

## SMS USA PHASE FIVE RANDOMIZED CONTROLLED TRIAL (RCT): INFORMED CONSENT

You are one of 150 young adults invited to take part in a research study. We have designed a program that sends young adults text messages every day for 6 weeks. The text messages are aimed at helping you quit smoking. This study is sponsored by the National Institutes of Health.

The study is 3.5 months long. In the first 6 weeks, you will receive text messages every day. You may also be matched to a “text buddy”, who is another person in this study who you can text message for support during your quitting. At the end of 6 weeks, you will receive questions via text message about your smoking behavior. Then, two months later (3.5 months after you have enrolled), we will call you and also send you a text message and ask you to complete a survey online.

There are two different text messaging programs that we are testing. We do not know which program will better help young adults quit smoking. Assignment to either program is random, which means that each person has an equal chance in being assigned to either text messaging program. We will not tell you to which program you are assigned until after you complete the survey at 3.5-months.

Participants who don’t quit smoking in this research study may feel discouraged and be less likely to try quitting smoking again; otherwise there are no risks to taking part in this study. The benefit is the potential to quit smoking, resulting in lifestyle changes that can lead to lasting health benefits.

You have the potential to receive \$40 for your complete participation. We will send you \$10 after you answer the first set of questions we send to you via text message in 6 weeks. After you complete the online survey 3.5 months from now, we will send you another \$20. Because your answers are really important, you will receive an extra \$10 if you complete this last online survey within 48 hours of being notified by the text message to complete it.

Your participation is voluntary. You are free to choose not to take part. You can drop out of the study at any time. Your complete participation during the entire study however, will help us determine which smoking program is better for helping young adults quit smoking.

Your name and address will be kept separate from your survey responses. Study findings will be reported only for the whole group. Your individual results will not be reported.

If you have any questions about this study, please ask them now. Do you consent to participation in this study?

If you have any questions about this study, please contact the project manager by email [tonya@isolutions4kids.org](mailto:tonya@isolutions4kids.org) or call 1 877.302.6858, ext. 806. If you have any concerns about your rights in this research, please contact the Study Subject Adviser at Chesapeake Research Review, Inc., by email at [adviser@irbinfo.com](mailto:adviser@irbinfo.com). The adviser can be contacted by calling collect at 410-884-2900.

Thank you for considering participation in this study.