Testing the
'Smoke Free' app
in
Early Intervention Services

Dr Chelsea Sawyer

BACKGROUND

• People living with severe mental illness have a ~15-year gap in life expectancy

•A key contributing factor towards this is the high rates of smoking in people with mental illness

•Digital approaches (i.e smoking cessation apps) have been developed for the general population

BACKGROUND *Narrative Review*

- Our narrative review examined whether smoking cessation apps could be effective for people with schizophrenia

- We found apps that improve motivation may be particularly beneficial for this population.

Aim: to determine the acceptability and feasibility of using the 'Smoke Free' app for Early Intervention Services (EIS) service users

METHOD

Feasibility study

• smoke free app was downloaded

• Participants used the app as desired over 6 weeks

• a questionnaire at enrolment and the 6-week follow-up was completed
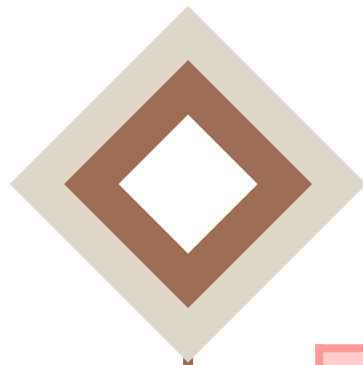
• A sub-sample was interviewed

PARTICIPANTS

Aimed to recruit ~ 30 people who were:

