***Is Allen Carr’s Easyway to Stop Smoking Programme superior to Smoking Cessation service delivered by Quit.ie? A randomised controlled trial***

**What is this study about?**

This project is a randomised controlled trial (RCT) which will test the 12 month smoking cessation success rate of the Allen Carr Easyway against standardized smoking cessation service delivered by quit.ie.

**What does participation involve?**

**After determining your eligibility, establishing your willingness to take part, and receiving your active consent,** a researcher will arrange an appointment where you will be randomised to one of two treatments:

1. **Allen Carr Easyway to Stop Smoking**: An appointment will be made for you to participate in a full day, AC Easyway treatment programme. Follow up appointments will be required at 1, 3, 6, and 12 month intervals in order to verify your smoking status. TFRI staff members will contact you to arrange these appointments. Your attendance is expected.
2. **Quit.ie service:** You will receive information on how to access and best utilise the Quit.ie service. If assigned to this group, you will be reviewed at 1, 3, 6, and 12 month intervals following the treatment to verify your smoking status at these time points. TFRI staff members will contact you to arrange these appointments. Your attendance is expected.
3. **How do you decide which group I get assigned to?**

Your group allocation will be done completely at random based on a series of demographic questions. We want to make sure that we have equal groups based on age, gender, and smoking habits. We do not base our grouping on any other factors and we cannot honour any individual requests for grouping. Once you are assigned a group, you cannot be reassigned.

**Do I have to participate?**

Absolutely not, participation is 100% voluntary. No one will be included in any stage of the research unless they have given consent. Participants can revoke consent at any stage of the process.

**Will this be confidential?**

All information that is gathered in this study remains 100% confidential. Your information will be stored in a de-identified form on a secure computer that is only used by members of the research team. No one will have access to the information gathered in this study aside from the researchers and it will only be used for research purposes. There will be no identifiable information stored in the computer at any stage during this research. Data from this study will be analysed and published in peer reviewed journals and presented at national and international scientific and medical conferences.

**Who is running this study?**

Department of Health Lottery fund is funding this study with The TobaccoFree Research Institute (TFRI) who is carrying out this research. Allen Carr Easy way to stop smoking is funding their treatment provided in this study.

It is only by conducting studies such as these that we are able to understand and validate alternative methods for use as a smoking cessation treatment. Through studies like this, we are able to work towards promoting the health of smokers in Ireland and abroad.

We hope that you can support us in our work and we would like to thank you, in anticipation, for your help.

**Participant Consent**

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I have read the information sheet pertaining to the project

I understand that research is being conducted by The TobaccoFree Research Institute Ireland and that my participation is completely voluntary.

I understand that my allocation to a group is completely random

I understand that by agreeing to take part in the study that it will involve me attending multiple scheduled visits to the research centre over the period of one year. All visits are required in order to be involved in the study.

Participant Name (Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Date; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Investigator Name: (Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Investigator Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_