



**Are you a daily cigarette smoker? Are you interested in trying to quit smoking using smartphone-based support?**

Quitting smoking is the best thing you can do for your health, but it is difficult and the risk of relapse is high due to stress, cravings and lack of motivation.

We are looking for people who want to take part in a study where participants will be asked to wear a smartwatch, respond to brief smartphone surveys in their daily lives and receive “micro-interventions” (i.e. short intervention messages) at different times for a period of four weeks. The project is led by researchers at Stockholm University and Tampere University (Finland) and is funded by Horizon Europe (the EU's framework program for research and innovation).

**Who can participate?**

If you...

- are over 18 years old
- live in Sweden and speak, read and write in either Swedish or English
- smoke cigarettes daily and are willing to set a date to quit smoking
- are willing to wear a smartwatch (which we will lend you) and answer brief smartphone surveys for 28 days

**How do I sign up?**

If you would like to know more about the study, please contact [olga.perski@su.se](mailto:olga.perski@su.se), who will respond within a week.

**If you have any other questions, please contact:**

Dr Olga Perski, lead researcher: [olga.perski@su.se](mailto:olga.perski@su.se)



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