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PARTICIPANT INFORMATION STATEMENT

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

Joe Matthews, Karolina Pioro, Hannah Sallis, Ryan McConville, Hannah Isotolus and Angela Attwood.

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. Ask us if there is anything that is not clear or if you would like more information.

What is the purpose of the study?

The study is being run to investigate the impact of sleep and fatigue may have on smokers. This may help us better inform interventions to help smokers quit.

Why have I been invited?

You have been invited to participate in this study because you fulfil **some** of the enrolment criteria.

Am I eligible to take part?

Please read all of these criteria very carefully and contact the researcher if you have any doubts regarding your eligibility. You will be asked to confirm your eligibility as part of the consent process.

In order to take part you should:

- Be aged 18 years of age or over.
- Be a regular smoker (at least 5 cigarettes per day for at least 3 months)
- Have English as a first language or similar level of fluency

You would **not** be able to take part in the study if you:

- Are pregnant or breast-feeding
- Have a current drug use disorder
- Are diagnosed with medical disorder which disrupts sleep or causes fatigue (including diagnosis of mental health disorder)
- Are currently taking medication which listed side effects include drowsiness, tiredness or fatigue as side effect

Expenses and reimbursement

You will be reimbursed £3.75 for taking part in this study. This will be added to your prolific account.

How much time will the study take?

The survey will last approximately 30 minutes.

What will I have to do?

If you decide to take part, you will be directed to consent pages which must be completed before proceeding with the survey. You will then be asked to answer a series of questions regarding your sleep, fatigue, beliefs about smoking, barriers of quitting smoking and questions on things known to be associated with smoking relapse during a quit attempt.

Will my taking part in this study be kept confidential?

Your data will be collected anonymously. This means will not be identifiable by the data you provide. You will be assigned a unique identifier code from Prolific and we will not collect any contact and personal details. Screening information will only be used by prolific to determine an individual's eligibility for participation. We will only collect and store research data. Your Prolific identifier will not be part of the study data.

This research study will adhere to General Data Protection Regulation (GDPR) and the Data Protection Act (DPA) 2018. We will be using information from you in order to undertake this study and will act as the data controller for this. This means that we are responsible for looking after your information and using it properly. If you agree to take part in a study, data about you will be processed for a task in the public interest, which is consistent with the University Charter for scientific research.

What would happen to the results of the research study?

Study data refer to the information gathered once you are enrolled onto the study. These data are collected to answer our research questions.

When the study has been completed, we would analyse the study data we have collected and report the findings. This would be reported in an appropriate scientific journal or presented at a scientific meeting. As your study data are anonymised, it would not be possible to identify you by name from any aspect of documentation or reporting for this research study.

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. Your screening data would not be shared.

What is open data?

Open data means that study 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 study 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?

No. You will be unable to revoke data once it has been submitted on the final webpage. This is because your data will be anonymised so we will not know which data set is yours.

Who is organising and funding the research?

This research is organised by the University of Bristol and funded by the Engineering and Physical sciences Research Council and Cancer Research UK.

Who has reviewed the study?

This study received approval from the School of Psychological Science Research Ethics Committee (University of Bristol). Ethics approval code: xxxxx.

Who can I contact for further information?

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

If you have any concerns related to your participation in this study, please direct them to the School of Psychological Science Human Research Ethics Committee, via Liam McKervey (liam.mckervey@bristol.ac.uk).