

School of Psychological Science
12a Priory Road
BRISTOL
BS8 1TU
United Kingdom

DEBRIEFING STATEMENT

Investigating the Effects of Self-reported Sleep Quality and Fatigue Severity in Smokers

Thank you for taking part in this study.

What was the study about?

The aim of this study was to investigate the effects of sleep quality and fatigue severity in smokers.

Previous research suggests that poor sleep can predict relapse during a quit attempt. We wanted to see if self-reported fatigue could also potentially predict a relapse during a quit attempt or whether fatigue combined with sleep quality could predict relapse vulnerability more accurately.

To do this, we asked you a variety of questions on your sleep quality, fatigue and things we knew were associated with relapse during a quit attempt, such as your self-efficacy and urges to smoke. Using this data we will explore any relationships between the above.

What happens now?

Although your involvement in the study is now over, we still have some work to do. We will analyse everyone's data and prepare a manuscript for publication in a scientific journal. Your data will be anonymised and it will not be possible to identify you in these reports or from your data.

This information will aid the development of novel smoking cessation interventions. This is important as current treatments for individuals attempting to quit smoking are less accessible now than they once were. Our research may contribute to evidence that poor sleep quality and/or fatigue are things that could be targeted in quitting smokers, to help them stop smoking.

If you have any questions about the study, please do not hesitate to contact Joe Matthews (joe.matthews@bristol.ac.uk) or Karolina Pioro (kp17316@bristol.ac.uk).

If you have any questions or concerns about your smoking or sleep, we recommend contacting your GP. You can also visit the smoke free website (<https://smokefree.gov/>) for further advice on how to quit smoking.