



Tweet2Quit



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Looking to quit smoking? Tweet2Quit will help you kick the habit with a Twitter-based support group and free nicotine patches and gum. Below are the eligibility requirements for participating in Tweet2Quit

You are **eligible** to participate in this study if:

- ✓ You are 21-59 years of age
- ✓ You speak English
- ✓ You have smoked at least 100 cigarettes in your lifetime and you are currently smoking at least 5 or more cigarettes a day
- ✓ You have a mobile phone with an unlimited texting plan (unlimited data not required)
- ✓ You send/receive text messages at least once a week
- ✓ You have an active email account
- ✓ You live in the continental USA
- ✓ You have internet access on your mobile phone
- ✓ You use social media regularly

You are **not eligible** to participate in this study if:

- ✓ You have any medical conditions including an irregular heartbeat, high blood pressure not controlled with medication, have had a recent heart attack; or if you are pregnant or breast feeding
- ✓ You have skin allergies to adhesive tape or serious skin problems
- ✓ You are taking a prescription medicine for depression
- ✓ Our screening survey indicates that you are not prepared to quit in the next 30 days
- ✓ You use hard drugs
- ✓ You use marijuana regularly
- ✓ Someone in the same household has already participated, or will participate, in Tweet2Quit
- ✓ You do not provide all required personal contact information
- ✓ You have failed the screening survey in the past
- ✓ You participated in the Tweet2Quit between 2012-2013 in a Twitter group and had low tweet engagement (<1 week)

If you have any questions, please contact us at twitterrelapseprevention@gmail.com