- 18 – 35 years old
- Receiving treatment for a mental health condition
- Smoke ≥5 cigarettes a day
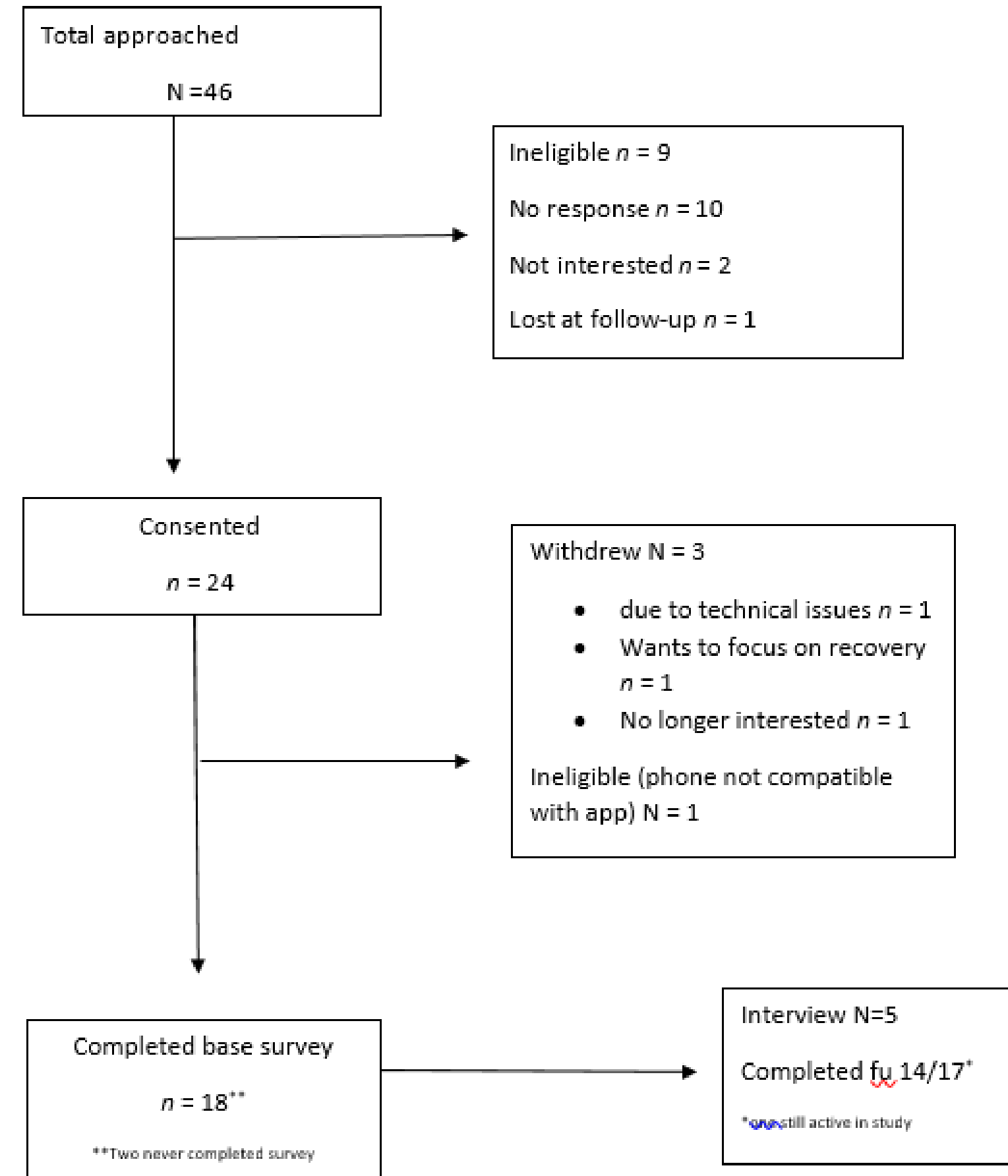