
Summary

There is no quick and easy way to quit smoking. This project will provide adults with one-on-one support and nicotine patches, which are among the best known ways to help people quit. The goal is to find out how useful these resources are for people in the Appalachian region of Ohio.



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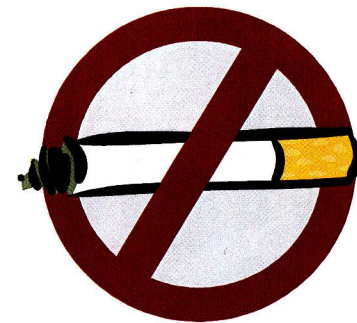
QUIT SMOKING PROJECT

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Quit Smoking Project



Clermont
County, Ohio



What is this project?

If you—or someone you know—smokes cigarettes every day and wants to quit, you might be interested in this research study.

Quitting smoking is hard. But, research shows that smokers are more likely to quit successfully if they:

- Get one-on-one support from someone trained to help them quit; AND
- Use nicotine patches.

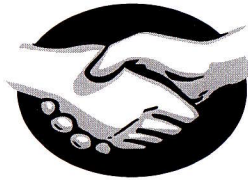


This project will provide one-on-one support and no cost nicotine patches to a limited number of adults in Clermont County, Ohio. We are doing this study to learn more about how to help smokers in the Appalachian region of Ohio quit smoking.

OSU Extension-Clermont County is a partner in this project.

WHAT WILL PARTICIPANTS GET?

People who are eligible and agree to participate in the study will get up to



seven **telephone counseling sessions.**

Sessions will be scheduled at a

time that is convenient for the person.

People will also receive **8 weeks of nicotine patches** at no cost to them, as long as they remain in the study.

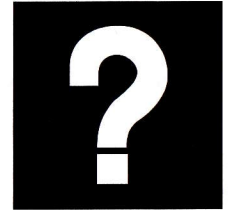
WHO CAN PARTICIPATE?

People who:

- Live in Clermont county
- Adults (18 years & older)
- Non-pregnant (women)
- No recent, major health issues (such as irregular heart beat, chest pain, or heart attack)
- Smoke cigarettes every day
- Are willing to quit in the next 30 days

WHAT WILL PARTICIPANTS BE ASKED?

Because this is a research study, people will be asked a set of questions before they start the



project, and 3-, 6-, and 12-months later. Questions will be about tobacco use, social support, stress, and moods.

At 3-, 6-, and 12-months, people will be asked to provide a urine sample to measure current level of smoking. At each visit, people will also exhale into a small device to measure the carbon monoxide from their lungs.

People will receive a small gift card (\$10-\$25) at each data collection time as a “thank-you” for their time, whether they quit smoking or not.

HOW IS THIS STUDY FUNDED?

This study has federal funding from the National Cancer Institute, which is part of the National Institutes of Health (NIH). Researchers at The Ohio State University College of Public Health received the funding.