

Dear

We thought you would want to know about a Rutgers University research study we are doing at 317 George Street in New Brunswick.

This is a study for people like you who have schizophrenia or schizoaffective disorder, and who smoke. If you qualify for the study, you will receive free counseling, free nicotine patches, and up to \$100 over about 4 months.

The next page describes what is involved. Call us and we can tell you more, or you can bring this paper to your case manager, nurse, or psychiatrist and they can help you call us.

732-235-4600
Dr. Steinberg

Best wishes,

The research team

“Examining Persistence in Smokers with Schizophrenia” Principal Investigator: Dr. Marc Steinberg

Why is this study being done?

We want to learn how to best help smokers with schizophrenia to quit smoking. We are examining a new counseling approach based on cognitive behavior therapy. Cognitive behavior therapy is a commonly accepted treatment for smoking cessation.

Why have you been asked to take part in this study?

You have been asked to take part because you are an adult smoker with schizophrenia or schizoaffective disorder who is motivated to quit.

How long will the study take and how many subjects will participate?

We expect 26 subjects to participate. Each subject will meet with the research team eleven (11) times over 4 months (Baseline assessments 1 & 2, 8-weekly counseling sessions, final assessment).

What will you be asked to do if you take part in this research study?

At your first session, you will complete standard questionnaires about tobacco use and mental and physical health. Women will take a pregnancy test to rule out pregnancy. You will take a urine drug screen to rule out illegal drug use. You will also answer questions about your age, gender, race, and other demographic information. You will repeat some of these questionnaires every week. You will also complete tasks that measure something called “persistence,” such as breath-holding endurance and a mirror tracing task at your first session, at your quit date session, and at your final counseling session.

In between sessions, we will ask you to complete a “daily thought record” each day. The “daily thought record” will describe your thoughts and emotions and will list the number of cigarettes you smoked each day. You will be asked to breathe into a machine that provides a digital read out of expired carbon monoxide (CO) each week.

Questionnaires will take up to 1 hour to complete at your first two appointments. You will complete questionnaires taking up to 10 minutes before your counseling sessions at counseling session 1, 2, 4, 5, 6, and 7. Questionnaires may take up to 35 minutes at counseling session 3, 8, and at the final assessment. The counseling sessions will occur weekly and will last for 50-minutes each. All appointments will take place in our offices at 317 George Street, New Brunswick, NJ 08901. If necessary, we may complete assessments over the phone.

We will give you free nicotine patches for 10 weeks and free weekly, individual counseling will for 8 weeks.

We will audiorecord therapy sessions to ensure that counseling is provided as intended.