- Want to reduce smoking
- Excluded if on clozapine
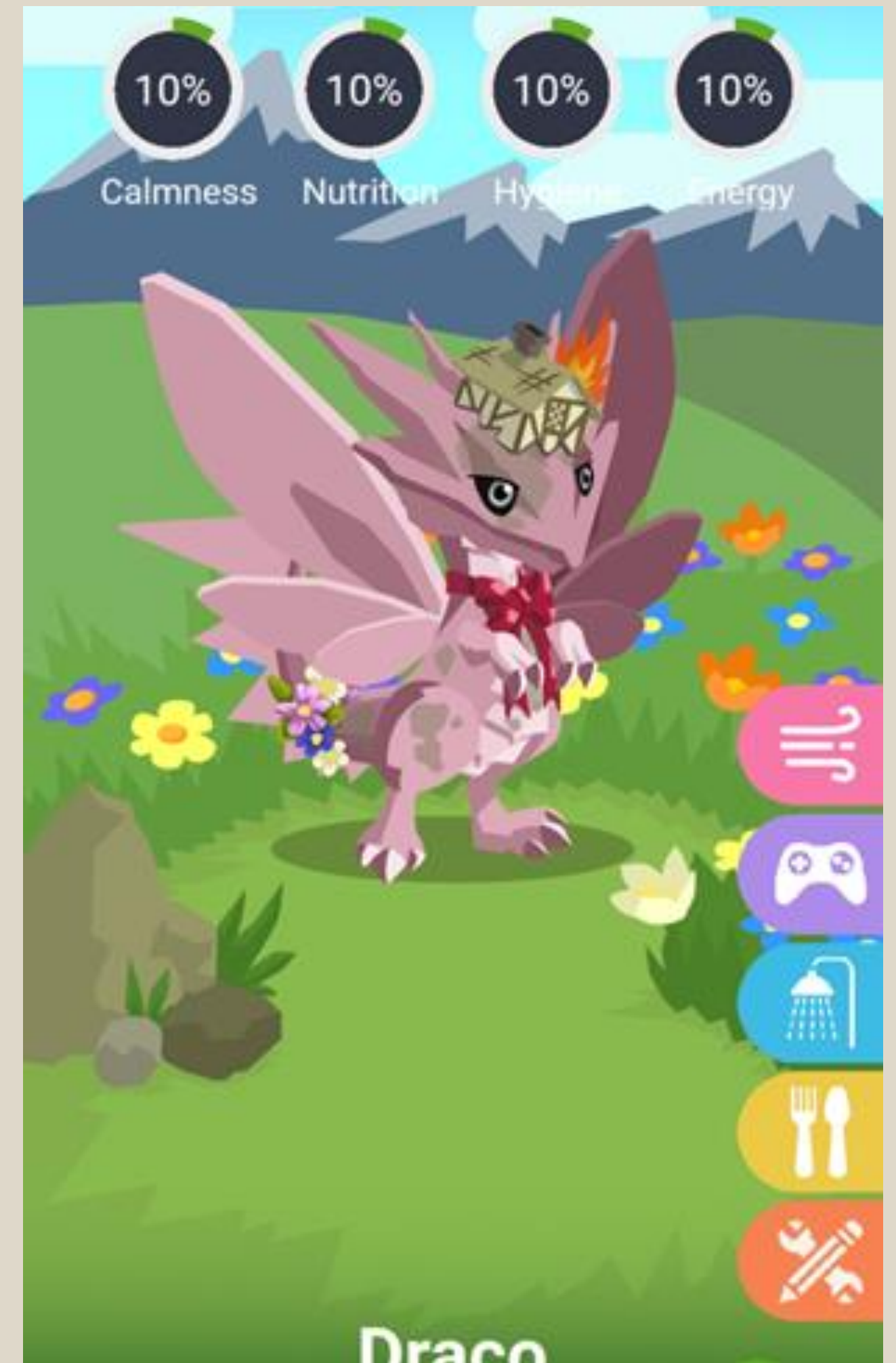
SMOKE FREE APP

