

# About Quit4Bub



**Quit4Bub** is a research project being conducted by Southern NSW Local Health District, Population Health team in partnership with our region's maternity services. We want to find out what works best to support pregnant women to stop smoking in the second half of their pregnancy.

## To be involved you must be

1. a pregnant women who are daily smokers
2. less than  $\leq 20$  weeks gestation
3. have a mobile phone
4. over 18 years of age
5. a resident of NSW
6. willing to give informed consent for the study
7. able to read and speak English.

## Study Design

We are looking to compare standard smoking cessation support for smoking pregnant women in the care of our Maternity services, against additional support to women. The aim is to assess if increased supports makes a difference to the smoking cessation success.

- **Control sites (Standard Care)**  
Cooma, Queanbeyan and Goulburn Maternity Services
- **Intervention sites (Increased Support)**  
Bega Valley and Eurobodalla Maternity Services

Participants at intervention sites will receive the following additional smoking cessation support, in addition to standard maternity care:

- Motivational text messages twice per day for 12 weeks
- \$50 gift card for participating in the research given at the end of pregnancy
- Individualised support

## How can I participate?

Please call **0436 852 496** for more information

## Research Team

Pramesh Ghimire (*Chief Investigator*)

☎ 0436 852 496

✉ pramesh.ghimire@health.nsw.gov.au

Lorraine Dubois (*Chief Investigator*)

☎ 0429 092 491

✉ lorraine.dubois@health.nsw.gov.au

Jennifer Mozina (*Project Officer*)

☎ 0417 671 734

✉ jennifer.mozina@health.nsw.gov.au

## Ethics Approval

*This research project ("Enhanced brief intervention for smoking cessation in pregnancy: a mixture of pharmacological and psychosocial approach for Southern NSW Local Health District") has received ethical approval from the Greater Western Human Research Ethics Committee (Ref: 2020/01297) and the Aboriginal Health & Medical Research Council (Ref: 1666/20)*