



**Title of study:** Cigarette cravings

We would like to invite you to take part in a research study. Before you decide whether or not to take part, please take time to read the following information carefully and discuss it with others if you wish. 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 about cigarette cravings and will take approximately 30 minutes to complete. We will be able to tell you more about the purpose of the study after you have taken part.

**Why have I been invited?**

The study is open to people aged 18 or over who have been smoking at least 10 cigarettes a day for the last 6 months or more. We are looking for people who are interested in cutting down on smoking but not currently engaged in a quit attempt.

**Do I have to take part?**

Participation in the research is completely voluntary and you may withdraw at any point during the study, without having to give a reason. You may also choose not to answer any questions. Should you wish to withdraw from the study, or decline to answer any questions, you will not be penalized.

**What will happen if I take part?**

- An appointment will be made with a researcher. This appointment will take place at City, University of London, or at a location that is convenient for you. You will be asked to try to abstain from smoking for at least 2 hours prior to this appointment.
- You will also be asked to bring your cigarettes and lighter with you to this appointment. The researcher will take these from you when you arrive for use during the study. (Though you will not be asked to smoke.) They will be returned to you at the end of your appointment.
- A small breathalyzer will be used to measure the carbon monoxide in your blood and confirm your smoking status. You will answer questions about your background, your smoking history and your experience of cigarette cravings.
- You will also be asked to complete some thought exercises and tasks. These may increase or decrease your cigarette cravings, or they may have no effect at all.

**Expenses and payments**

If you are taking part in your own time you will receive £10. This is to cover any travel expenses you may have incurred and as a thank you for your time. If you are taking part at work, during your normal working hours, we will donate £10 to charity on your behalf.

**What are the possible disadvantages and risks of taking part?**

It is quite likely that you will experience cigarette cravings during the course of the study though we would not expect these cravings to last any longer than cravings you may experience in daily life. You will also be asked to abstain from smoking for at least 2 hours prior to your appointment, which you may find uncomfortable.

**What are the possible benefits of taking part?**

You may enjoy taking part. You may also enjoy learning more about some of the ideas we are testing. At the end of the study we will give you a flyer summarizing some of the latest science on cravings. If you are thinking about quitting smoking you may find this information helpful.

**Will my taking part in the study be kept confidential?**

Your name will only be recorded on a consent form, which will be kept separate from all the other information you provide. Only the researchers will know that you have taken part in the study. The information you provide will be stored anonymously and shared with other researchers in the field via the Open Science Framework website ([www.osf.io](http://www.osf.io)). This is to allow other researchers to verify and follow-up on the results. The information held here will not contain any information that would allow someone to identify you as an individual.

**What will happen to the results of the research study?**

The results will be written up as part of Masters students' projects. They may also be presented at scientific conferences and written up for publication in academic journals and related media.

**What will happen if I don't want to carry on with the study?**

You are free to withdraw from the study without an explanation or penalty at any time up to the point at which you finish the session. After this your data will be anonymised so it may be difficult to identify it in order to withdraw it. If you choose to withdraw from the study you will be reimbursed with an amount that is commensurate with the amount of time you have spent on the study.

**What if there is a problem?**

If you have any problems, concerns or questions about this study, you should ask to speak to a member of the research team. If you remain unhappy and wish to complain formally, you can do this through the University complaints procedure. To complain about the study, you need to phone 020 7040 3040. You can then ask to speak to the Secretary to Senate Research Ethics Committee and inform them that the name of the project is: Cigarette cravings

You could also write to the Secretary at:

Anna Ramberg  
Secretary to Senate Research Ethics Committee  
Research Office, E214  
City University London  
Northampton Square  
London  
EC1V 0HB  
Email: [Anna.Ramberg.1@city.ac.uk](mailto:Anna.Ramberg.1@city.ac.uk)

City University London holds insurance policies which apply to this study. If you feel you have been harmed or injured by taking part in this study you may be eligible to claim compensation. This does not affect your legal rights to seek compensation. If you are harmed due to someone's negligence, then you may have grounds for legal action.

**Who has reviewed the study?**

This study has been approved by City, University of London Psychology Department Research Ethics Committee, [PSYCH (T/L) 17/18 136].

**Further information and contact details**

*Katy Tapper*  
*[katy.tapper.1@city.ac.uk](mailto:katy.tapper.1@city.ac.uk)*

**Thank you for taking the time to read this information sheet.**