RESULTS

Age mean (SD)	Male (%)	White British (%)
24.6 (3.83) years old	57.9%	94.7%

Diagnosis	(%)	Diagnosis	(%)
Depression	82.35%	PTSD	23.53%
Anxiety	76.47%	eating disorder	35.29%
Bipolar Disorder	11.76%	Personality disorder	29.41%
Psychosis	88.24%		

Total approached
N = 46

Ineligible n = 9

No response n = 10

Not interested n = 2

Lost at follow-up n = 1

Consented
n = 24

Withdrew N = 3

- due to technical issues n = 1
- Wants to focus on recovery n = 1
- No longer interested n = 1

Ineligible (phone not compatible with app) N = 1

Completed base survey
n = 18**

**Two never completed survey

Interview N=5

Completed fu 14/17*

*one still active in study

RESULTS

INTERVIEWS

the only bad bits were because it is a quit smoking app, it's not, it doesn't say about cutting down (C01)

I uninstalled the app because it was taking up too much memory on this phone. (C21)

I didn't think much of it [data privacy] to be honest. Erm, I thought me data was safe anyway. 'cos there isn't much data on there, it's only your name and stuff like that on there (C21)
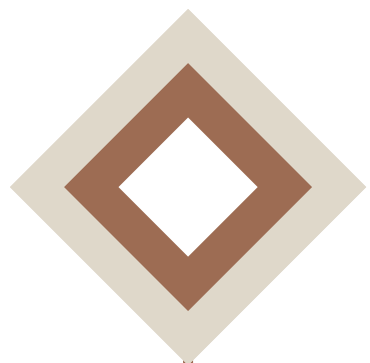
I didn't wanna go on the live chat, erm, I didn't relate, I'm very unsociable and I've got social anxiety, so, even talking to someone by message, not seeing their face, can be a bit awkward for me (C16)
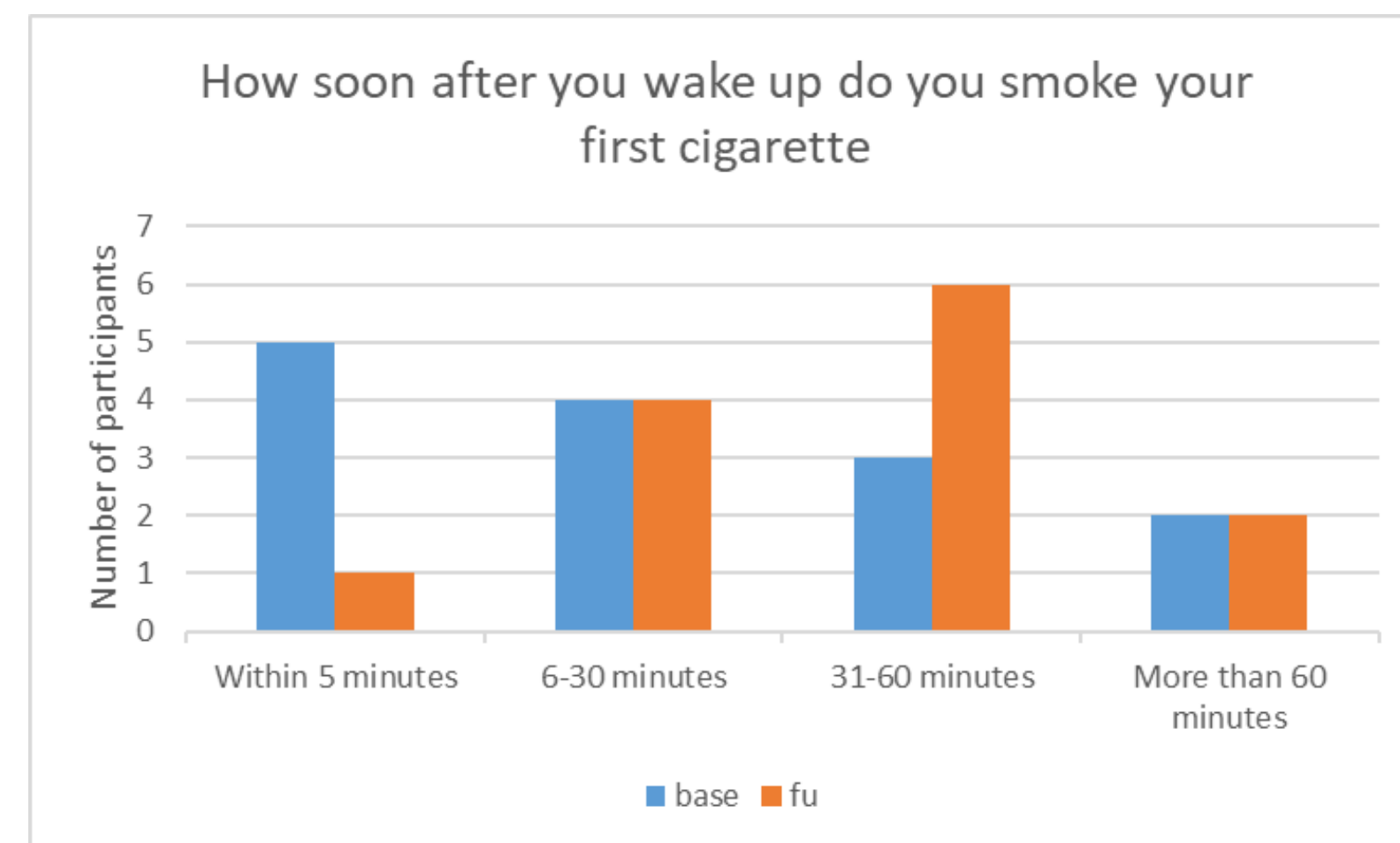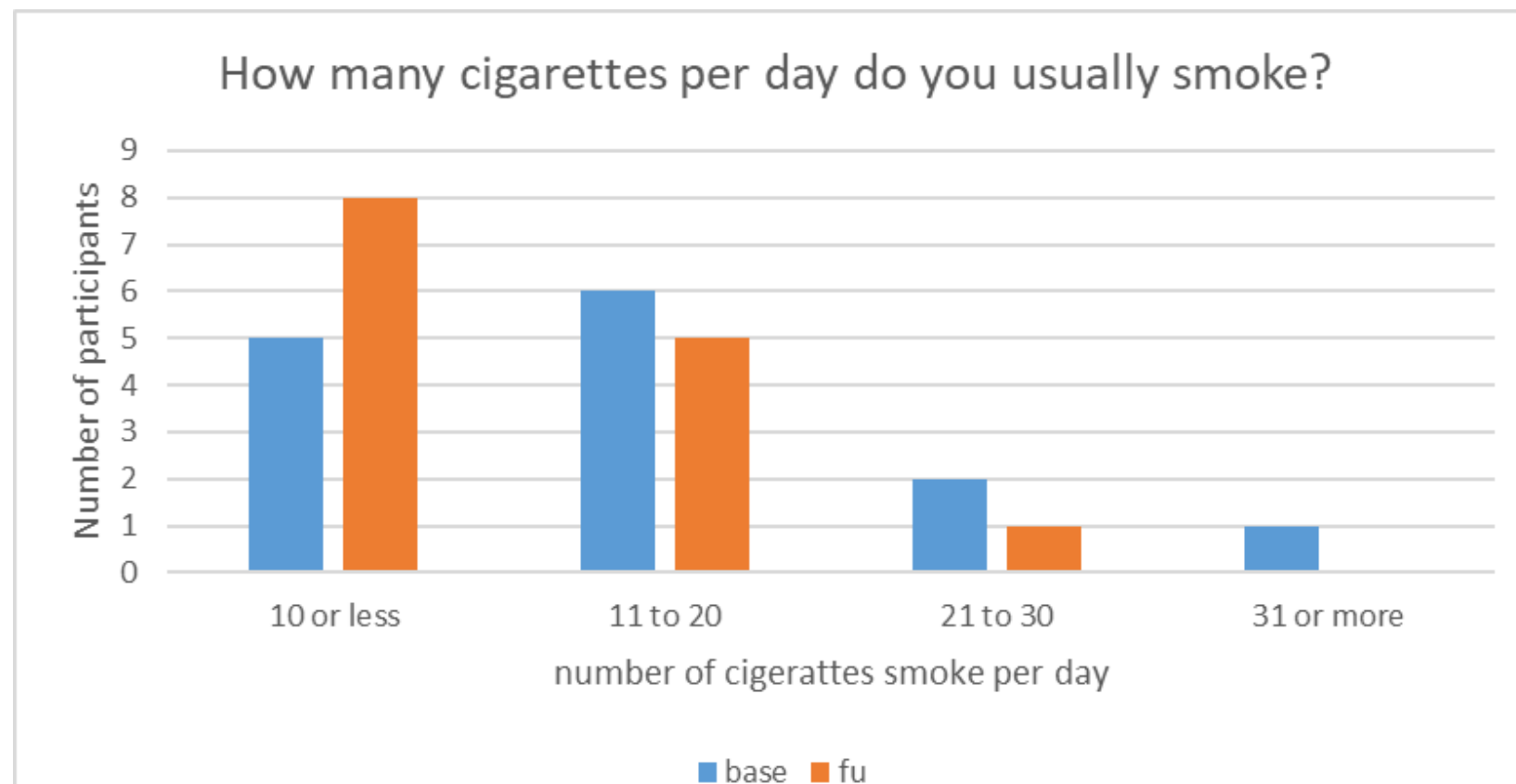
I liked the dragon 'cos it did remind me of Tamagotchi's. I thought it was a cool way to distract yourself and it made me wanna complete the path to get the stuff for the dragon (C01)
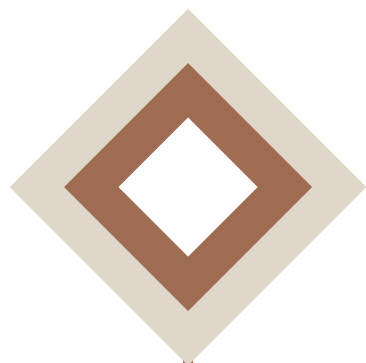
I don't think there's too much information [on the app]mat all, …..it's just like people with, early psychosis and things like that, over thinking, er then might think oh I need to go on it, be nice to just emphasise, look really don't worry, like you don't have to go on it, it's just there if you need it (C16)

