

Testing Our New Quash Youth Program

About the Lung Health Foundation

The Lung Health Foundation is dedicated to ending gaps in the prevention, diagnosis, and care of lung disease in Canada. We invest in the future by driving ground-breaking research, and we give patients and their families the programs and support they need today.

Interested in quitting smoking/vaping? We got you!

What is Quash?

Quash is a free interactive online smoking/vaping cessation program for youth (14-19) who are interested in quitting.

The program is step-by step, evidenced based, and there are customizations available for participants' unique needs and experiences. Quash utilizes a holistic approach, supporting positive behaviour change and skill-building, in order to improve overall health and well-being.

Evaluation

It's important to gain feedback from participants that have used the program in order to gain insight into its effectiveness. Therefore, we are conducting a beta-testing phase so that we can make further enhancements to the program and increase adoption among those that could benefit from its offerings.

Evaluation Opportunities

- Surveys, Phone Interviews, Online Interviews
- Please note, in order to be selected for the above evaluation opportunities you must test the program. The testing period can range from 1 day -30 days. Each opportunity has different time requirements.
- Each evaluation opportunity is paid.
- You may be selected to participate in multiple evaluation opportunities.

Incentives

Incentives range from \$10-\$150 and may be in the form of online gift cards or cash incentives (paid via cheque). The amount paid to the participant is dependent on the activity completed.

Criteria for Youth Testers

Requirements to Join the Research Project:

- Must reside in Ontario and be between the ages of 14-19
- Currently smoke combustible cigarettes and/or e-cigarettes
- Have thought about/interested in quitting
- Willingness and interest in providing feedback about your experience using Quash

Technological & Communication Requirements

- Tech savvy
- Own a smart phone (required) and a laptop (optional) in good working condition
- Smart phone (Android or iPhone) must be a recent model with 1-3 years preferably
- Compatibility: Android iOS 10.0 or later. Android: 5.0 or later.
- Familiar and comfortable using various websites and Apps
- Have sufficient storage space on your device to download new Apps on your phone (testing purposes). Minimum 260 MB.
- Need to have consistent access to a stable internet and/or Wi-Fi connection
- Can send and receive calls and texts for coordination and scheduling purposes.

Consent and Privacy

- We will handle your information with care. Your information will be transferred and stored safely and kept private and confidential.
- Your information will only be used or disclosed for evaluation purposes or as required by law.

Availability & Scheduling

- Be available to test the Quash Website and App remotely for approximately 1-30 days and provide feedback.
- Time Commitment: ranges from 1 hour total- daily usage. Daily testing can range from 5-10 minutes per day approximately.
- The testing phase will take place during the month of December 2020.

The Selection Process

If you meet the above requirements, we encourage you to apply as soon as possible. Spaces are limited!

Applying to become a beta tester does not guarantee your admittance. If you are selected, you will be contacted with more information on the next steps in the testing process.

We're excited for you to test our program! Be the first to test the Quash program before the public has access to it! Sign up here: surveyMonkey.com/r/7F7NZCP

Have Questions?

Email your questions to Sharon Curtis at scurtis@lunghealth.ca or text your questions to: (647) 883-4908.