone at a time you choose to see how things are going. The phone calls will normally be no more than 30 minutes.

The Health Trainer will help you to reduce your smoking in a way that suits you. They will also help you to do more physical activity or exercise in a way you choose. It could include help in setting goals and reducing barriers to becoming more active.

If you choose to try and quit, support is available from the NHS Smoking Advice Service, *plus* more support from the Health Trainer.

What will I get with normal care?

You will be provided with information about the NHS Smoking Advice Service. At the end of the study (after 16 weeks), more information about cutting down will be given to you if you wish.

If you choose to try and quit, support is available from the NHS Smoking Advice Service.

WEEK

4 A quick phone call to ask some simple questions

8 MEETING (max. 1 hour)

16 MEETING (max. 1 hour)

WEEK

1 INITIAL MEETING (max. 1 hour)

2-7 A weekly support telephone call to see how you are doing

8 MEETING (max. 1 hour)

16 MEETING (max 1 hour)