[Other app used] usually you had to end up paying loads after like a free month or whatever, and, it just was more so, it wasn't very specific (C23)
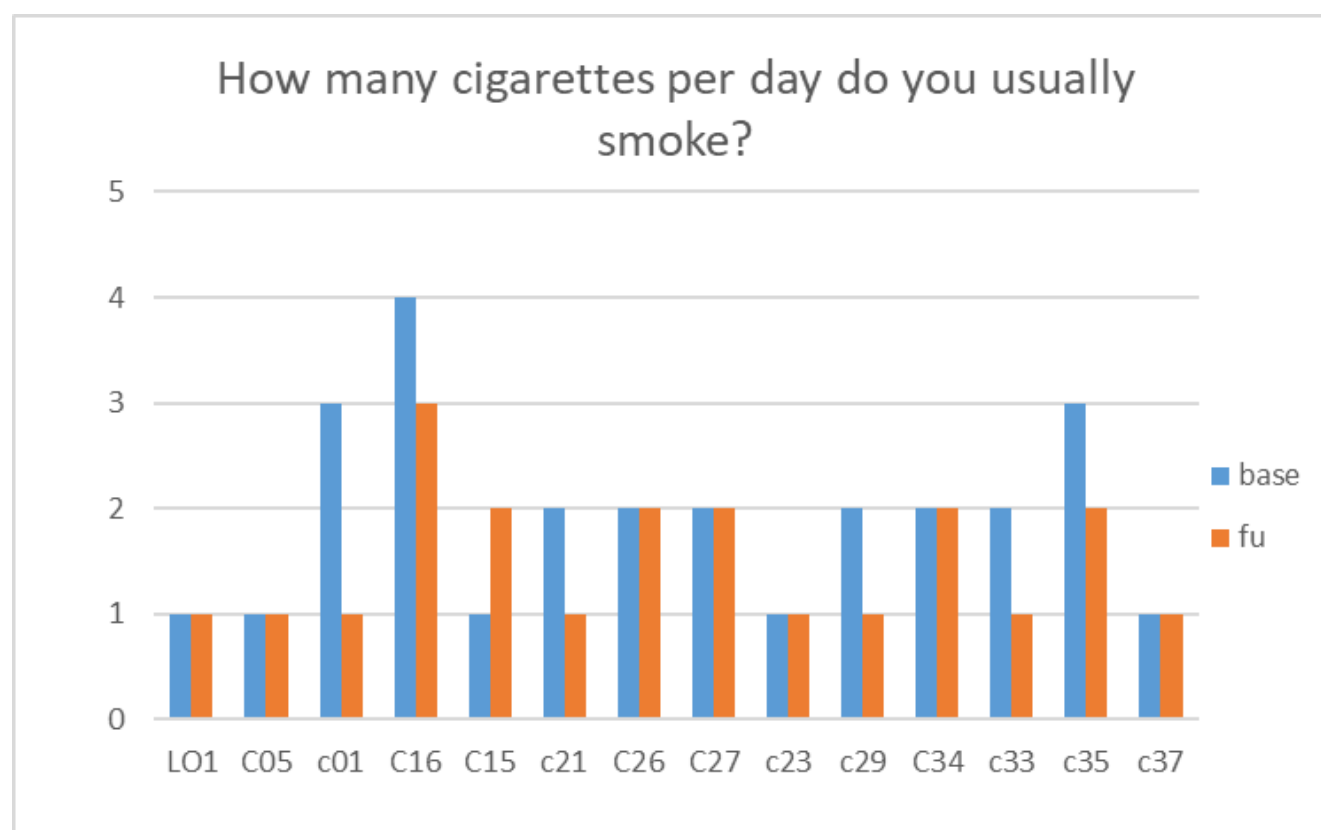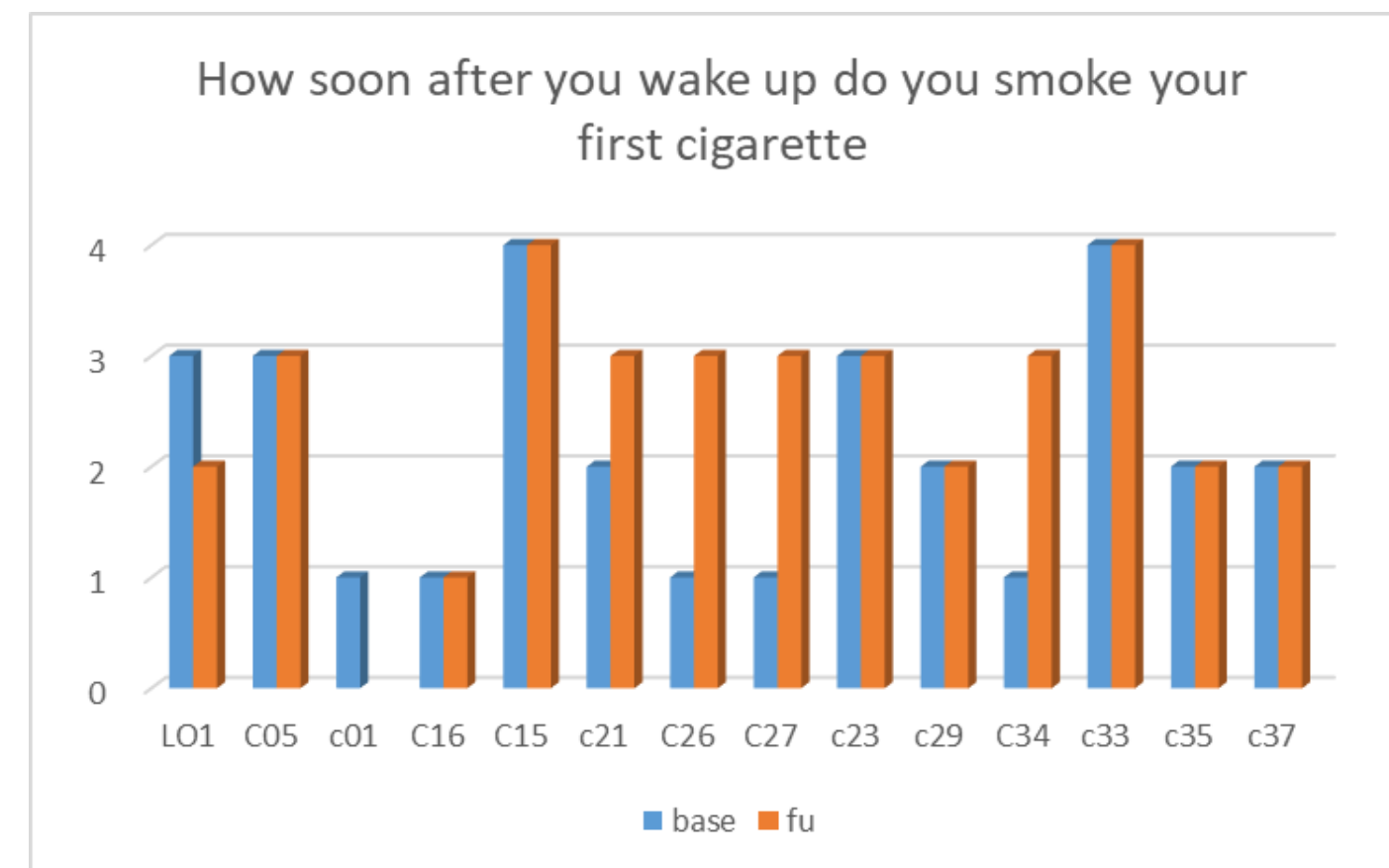
RESULTS

