Breathe Free: Community Guided Smoking Cessation Program Evaluation Information & Informed Consent Form

Project Title: LungNSPEI's Breathe Free: Community Guided Smoking Cessation (BFCGSC) Program Evaluation

Principal Investigator: Mary-Ann Standing, Director, UPEI Centre for Health and Community Research, mmmacswain@upei.ca, (902-620-5202)

Co-Investigator: Julia Hartley (Program Lead), Director of Operations, LungNSPEI, JuliaHartley@lungnspei.ca, (902-443-8141 | Toll-Free: 1-800-451-2221)

Funder: Public Health Agency of Canada

Who Is Involved in This Program Evaluation?

This program evaluation is a partnership between three groups:

The Lung Association of Nova Scotia and PEI (LungNSPEI)
They run the Breathe Free program in communities across Nova Scotia and PEI. They work with local organizations to run the program and are conducting an evaluation to see how well the program works.

Centre for Addiction and Mental Health (CAMH), Toronto
CAMH will send follow-up surveys and keep your information safe. Before sharing data for evaluation, they remove names and other personal details.

University of Prince Edward Island (UPEI) – Centre for Health and Community Research (CHCR)
CHCR helps with program evaluation to see how well the program works.

You are invited to join the **Breathe Free: Community Guided Smoking Cessation Program Evaluation**. Please read this information carefully and ask any questions before you decide if you want to take part.

Purpose of the study

We are doing a study to learn how well the Breathe Free program is working for adults in Nova Scotia and Prince Edward Island. The Breathe Free program gives people support to reduce or quit smoking, including free nicotine replacement therapy (NRT) and access to community-based supports. The purpose of this study is to evaluate people's experiences with the program and understand its impact. To do this, we will ask participants to help us learn about changes in smoking, how people use program supports, and what parts of the program were helpful or challenging.

If you are participating in the Breathe Free program, you are eligible to participate in the program evaluation. If you have applied to the Breathe Free program but were not eligible, you cannot take part in this study.

Taking part in the Breathe Free program evaluation is your choice.

Whether you choose to participate in the evaluation or not will *not* affect any services or support you get from LungNSPEI, including your NRT. Your decision will not affect any other supports or services you receive.

How do I sign up for the evaluation?

You are seeing this information because you have already completed CAMH's screening survey for nicotine replacement therapy (NRT) through the Breathe Free program. At the end of the CAMH screening survey, you were shown a question asking if you would like to see information about the Breathe Free evaluation. After you finish reading the information about the evaluation, you will be asked if you consent to take part.

Joining the evaluation is your choice. Saying yes or no will not affect your access to the Breathe Free program or to NRT.

What Will I Need to Do?

Complete Baseline Survey and two Follow-Up Surveys. These surveys each take approximately 5-minutes to complete.

CAMH will contact you by email to complete short surveys at:

- **14 weeks** after you join the program.
- **6 months** after you join the program.

If you choose to take part, CAMH will email you a follow-up survey at 14 weeks and again at 6 months. For each follow-up, CAMH will send the first survey invitation and then up to three reminder emails, spaced three days apart, to the email address you provided.

You will receive a **$10 gift card** as a token of appreciation for each survey you finish.

In the coming months, we would also like to talk with program participants about their experience. In your 14-week follow-up survey, we will ask for your permission to contact you about a focus group via email. If you give permission and are selected, we will send you more information later. At that time, you can decide if you want to join.

If you choose to take part, the focus group will last one to one and a half hours, and you will receive a **$50gift card** as a token of appreciation. The gift card will be sent to your email address through Giftbit.

Gift cards are sent within a month through Giftbit to the email address you provide. CAMH will provide your email address to LungNSPEI using a secure data storage platform (SharePoint) so that they can send you your gift card. Once the gift cards are sent, the list of email addresses will be deleted.

Can I leave the program?

Yes. Participation is voluntary. You can leave the program at any time by emailing:

- **breathefree@lungnspei.ca**, or by calling **1-800-451-2221, or**
- **stop.support@camh.ca**

If you leave, we will not send you any more surveys or contact you again. The information you have already given us will not include your name, but may still be used to help us understand more about the program. If you choose to leave the program evaluation, this will not affect your access to the Breathe Free program or NRT. You may also skip any survey question you do not wish to answer, or select “I don’t know/prefer not to answer”.

