

Participant Information Sheet

Smoking Cessation Trial for those experiencing Homelessness

You are being invited to take part in a research study. Before you decide whether or not to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully

The purpose of the study:

This project is being funded by the National Institute of Health Research (NIHR). It will explore whether offering ways to quit smoking to people who access homeless support services is useful and effective. As well as including people who use the service, we will also be speaking to staff who work at these services to seek their opinion and feedback on whether this has worked well and could work in other centres across the UK.

The study will run from September 2021 – August 2024.

Why you have been asked to participate

- You have been asked to take part because you smoke, are over 18 years, and visit one of the support services taking part in this study.
In total we will be recruiting 480 people from 32 different support services in Great Britain.

The voluntary nature of participation

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and you will be asked to sign a consent form.

If you decide to take part you are still free to withdraw at any time and without giving a reason.

Taking part in this study does not affect your rights to use the services at this centre. You can withdraw by informing your keyworker/s or another member of staff at this centre.

What will happen if you agree to take part:

- If you agree to take part you will be given this information sheet to keep and will be asked to sign a consent form.
- You will then meet with the researcher at the support centre to complete some questionnaires about your smoking, health and living situation. You will also be asked to provide a breath-test which measures carbon monoxide, a poisonous gas produced from smoking.
- You will then be placed in one of two different groups: 1) the e-cigarette group or 2) the Stop Smoking Service group. If you agree to take part, you must be willing to be allocated to either of these groups.

- If you are in the e-cigarette group, you will be given an e-cigarette starter kit with a choice of liquid to try.
- If you are in the Stop Smoking Service group, you will receive an information sheet about stopping smoking and asked to visit the local stop smoking service.
- Everyone taking part will be asked to meet with their keyworker (or other member of staff at the centre) each week for 4 weeks and with the researcher at weeks 4, 12 and 24.
- If you are in the e-cigarette group, your keyworker will give you new e-liquid each week for the first 4 weeks. After that, we ask that you buy your own.
- If you are in the Stop Smoking Service group, you will meet with your keyworker and the researcher at the same time points but will not be given an e-cigarette or liquid. The stop smoking service will talk to you about the range of products (e.g. nicotine replacement therapies) they offer to help you quit smoking.
- Participants in both groups will talk to their keyworkers about their smoking, e-cigarette use and health
- When you meet with the researcher at 4, 12 and 24 weeks, you will be asked questions about your smoking and e-cigarette use and your health and well-being. You will also be asked to provide a breath test to see if your carbon monoxide levels have reduced.
- We will also ask some people to talk to our researcher in more detail about their experiences to explore further what worked and what did not – you will be asked separately about this.
- If you are interested in taking part in this study, please speak to a member of staff at the centre.

Possible disadvantages/risks to participation

- We ask that you keep in contact with the staff at this service, ideally at the same time each week (although this can be negotiated). Time spent with the researcher may take up to one hour at each session.
- E-cigarettes and nicotine replacement therapies are not liked by everybody and you may find it unpleasant to use.

Possible benefits to participation

- Taking part in this study may help you to reduce or stop smoking completely
- The findings from this study will help us to understand what is effective in helping people who smoke who are accessing these support services to quit smoking (as well as other health outcomes).

Data collection and confidentiality

All the information collected about you and other participants will be kept strictly confidential and will only be shared with members of the research team. However, if you disclose information to the researcher about intentions to harm yourself or someone else, the researcher will be required by law to break that confidentiality.

We will need to keep personal data (your name and mobile phone number) for the duration of the study in order to contact you to remind you about your appointments. At the end of the study, and with your consent, we will keep your name and mobile phone number as we may want to contact you again after the study finishes. Your name and phone number will NOT be linked to the data or any other information you provide.

The final anonymised dataset will be kept for at least 10 years and will be shared with the funder (National Institute of Health Research) and with other researchers.

What will happen to the results of the research study on completion

- All shared information will be anonymous. We will share our results and experiences with people working across the homeless sector, the funder of the project, public health bodies, charities and other researchers. We will publish the findings via open access journals and conferences. We hope to be able to raise awareness of the importance of addressing smoking amongst groups of people who can be left behind in mainstream treatment. This is in line with the Government's objective to reduce the inequality gap in smoking prevalence.

Who is organising and funding the research

- The study is funded by the Public Health Research Board of the National Institute of Health Research; reference number: NIHR132158
- [REDACTED] and [REDACTED] from London South Bank University are in charge of the day-to-day running of the project. They are also responsible for the London and South-East sites. Their e-mail addresses areand or you can call [REDACTED] on
- [REDACTED] and [REDACTED] from University of East Anglia are responsible for the sites in East Anglia. Their email addresses are: ... and ...
- [REDACTED] is responsible for the sites in Scotland and can be contacted on: ...
- [REDACTED] is responsible for the sites in Wales and can be contacted on: ...

Who has reviewed the study

- This study has been approved for delivery by the NIHR (as above) and has ethical clearance from London South Bank University, School of Applied Sciences (ethics reference number: ETH2021-0176).

Who to contact for further information

- If you have any questions or wish for further information please contact either [REDACTED] or [REDACTED], or the study leads for your local area (details above).
- Please note if you have any concerns about the way in which the study has been conducted, you should contact the University Ethics Panel on ethics@lsbu.ac.uk

Thank you for taking the time to read the information sheet.

[REDACTED]

Date: