

**UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
CONSENT TO PARTICIPATE IN A RESEARCH STUDY**

PROTOCOL NO.: T31IR1910
ASPIRE® Protocol #20204627

STUDY TELEPHONE NUMBER: (415) 502-0758

This is a research study led by Dr. Pamela Ling, M.D. from the University of California San Francisco. Dr. Ling and study staff can be reached at quitthehit@ucsf.edu.

The study is voluntary - you do not have to participate if you don't want to.

We invite you to participate because you are using e-cigarettes or vapes.

Thanks for your interest in our study. We will now show you our consent form. At the end you will need to answer these 3 questions:

1. What is this study about?
2. True or false? If I choose to participate, I am required to remain in the study for the full 6 months.
3. What are some of the possible risks associated with participating in this study?

Select "NEXT" to continue to the consent form.

Study Title: Quit the Hit: Social Media Intervention to Stop Nicotine and Cannabis Vaping Among Adolescents

1. What is the study about? The purpose of this study is to see if support on social media can help teens quit vaping. The California Tobacco-Related Disease Research Program is paying for this research.

About 500 adolescents age 13-17 who use e-cigarettes or vapes will participate.

2. What will happen if I take part in this study?

If you agree to participate, first we will ask you to register on QuitTheHitCA.com with your name, Instagram handle, email, phone number and address.

Everyone in the study will be assigned at random to one of the two study groups:

Texting Group -- You will be given a referral to novapes.org, with free support services to help quit vaping.

OR

Instagram Group--You will be assigned to a private Instagram group with up to 15 other adolescents. When the group starts, you get daily posts for 5 weeks, Monday through Friday.

There is a 50-50 chance that you will be placed in the Instagram group, and a 50-50 chance you will be placed in the texting referral group. Group placement is completely random.

Surveys

All participants will fill out four 20-minute surveys on your smartphone or computer. The surveys ask about you (like age, ethnic background), vaping, and other health issues like stress. Surveys are at the start, and at 1 month, 4 months, and 7 months after you begin the study.

You will be paid for each survey, up to a total of \$90 in electronic gift cards [or CashApp] for complete surveys, earning bonuses for prompt responses, and sending confirmation of saliva tests for quitting vaping.

2. How long will I be in the study?

You will be enrolled in the study for 7 months. The vaping programs last about 1 month, and the surveys are over the following 6 months. These four surveys will take about 20 minutes each to complete, or 1 hour and 20 minutes total.

3. Can I stop being in the study?

Yes. You can decide to stop at any time. We may also choose to stop you from participating in the study.

4. What risks can I expect from being in the study?

Although we will do our best to protect your study information, there is still a risk to loss of privacy. Participation may make your Instagram profile name known to others in your group. It is possible that Instagram will change their privacy settings, which might affect your privacy.

In this study, you will be asked about use of tobacco products and cannabis. The researchers will keep information about you as confidential as possible, but complete confidentiality cannot be guaranteed.

It is possible that some of the survey questions may make you feel uncomfortable. You do not have to answer all questions, and you can end the surveys at any time.

Another risk is stress or feeling uncomfortable due to quitting vaping. The study provides referrals and materials that might help decrease stress if you decide to quit.

5. **How will information about me be kept confidential?**

We will do our best to make sure that the personal information is kept private. However, we cannot guarantee total privacy. Your personal information may be given out if required by law. If information from this study is published or presented at scientific meetings, your name and other personal information will not be used.

We will never sell, rent, or lease your contact information.

All of the surveys are on secure platforms, guarded by firewalls and encrypted data storage. The surveys are coded so they are not connected to your name.

The privacy of any information you put on Instagram (like posts and comments) is controlled by Instagram's privacy policy.

6. **Are there benefits to taking part in this study?**

You may benefit by changing your vaping habits, and perhaps eventually quitting vaping, but this can not be guaranteed. Also, this study will help doctors learn more about how to address vaping with adolescents through social networking platforms.

If you choose not to participate in this study, you may use another program to quit vaping, such as teen.smokefree.gov.

7. **Will I be paid for taking part in this study?**

You will be paid a \$15 by electronic gift card/[or CashApp] for the 1 month survey; \$20 for the 4 month survey and \$25 for the 7 month survey. Plus you can earn 2 bonuses:

- o If you complete the survey within 24 hours, you will get a \$5 bonus.
- o If you have quit vaping, you will be mailed a saliva sample kit, and asked to provide two pictures by email or direct message with the result of the test. If you complete this, you will get an additional \$5.

You can receive up to \$90 if you complete all surveys within 24 hours and return all saliva test results. Gift cards/CashApp will be sent through Instagram or email **after each survey is done.**

8. **What are my rights if I take part in this study?**

Taking part in this study is your choice. You may choose either to take part or not to take part in the study. If you decide to take part in this study, you may leave the study at any time. No matter what decision you make, there will be no penalty to you.

9. **Who can answer my questions about the study?**

You can talk to the study doctor about any questions, concerns, or complaints you have about this study. Contact Dr. Pamela Ling at 415-514-8627 or the research staff at quitthehit.ucsf.edu.

This research is being overseen by WCG IRB. An IRB is a group of people who perform independent review of research studies. You may talk to them at 855-818-2289 or researchquestions@wcgirb.com if:

- You have questions, concerns, or complaints that are not being answered by the research team.
- You are not getting answers from the research team.
- You cannot reach the research team.
- You want to talk to someone else about the research.
- You have questions about your rights as a research participant.

CONSENT

You can download copies of this consent form and the Experimental Subject's Bill of Rights to keep.

PARTICIPATION IN RESEARCH IS VOLUNTARY. You have the right to decline to participate or to withdraw at any point in this study without penalty.

If you wish to participate in this study, you should sign below.

You can print a copy of this consent at this point.

If you wish to participate in this study, you will need to answer three questions. To answer them, click "NEXT".

1. What is this study about?

- Food and alcohol consumption
- Vaping of nicotine and/or cannabis
- Diet and exercise

2. True or false? If I choose to participate, I am required to remain in the study for the full 6 months it will take to complete all study surveys.

- True
- False, my participation is voluntary and I am not required to complete any part of this study and can stop at any time without punishment.

3. What are some of the possible risks associated with participating in this study?

Select ALL that apply.

- There are no risks associated with participating in this study.
- There is a small chance that my participation can cause a loss of privacy or that some of the questions may make me feel uncomfortable.

You have correctly answered all the questions!

If you wish to participate in this study, please check the box below:

- I understand and agree to participate in this study.
- No thanks, I would not like to participate.