



Mind to Quit

*Smokers are needed  
for a new research  
study for people  
with Mental  
Illness who want to  
**QUIT SMOKING.***



## **ENABLE LAB**

Enhancing Research in Behavioral Health

Our goal is to **ENABLE** individuals with psychiatric and medical conditions to have a better quality of life through innovative research.

Phone: 716-829-6699

Website: <https://ubwp.buffalo.edu/enable/>

Email: [mind\\_to\\_quit\\_project@buffalo.edu](mailto:mind_to_quit_project@buffalo.edu)



University at Buffalo

Do you want to **quit smoking?**

Do you have a **mental health diagnosis?**

If **YES**, you may be eligible for the **Mind to Quit Study** at UB!



**Mind to Quit Study**

Tel: 716 829 6699

## Why Research?

The **Mind to Quit** study is being conducted at Duke University and at the State University of New York at Buffalo. We are comparing two approaches to help people with serious mental illness who would like to **quit smoking**.

During this study, all participants will receive **nicotine replacement therapy** (nicotine patches and gum).

There is **no cost** to participants for any services provided during this study including nicotine replacement therapy, smoking cessation advice, or the smartphone app.

This study is **mostly remote**, and only requires two in-person visits at most

**You will be compensated for your time and effort.**

## Recruitment Criteria

1. Age 18 years or older
2. Current daily smoker
3. Desire to quit
4. Currently receiving treatment for schizophrenia, schizoaffective, bipolar or recurring major depressive disorder

Contact us at **(716) 829-6699**  
to determine your initial eligibility for  
this research study.

## What does the study involve?

1. 5 online (Zoom) visits and potentially 2 brief in-person visits over 6 months
2. Picking a quit date
3. Using a smartphone app or receiving brief smoking cessation advice
4. Receiving nicotine replacement therapy patches and gum to help you quit smoking



Scan the QR code above to go to the  
ENABLE Lab website!

**We make participating  
in research easy!**

**Most visits are  
conducted via Zoom.**



**University at Buffalo  
ENABLE LAB  
Diefendorf Hall  
South Campus**