

How can your GP surgery help?

Offer you a one to one appointment with a smoking advisor

Prescribe appropriate nicotine replacement therapies to aid you in your quit attempt

Provide tips and advice to help you through those difficult times

Enroll you into the iQuit study

Further information

For any further information regarding the study, please contact the iQuit in Practice study co-ordination team:

Telephone: 01223 761760
Email: iQuit@medschl.cam.ac.uk

Address: iQuit in Practice research study.
Primary Care Unit
Institute of Public Health,
University of Cambridge
Forvie Site, Robinson Way
Cambridge,
CB2 0SR



Want to quit?

You will be up to four times more likely to stop for good if you receive help with your quit attempt.



Your GP surgery is taking part in the iQuit study

Taking part in the iQuit study (FAQ)

What is the purpose of the research?

iQuit offers a tailored smoking advice report and text messages. This would be in addition to the smoking cessation advice and support you receive from your smoking support advisor. We want to study the effectiveness of the iQuit intervention by asking half of participants to receive usual treatment, and half to also receive the intervention.

Who's eligible?

We're looking for smokers aged over 18, who:

- want to quit
- are willing to set a quit date within 2 weeks of joining the study
- own a mobile phone
- are not currently part of any other smoking study

What will happen to me if I take part in the study?

You will receive stop smoking support from a trained advisor and will contribute to important scientific research. You may also receive 90 days of text messages to help you in your quit attempt.

What are the possible risks of taking part?

There are no risks in taking part.

What are the possible benefits of taking part?

You will be given advice and support which may help you in your quit attempt.

Will my taking part in the study be kept confidential?

Yes; we make sure that all your information is stored securely, either on university computers or in secure filing cabinets.

What will happen to the results of the research study?

At the end of the study if you wish you will be provided with a summary of the results. The findings of the study will be published in scientific journals and presented at conferences. All data that can identify you will have been removed before the results are published.

What if there is a problem?

You can contact a member of the research team, your GP or someone independent to the study. (Full details are in the information sheet)

Who is organising and funding the research?

The study is funded through Cancer Research UK (CRUK), and is being conducted by the Department of Primary Care, Cambridge University. This study has been approved by the Cambridge East Research Ethics Committee and the Health Research Authority.

Interested? Please speak to reception and ask for further details