PARTICIPANT INFORMATION SHEET

EFFECTS OF WORKING MEMORY TRAINING ON SMOKING-RELATED BEHAVIOURS IN DAILY CIGARETTE SMOKERS.

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You are being invited to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it would involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part and remember that your participation is voluntary.

What is the purpose of the study?

This study tests the effects of a computer-based training task on smoking-related behaviours. The training task has been designed to improve working memory, which is a type of memory that helps us complete tasks by helping us hold information while performing the task. This study will help us to better understand the relationship between nicotine withdrawal and working memory.

Why have I been invited?

You have been chosen because you have enquired about our studies or have requested to receive this further information following reading the summary version described in the letter of invitation or in a study advertisement.

Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part you would be given this information sheet to keep and be asked to sign a consent form prior to any further procedures. If you decide to take part you are still free to withdraw at any time and without giving a reason. A decision to withdraw at any time, or a decision not to take part would not be held against you in any way.
Am I eligible to take part?

Please note you must be aged over 18 to volunteer and may be asked to provide identification as proof of age.

Please read all of these criteria very carefully and contact the researcher if you have any doubts regarding your eligibility. If you do not pass the screening on the study day, you will not be able to take part, and we cannot offer reimbursement for screening failures.

In order to take part you should:

- Be a regular daily smoker (at least 10 cigarettes or 15 roll-ups per day), who smokes within one hour of waking in the morning.
- Be aged between 18 and 50 years
- Have English as a first language (or have an equivalent level of fluency).
- Be in good physical and psychiatric health

You would NOT be able to take part in the study if you;

- Using nicotine replacement therapies (e.g., skin patches, oral sprays, gum)
- Are actively trying to give up smoking during the study period
- Are currently misusing drugs of abuse (other than cannabis) or are dependent on drugs (other than nicotine and caffeine)
- Have significant current or past medical or psychiatric illness.
- Have uncorrected hearing or visual (including colour-blindness) problems.

Expenses and reimbursement

On completion of the study you would be reimbursed £10. During one of the computer tasks there will be the opportunity to win additional monetary rewards (up to £4).

Participants who are ineligible on the testing day based on the criteria described above, will not be reimbursed or given course credit. Please read these criteria carefully to ensure that you are eligible. If you are unsure about your eligibility, please contact the research team.

What would I have to do?

Eligible participants will attend the study site twice. The first session will last approximately 90 minutes. You should not smoke for 12 hours before the test session (i.e. overnight), and this will be tested with a breathalyser. It is important that you do not use any smoking cessation remedies such as nicotine patches or gums during this time period.

When you leave this session you would be given a smoking diary to complete for 24 hours. After 24 hours you would return to the study site to return the diary. At this point you would be given final information about the study and receive your reimbursement.

What does the study involve?

Upon arrival at the first study session, you would be given the opportunity to read this information sheet again and ask any remaining questions you may have. We would then ask you to complete a
consent form before we would screen you for eligibility. In the study session you would complete a series of questionnaires and a training task on the computer. Following this there would be a computer-based working memory test and finally an additional computer-based test which you can complete to earn additional monetary winnings (up to £4). Alternatively you can opt to end this task and smoke one of your own cigarettes. Therefore, please ensure that you bring your cigarettes and lighter/matches to the study session.

At the end of the session you will be given a diary to complete over the next 24 hours that records the number of cigarettes you smoke. After 24 hours you will be required to return the diary to the study site.

**What are the possible disadvantages and risks of taking part?**

There are no expected risks of taking part in this study. If you choose, you will be able to smoke one of your own cigarettes during the session. However, this will be your choice and as you are a regular smoke, no adverse reactions are expected.

**What are the possible benefits of taking part?**

You would not directly benefit from taking part in this research study and your participation is voluntary. However, the information we get from this study may help us to understand the effect of working memory training on nicotine withdrawal in cigarette smokers.

**What if there is a problem?**

Any complaint about the way you have been dealt with during the study or any possible harm you might suffer would be addressed.

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for legal action but you may have to pay for it. Regardless of this, if you wish to complain or have any concerns about any aspect of the way you've been approached or treated during the course of this study, please contact the lead member of the study team (angela.attwood@bristol.ac.uk) or if you would prefer to deal with someone not involved in the study you can contact the University of Bristol Research Office (red-office@bristol.ac.uk).

**Will my taking part in this study be kept confidential?**

Any personal information and research study documentation taken for this research study would remain confidential and would be available only to university research staff and government bodies which monitor whether research studies are performed properly.

**What would happen to the results of the research study?**

When the study has been completed, we would analyze the data we have collected and report the findings. This would be reported in an appropriate scientific journal or presented at a scientific meeting. You would not be identified in any way and if you would like a copy of the final paper, you may request this.

Your study data would be anonymised. This means that it would be given an identification number and any identifying information about you would be removed. Therefore, it would not be possible to identify you by name from any aspect of documentation or reporting for this research study.

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At the end of the study your data would become “open data”. This means that it would be stored in an online database so that it is publicly available.

What is open data?

Open data means that data are made available, free of charge, to anyone interested in the research, or who wishes to conduct their own analysis of the data. We would therefore have no control over how these data are used. However, all data would be anonymised before being made available and therefore there would be no way to identify you from the research data.

Why open data?

Sharing research data and findings is considered best scientific practice and is a requirement of many funding bodies and scientific journals. As a large proportion of research is publicly funded, the outcomes of the research should be made publicly available. Sharing data helps to maximise the impact of investment through wider use, and encourages new avenues of research.

**Can I withdraw my study data after I have participated in the study?**

Yes. If you decide that you do not want your data to be used you can contact the study team and request that your data are withdrawn. You can do this up to one year after the study ends or up until the point the data are shared as “open data” (whichever comes first). At this point links between your identify and your anonymised data set would be destroyed, and therefore we would no longer be able to withdraw your data as we would no longer be able to identify which data set is yours.

**Who has reviewed the study?**

The study has been reviewed by the Faculty of Science Research Ethics Committee at the University of Bristol (reference: 41941).

**Who can I contact for further information?**

For further information or to enrol in this study please contact Emma Gleave (eg14605.2014@my.bristol.ac.uk) or Olivia Howker (oh14627@my.bristol.ac.uk).

*If you participate in this study you would be given a copy of this information sheet and a signed consent form to keep.*