

Frequently Asked Questions



Here are some frequently asked questions regarding the study consent form. If your question is not answered here, please contact the study personnel at MCNRT.study@camh.ca and we will get back to as soon as possible.

Your Consent: Please **do not** provide your consent to participate until all of your questions have been answered to your satisfaction.

1. Will I have a record as being a patient at CAMH?

No. You will not be registered as a patient at CAMH. You will not have a CAMH record and no one beyond the study team will know that you are participating in the study.

2. My menstrual cycle is not 100% predictable. It can be off by a few days. Am I eligible?

Yes. It is common for cycles to vary a little month to month. However, if your cycle varies a lot and you sometimes miss periods, then we cannot reliably predict your menstrual cycle phase so you would not be eligible to participate. You can still get an NRT kit mailed to you by enrolling in [STOP on the Net](#).

3. I used to have a regular menstrual cycle but I am menopausal. Can I participate?

No, you are not eligible for this study. But you can still get an NRT kit mailed to you by enrolling in [STOP on the Net](#).

4. I tried NRT in the past and it didn't work. Can I still participate?

Yes. Quitting smoking can be difficult and it can take several tries before someone is able to quit. Just because NRT did not work for you in the past does not mean that it won't work for you now.

5. What if I need more NRT to help me quit? Will you send me more?

No. In order for us to see an effect of menstrual cycle phase on quit success, everyone in the study needs to get the same amount of treatment.

6. Seeing my own blood makes me feel queasy. Do I have to provide a Dried Blood Spot sample?

It is important for the study results that you provide a sample. If you are uncomfortable doing a finger prick and dropping your blood on to the card, you may ask a friend or family member to help you.

7. What if I do not want to quit smoking on the day that is assigned to me?

We will provide you with a 3-day window. You can choose one of those 3 days as your quit day. It is important for the study that you adhere to this target quit date and start the NRT on that day.

8. What if I don't completely stop smoking on that day?

That's ok. We are still very interested in hearing from you. We understand that quitting smoking is hard. Use as many resources as you need to overcome any challenges you might have. Just do your best.

9. Do I have to use all of the NRT that is provided?

Even if you successfully stop smoking on your quit day it is important to continue to use the NRT for the full 6 weeks in order to prevent relapsing back to smoking. You may not need to use all of the gum or lozenges provided – those are for you to use on an 'as needed' basis.

10. Do I need to provide answers for all of the questions on the surveys?

Most of the questions have a 'prefer not to answer' option if you are not comfortable with answering.

11. How much will it cost me to participate in the study?

There is no cost to you. All of the costs are covered by the study. In addition, we will send you a \$5 e-gift card for each Dried Blood Spot sample that you return to us as a small token of our appreciation.

12. Where is the money for the study coming from?

The study is fully funded by a research grant from the Canadian Cancer Society.

13. Why is CAMH involved?

The researchers running the study are scientists employed at CAMH.

14. There is an option to receive text messages. What if I don't have a cell phone?

That is fine. We will contact you by e-mail only. Please check your e-mail daily for links to short surveys that we would like you to complete.