



Universität
Zürich^{UZH}



Participant Study Information

TUBSIS 2.0

Tobacco Use Behavioral Support and Intervention System

Dear Participant,

TUBSIS 2.0 (Tobacco Use Behavioral Support and Intervention System) is an internet-based psychoeducation program designed to promote health and well-being by developing stress management skills among adult tobacco users.

Our study "TUBSIS 2.0: An Adaptation Study of Tobacco Addiction Support Programme-TUBSIS for Tobacco Users in Switzerland and in Türkiye: A Randomized Controlled Trial" was conducted by Dr. phil. Inci Derya YÜCEL under supervision of Prof. Dr. Michael P. SCHAUB (Postdoc Researcher at ISGF, the Swiss Institute for Addiction and Health Research, University of Zurich) and financially supported by ESKAS Federal Scholarship.

We are glad that you are interested in participating in our study. Please read the following information carefully. TUBSIS 2.0 (Tobacco Use Behavioral Support and Intervention System) is an internet-based psychoeducation program designed to promote health and well-being by developing stress management skills among adult tobacco users. This study is being conducted by the Swiss Institute for Addiction and Health Research (ISGF) in Zurich.

What We Aim to Achieve with This Study

Among adults who use traditional cigarettes or electronic cigarettes, it is well known that they have difficulty coping with stress in their daily life. The study offers a web-based psychoeducation program focused on stress reduction, healthy coping strategies and personal well-being with mindfulness techniques. This program has been designed to be individualized, remote, and asynchronized for each participant.

Selection and participation

For our study, we are looking for 406 participants in public in German, English and Turkish speakers in Switzerland and Türkiye. You must speak German or English or Turkish. Participation in this psychoeducational course is voluntary. The course can be interrupted at any time and without further justification, without any consequences for you.

What Does Participating in The Study Mean for You?

To test the effectiveness of this TUBSIS 2.0 Psychoeducation Program, all study participants will be randomly assigned (in a 1:1 ratio) to one of two groups (Group 1 or Group 2).

As a participant in Group 1, you will be asked questions about your tobacco or e-cigarette use behaviors, coping with stress, relationships with others, and health behaviors. You will then participate in the newly developed TUBSIS 2.0 program via your mobile phone or computer. This study aims to support you in your smoking cessation process. Your participation is entirely voluntary, and you may withdraw at any time without any consequences. The information you provide will be kept strictly confidential and used solely for scientific purposes. The program you will receive during the study is designed to increase your motivation to quit smoking, enhance your readiness to quit, reduce tobacco consumption, and improve your overall well-being. You will also receive information about professional treatment centers and helplines you can contact for additional support if needed.

As a participant in Group 2, you will be asked questions about your tobacco or e-cigarette use behaviors, coping with stress, relationships with others, and health behaviors, and you will provide your answers immediately afterward via your mobile phone or computer. As a participant in Group 2, if you participate in regular measurements, you will be placed on the waiting list for the TUBSIS 2.0 Program. The waiting period is 3 (three) months from the date of your first measurement.

During the TUBSIS 2.0 program, the following aspects will be monitored and evaluated in both Group 1 and Group 2:

- Stage of your readiness to quit smoking: Whether you currently intend to quit smoking and at which stage you are (for example: not yet considering quitting, considering quitting, or actively making a quit attempt).
- Your quit attempt
- Your daily or weekly cigarette consumption
- Your mental well-being level: Changes in your mental well-being measured with the Warwick-Edinburgh Mental Well-Being Scale (Short Form).
- Your tobacco or electronic cigarettes addiction: Changes in your addiction level measured with the Fagerström Test for Cigarettes Dependence and Fagerström Test for Electronic Cigarettes Dependence.

All measurements will be managed by TUBSIS 2.0 web-based platform on both Group 1 and Group 2.

If you join Group 1, feedback regarding your personal health level will be sent to your email address following the survey conducted on the TUBSIS 2.0 web-based platform. Subsequently, for

four weeks, we will send you weekly information via email about the topics discussed to enhance your well-being skills and motivation to quit smoking. You can access and view this information in approximately 5-8 minutes per week in the form of text, images, audio, and video clips. In addition, since you will have access to all materials throughout the program, you can interact with all materials at any time. Each survey takes a maximum of 10 minutes: You will be asked to complete three surveys during this program.

The TUBSIS Program, consisting of 8 modules, lasts 4 weeks. Three measurements will be taken over the course of 4 weeks, and the follow-up questionnaire will be sent to you via email and the TUBSIS web platform 2 months after the end of the 4 weeks.

If you join Group 2, feedback regarding your personal psychological state will be sent to your email address following the survey on the TUBSIS 2.0 web-based platform. Each survey takes a maximum of 10 minutes: You will be asked to complete three surveys during this program.

You will be randomly assigned to either Group 1 or Group 2, and regardless of your group assignment.

If you are assigned to Group 2, you will not receive any intervention from this program, but you will be asked to complete the surveys described above. If you are interested in receiving any treatment or counseling from TUBSIS 2.0, please inform the research group as soon as possible using the contact details provided.