How many cigarettes per day do you usually smoke?

How soon after you wake up do you smoke your first cigarette

RESULTS

How many cigarettes per day do you usually smoke?

1 = 10 or more; 2= 11 to 20; 3=21 to 30;   4= 31 or more

How soon after you wake up do you smoke your first cigarette

1 = Within 5 minutes; 2 = 6–30 minutes
3= 31–60 minutes;   4= More than 60 minutes

LESSONS & NEXT STEPS

Things we learnt from recruitment:

•Smoke less

•3rd time is the charm

•Mix of participants with tech experience

Next steps:

•We will look at usage data from app and see which features they use

•From the review social support in real time was desired, but all the interviews have not participated in any of the social elements
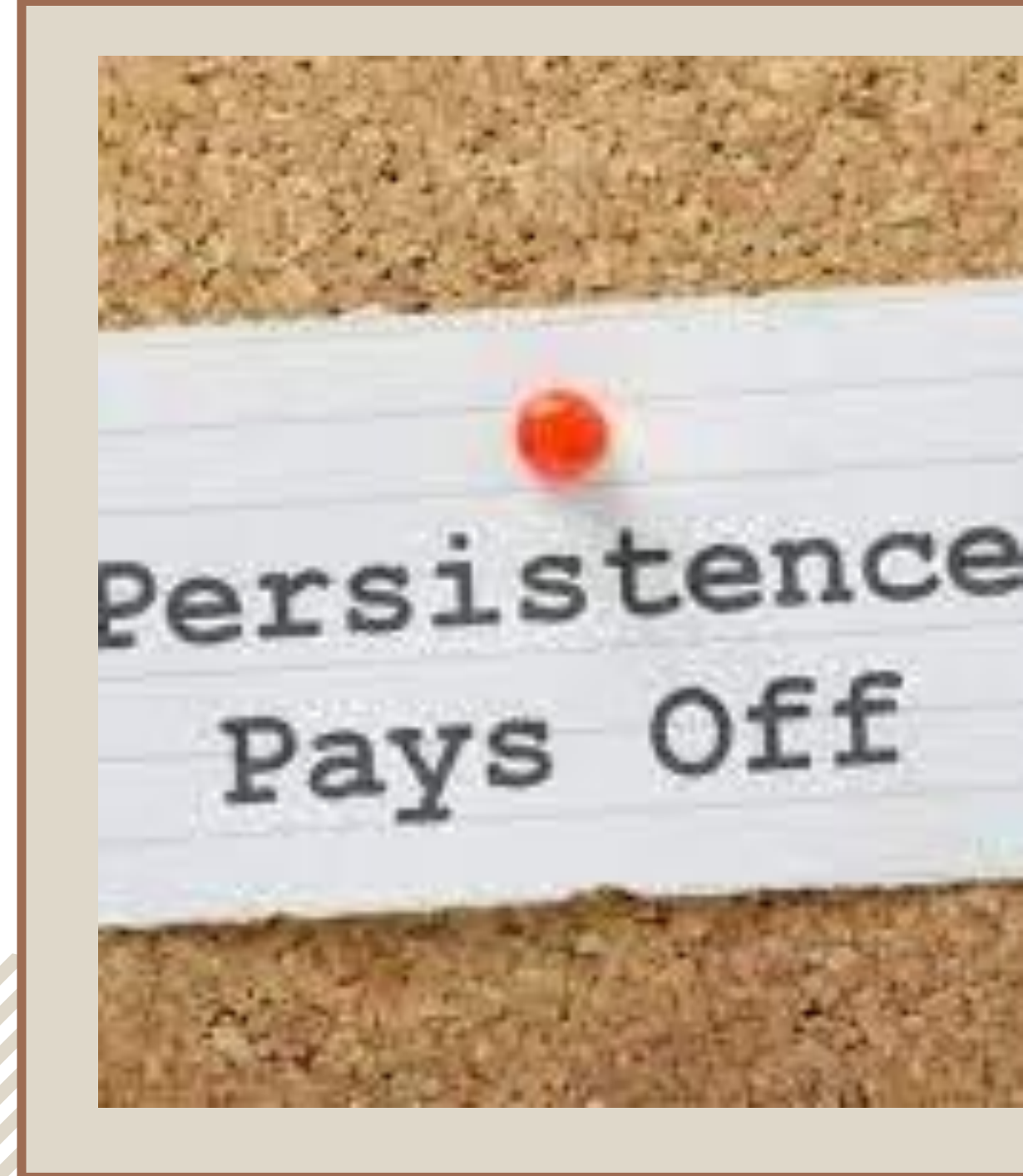
THANK YOU FOR LISTENING

Questions?

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