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Web Assisted Tobacco Intervention

A Study with Community Colleges

Smoking Cessation at Community Colleges

- For this study we will recruit students who smoke, and who are ready to quit, from **Community Colleges**.
- We will work with campus staff to develop referrals to the study and other evidence-based interventions (Quitlines, other evidenced-based websites, etc.)—for ALL smokers (not just study participants, and for campus use AFTER the study) via “courseware” (Angel, Genesis, Blackboard, Banner, etc.).

70% of smokers want to quit¹

Community College students are understudied and underserved²

Web Assisted Tobacco Intervention (WATI) is promising for young adults³

Smoking restriction policies result in increases in cessation attempts⁴

Web Assisted Tobacco Intervention (WATI)

- Community College students have higher rates of smoking than the general adult population.
- Web-based interventions show promise with young adults and other special populations.
- Funded by a 5-year grant (National Cancer Institute), WATI is a randomized trial to study the combinations of interactive features and evidence-based information with the diverse groups of Community College students ready to quit for good.
- WATI is IRB approved at the University of Rochester Medical Center.
- Straightforward process for students to enroll and participate: It’s all online.
- Students who agree to join the study will fill out an online consent and questionnaire when they enroll, then they get access to the research study website.
- Students who complete study questionnaires at 1, 6, and 12 months will get monetary gifts as a “thank you” for their time – whether they quit or not.
- **How can you help?** If you are a Community College official, we look forward to partnering with you to meet YOUR needs, and ask for your advice on our recruitment strategies such as the placement and timing of our pre-developed recruitment materials (courseware announcements with links, flyer placement on campus, upcoming tabling events, electronic bulletin board messages, etc.).

Contact Scott McIntosh, PhD for more information:

E-mail: Scott_McIntosh@URMC.Rochester.edu Phone: (585) 275-0511

Potential Research Participants: To see if you are eligible, click on this link

<https://redcap.urmc.rochester.edu/redcap/surveys/?s=uzlnNVMiT9>

email WATI@urmc.rochester.edu or call (585) 276-6243.



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¹Public Health Service Guidelines for Treating Tobacco Use and Dependence, page 26, June, 2000.

²Prokhorov, A. V., Warneke, C., de Moor, C., Emmons, K. M., Mullin-Jones, M., Rosenblum, C., et al. (2003). Self-reported health status, health vulnerability, and smoking behavior in college students: Implications for intervention. *Nicotine & Tobacco Research*, 5, 545–552.

³Myung, S. K., McDonnell, D.D., Kazinets, G., Seo, H. G., & Moskowitz, J. M. (2009). Effects of web- and computer-based smoking cessation. *Journal of Epidemiology and Community Health*, 53(11), 710-715.
⁴Perneger, T. (1999). Short-term impact of a university based smoke free campaign. *Journal of Epidemiology and Community Health*, 53(11), 710-715.
programs: Meta-analysis of randomized controlled trials. *Archives of Internal Medicine*, 109, 929–937.