Your honest responses are important and there are no right or wrong answers. Your participation (or non-participation) in this evaluation will not affect your access to services.

What Are the Benefits of Participating?

- By sharing your experience, you can help **improve programs for others** in the future.

Are There Any Risks?

- **Survey discomfort**: If you choose to join the evaluation, some questions about smoking and health may feel personal or uncomfortable. You can skip any other survey question you do not want to answer or select "I don't know/I prefer not to answer", and you can stop at any time.

If you feel distress while completing a survey, you may:

- Call 988 (Suicide Crisis Helpline) for immediate mental health support (24/7)
- Call 811 to speak with a nurse about health questions, including NRT use or withdrawal.
- Contact your healthcare provider or community pharmacist for advice. In an emergency, call 911.

When this study is completed, a plain-language summary of the overall results (with no identifying information) will be posted on the LungNSPEI website. If you would like to receive a copy of the results by email when they are available, you can choose this option in your follow-up survey. This is optional.

How Will My Information Be Protected?

Your survey answers will be kept private. Only staff at CAMH will see survey information that has your name or other details that could identify you. Staff at the UPEI Centre for Health and Community Research (CHCR) and LungNSPEI will only see group results or survey answers with all names and identifying details removed. Only general, aggregated results will ever be shared publicly. No identifying information will be included in any reports or summaries.

CAMH and LungNSPEI staff can see your name and contact information in the program portal, but only to help you if you want to leave the program or to send your gift card.

If you agree to be contacted about a focus group in your 14-week survey, CAMH will share your email address with LungNSPEI so they can contact you about the focus group. Only your email address will be shared. Your survey answers will not be shared with LungNSPEI.

All program reports will use group-level, non-identifying information.

If you have questions about your personal information or need to correct it, email **breathefree@lungnspei.ca**.

Learn more about CAMH's privacy practices at www.camh.ca or by contacting the CAMH Privacy Office at privacy@camh.ca.

By joining the Breathe Free Program Evaluation, you agree to the privacy practices explained here:

- **What we collect:** Your personal and health information from the surveys is collected by CAMH so you can take part in the program.
- **Who sees it:** CAMH shares access with LungNSPEI to help with enrollment and follow-up. UPEI only sees data with names removed for program evaluation.
- **How it's protected:** All data in the Portal is encrypted and kept secure when collected, stored, and sent. CAMH keeps your information private following its privacy rules. You can learn more at www.camh.ca or email **privacy@camh.ca**.

Technical details:
When you use the Portal, it automatically collects basic technical information like your browser type, operating system, IP address, and the time you visit. This helps fix problems and track usage.

Cookies:
The Portal uses cookies (small files stored on your device) to keep your session secure and prevent duplicate logins. Cookies are **not** used for ads or marketing. You can refuse, disable, or delete cookies if you want.

This project has been reviewed by the University of Prince Edward Island Research Ethics Board (REB) and complies with the Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS2). If you have any questions or concerns about your rights as a participant, you may contact Dr. Stephanie Palmer, Chair of the UPEI Research Ethics Board, at: **researchcompliance@upei.ca**.

By clicking “Agree”, you confirm:

- I have read the information about the Breathe Free Program Evaluation and I understand it.
- I know that joining this program evaluation is my choice, and I can stop at any time.
- I understand that if I already sent in my survey answers, they can still be used to help improve the program even if I stop.
- I can skip (or choose “I don’t know / I prefer not to answer” to) any question I don’t want to answer.
- Saying yes or no to this program will not affect or change any other services or help I get from LungNSPEI or partner groups (e.g., Nicotine Replacement Therapy or community supports).
- CAMH will keep my personal information for program delivery and follow-up. UPEI CHCR will only see data with names removed for program evaluation.
- My information will be kept private as much as the law allows.
- I understand that clicking “I agree” does not take away any of my legal rights or remove the legal responsibilities of the people running or sponsoring the program.
- I will receive a link to this consent form in my email for my records.

Do you agree to participate in the Breathe Free Program Evaluation and allow your information to be used for program delivery and evaluation purposes?

□ I agree

□ I do not agree