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PARTICIPANT INFORMATION SHEET

Exploration of Smoker's Perceptions of Sleep, Smoking and a Sleep Intervention for Insomnia

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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. Please take time to read the following information carefully and 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 purpose of this study is to understand smoker's experiences of sleep and views on if or how it is affected by smoking or smoking cessation. We will also ask for your thoughts and opinions on an intervention that is commonly used to treat insomnia and if it may be tailored to help smokers during a quit attempt.

Why have I been invited?

You have been invited because you have enquired about our studies or have asked to receive further information following reading the summary version described in the letter of invitation or in a study advertisement. If you decide to take part you are still free to withdraw at any time and without giving a reason. A decision to withdraw at any time, or a decision not to take part, would not affect your future or be held against you in any way.

Am I eligible to take part?

Please note you must be aged over 18 to volunteer and may be asked to provide identification as proof of age.

Please read all of these criteria carefully and contact the researcher if you have any questions about your eligibility. If you do not pass the screening, you will not be able to take part, and we cannot offer reimbursement for screening failures.

In order to take part you should;

- Aged 18 years or over
- English as a first language or similar level of fluency
- Regular smoker (≥ 5 cigarettes per day for at least 3 months) that has previously engaged in a quit attempt or recently quit/quitting smoker (< 12 months)

Expenses and reimbursement

Participants who complete the interviews will be re-imbursed for their time with a £10 shopping voucher. You would receive this via email.

What will I have to do?

You would be required to answer some short screening questions, complete a short consent form and complete an online interview (Zoom) with one of the study team. The interview is expected to take between 45 and 60 minutes.

At the beginning of the interview, you will complete a short survey that will ask some questions about you (e.g. age, sleep quality). The researcher will give you a link to this at the start of the Zoom call.

During the interview you will be asked questions about your sleep and any previous quit attempts. They will also ask your opinion on some materials and strategies used in cognitively behavioural therapy for insomnia (an intervention designed to help people sleep better).

What are the possible benefits of taking part?

The information you provide will help to inform interventions may help people quit smoking in the future.

What if there is a problem?

Any complaint about the way you have been dealt with during the study or any other problem you experience during the study will be addressed. If this is the case please contact Liam McKervey (liam.mckervey@bristol.ac.uk).

Will my taking part in this study be kept confidential?

Yes. Your identity and personal information that could identify you (e.g., name, email address) will be kept securely by the study team and will not be shared publicly or with other research groups. This will be kept for purposes of contacting you to set up the study session and to reimburse you; it will not be part of your study data.

On occasion this information may be made available to university research staff and government bodies which monitor whether research studies are performed properly. However, this will only be in the context of monitoring and this information will not be used to contact you or to make your participation in this study known.

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. We will keep identifiable information about you (name, email address) until one year after the study, unless you state you are interested in taking part in future interviews, but this will not be shared or be part of your study data. 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?

The initial questions we ask you (screening questions) about your eligibility will not be part of your study data. These answers will only be used to see if you are eligible to take part in the study.

Your interview will be audio recorded so that it can later be transcribed. This means it will be typed up into a text document and at that point the audio recording will be deleted.

During this process we will anonymise the transcript. This means we give the interview a unique identification number and any personal information you mention (e.g., name, address etc) is removed, so that you cannot be identified by this information. Your survey data will also be anonymised and will be allocated the same unique identification number as your interview.

When the study has been completed, we would analyse the interview transcripts 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 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. This includes the transcript of your interview and survey data, but you would not be identifiable from this.

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?

Yes. If you decide that you do not want your data to be used you can contact the study team and request that your data are withdrawn. You can do this up to the point at which your interview has been transcribed. After your interview has been transcribed and quality checked, we will destroy our documentation that links your identity to your anonymised data. After this linkage document is destroyed, we would not be able confirm which data set is yours and would no longer be able to withdraw your data.

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: 2021-9130-9108.

Who can I contact for further information?

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

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