Prize Draw Information

Participants who complete all surveys within the study period will become eligible to take part in a prize draw. One participant will be randomly selected to receive CHF 500.

The raffle will be conducted after the completion of the entire study, and the prize will be awarded only once the recruitment in this study has officially ended.

Participation in the raffle is voluntary and independent of study outcomes. The chance of winning does not affect participation, group assignment, or the use of study data.

What Are the Benefits of the Study for You?

There are two different study groups. If you participate in the study and are assigned to Group 1, you will receive personalized information on how to enhance your well-being and, if you wish, on how to reduce tobacco use and/or cope with withdrawal symptoms when quitting smoking. This guidance may support you in managing stress more effectively, dealing with difficult situations,

and strengthening your resistance to addictive behaviors such as excessive cigarettes or electronic cigarettes consumption.

What Risks Are Associated with The Study for You?

As part of the study, you will be asked about stress in different areas of your life and the challenges you may face. You will receive personalized feedback based on your answers. Please note that some questions and the related feedback may temporarily evoke unpleasant or negative emotions. However, the program is mindfulness-based and specifically designed to help you cope with such feelings, reduce stress, and strengthen your well-being. Participation in the study requires the use of an Internet connection, as the program involves receiving and responding to messages as well as accessing online content (e.g., texts, images, video clips). The costs depend on your mobile data plan. If you do not have a data subscription, we recommend that you access the program content via a free Wi-Fi connection.

What Rights Do You Have If You Take Part in the Study?

You are free to decide whether you want to take part in the study or not. If you decide not to take part in this study, you will not suffer any disadvantages. The same applies if you withdraw your consent at a later date. If you decide to participate, you can withdraw from the study at any time. You do not need to justify your decision.

What Obligations Are Associated with Your Participation in the Study:

Participation in the study is not associated with any obligations on your part.

What Happens to Your Data:

In this study, personal data will be collected from you via an online questionnaire. The data is collected via an SSL-encrypted website so that no unauthorized persons can access the data. It is only accessible to experts for scientific analysis. During the program, you will provide answers via TUBSIS 2.0 web-based platform (website). These will be processed in accordance with European and Swiss data protection law. We comply with all legal data protection regulations. All persons involved in data collection and evaluation are subject to confidentiality. We only use your data in the context of the study. Your personal data (cell phone number, username, e-mail address) will be deleted from our system immediately after completion of the study. No data other than the data mentioned will be collected from your cell phone. You can also request the deletion of your data at any time during the study period. The data will be analyzed by the research team using a fully anonymized data set only. The study results will also be published in anonymized form.

Data Sharing and Open Access



Universität
Zürich^{UZH}



The anonymized data from this study may be shared on an open scientific repository (e.g., Open Science Framework) to promote transparency and allow other researchers to verify or build upon our findings. No personal information that could identify you will ever be shared.

Who You Can Contact:

If you have any questions or concerns during or after the study, you can contact the following contact name below at any time. If you decide not to participate, but you would like to receive treatment or if you feel unwell mentally or physically, please contact your doctor or a qualified health professional. In addition, you may contact Dr. phil. Inci Derya YÜCEL (Swiss Institute for Addiction and Health Research, ISGF, University of Zurich) via email (inci.derya.yucel@isgf.uzh.ch) or phone (+41 044 448 11 90). Your communication with her will always remain confidential.

Contact Name:

Inci Derya YÜCEL

Postdoc Researcher

Swiss Institute for Addiction and Health Research

Phone: 044 448 11 90

E-mail address: inci.derya.yucel@isgf.uzh.ch

No Substitute for Therapy or Medical Treatment

Please note that participation in this course cannot replace face-to-face treatment of tobacco addiction by a specialist. Address details of such specialists can be found on <https://www.rauchstop.ch>. The participation in TUBSIS 2.0 is neither a diagnostic examination nor a medical treatment, but a web-based program aiming to support your readiness to stop or reduce smoking. It does not involve an assessment of your personal medical condition, nor can it provide an individual diagnosis or treatment recommendation regarding your tobacco consumption. Participation is voluntary, and you are free to withdraw at any time without negative consequences.

If you decide not to participate, but you would like to receive treatment or if you feel unwell mentally or physically, please contact your doctor or a qualified health professional. In addition, you may contact Dr. phil. Inci Derya YÜCEL (Swiss Institute for Addiction and Health Research, ISGF, University of Zurich) via email (inci.derya.yucel@isgf.uzh.ch) or phone (+41 044 448 11 90). Your communication with her will always remain confidential.

Procedure after the TUBSIS 2.0 Program, confidentiality and anonymity

All persons involved in the implementation of this program are subject to confidentiality and data protection. Your participation can be completely anonymous, as you do not have to provide your real name or postal address. To register, we only need your e-mail address.



Universität
Zürich^{UZH}



Details of contact persons

If you have any questions about the study, you can contact me (inci.derya.yucel@isgf.uzh.ch / +41 044 448 11 90 [Swiss Institute for Addiction and Health Research]). In the event of a complaint or ethical questions in general, please feel free to contact the Ethics Committee of the Faculty of Arts and Humanities of the University of Zurich (chair.ethics.committee@phil.uzh.ch).