

**Tobacco Research in Youth at Yale University School of Medicine** is looking for Local Schools to Participate in a **School-Based Smoking Cessation Program**

Researchers at Yale University are conducting a study, funded by the National Institute on Drug Abuse, to help adolescents **quit smoking**.

**If your school is in New Haven County or in a surrounding county, your students may be able to participate in the school-based smoking cessation program.**

The goal of the study is to understand if counseling in combination with rewarding adolescents monetarily (which is formally called “contingency management”) for not smoking cigarettes is effective as a quit smoking strategy.

Adolescents between the ages of 14 and 18, who smoke cigarettes and want to quit smoking may be eligible to participate.

The study has 3 parts:

- (1) An eligibility phase: Two initial appointments consisting of a) an interview and b) a psychological evaluation, which will determine if the adolescent is eligible to participate in this study.
- (2) A one-month smoking treatment phase: During this phase adolescents will be randomly assigned (like flipping a coin) to receive either Cognitive Behavioral Therapy or Frequent Brief Behavioral Intervention therapy in combination with contingency management.
- (3) A follow-up appointment: Will be held two months following participation.

Adolescents can earn up to \$495 (in gift cards and cash) for participating in the study. All appointments will take place at their high school, our office located at One Long Wharf, New Haven, or at a community locale convenient for the adolescents (i.e., local fast food restaurant, public library, etc.).

*This study will not interfere the regular school day. Students are NOT let out of class to participate; rather, appointments will occur before or after school or during a study hall period.*

There are some risks/inconveniences associated with participation and these include:

- (1) Experiencing nicotine withdrawal
- (2) Breath and urine collections (to determine if participants have been smoking)
- (3) Completing assessments

Adolescents will not be given any medication and will be free to withdraw from the study at any time. If the research team believes that continuing in the study would be harmful to the adolescent’s physical or mental health, they will participation in the study.

**If you have further questions about the study, or are interested in having your school participate in the study, please contact:**

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