

# Our commitment to research that has impact

## Ready to quit smoking?



Need  
some help?

Most people who try to quit smoking don't have access to one-on-one support to guide them through the challenges of meeting their goal. The free **Guide To Quit** program was designed to simulate one-on-one support using an online format. In preparation for participants' "quit-day", the Guide helps them identify their reasons for quitting and develops their expectations for the difficulties ahead. Support is tailored to the individual's needs and works to help build their confidence and plan for stressful situations that might increase their cravings. The online program is able to do all of this by tabulating information provided by the individual every time they log on and uses an algorithm to provide both advice and a specific plan to help that person stay smoke-free.

While many internet-based interventions sites exist few clinical trials have been conducted to assess their effectiveness. For researchers **Holly Parkerson**, psychology Ph.D. candidate and Psychology professor **Gordon Asmundson** the Guide To Quit program is an opportunity to pilot test an online smoking cessation intervention with a Canadian sample. It also allows them to look at potential differences in the program's effectiveness between participants with and without chronic pain. "There are people within the population who have greater difficulties quitting smoking, like those with chronic pain," says Asmundson. "One of our goals is to use the information we collect to identify ways that smoking interventions can be adapted to be more effective for people with chronic pain as well as for other at-risk populations."

To conduct this study Parkerson and Asmundson are looking for 800 daily smokers, 400 with chronic pain and 400 without chronic pain, to participate in the Guide To Quit program. "There is a real need for stop smoking resources in Canada," says Parkerson. "The Guide To Quit research program provides an exciting opportunity to provide accessible support to Canadians who want to quit smoking." The program is free for all Canadians who are daily smokers, between the ages of 18 and 65, are located in Canada, have internet access, and are willing to make a serious attempt at quitting. If you are interested in participating please visit [www.guidetoquit.ca](http://www.guidetoquit.ca).

Guide To Quit research is funded by the Canadian Institutes of Health Research and the University of Regina.

## WHAT'S HAPPENING

**January 21 11:30 a.m. - 1:00 p.m.**  
**State of the University Address**

Location: Queensbury Convention Centre, Salon B

President and Vice-Chancellor Vianne Timmons will be the next speaker for the Regina and District Chamber of Commerce Luncheon Series. Her talk will focus on the economic impact of the University of Regina. For more information visit the Chamber website at: [www.reginachamber.com](http://www.reginachamber.com)

**January 22 5:30 p.m. - 10:00 p.m.**  
**Chinese New Year Celebration Gala**

Location: Conexus Arts Centre

The event will feature live performances, a western and Chinese food buffet, carnival and after-party. Tickets are available at the University of Regina in College West 112. Tickets are \$50 for adults and \$25 for students and those under 12 years of age. For more information contact:

[Confucius.Institute@uregina.ca](mailto:Confucius.Institute@uregina.ca)

**January 30 9:00 a.m. - 4:00 p.m.**  
**FIRST LEGO League Provincial Championship**

Location: Main campus, Education Building auditorium

FIRST (For Inspiration and Recognition of Science and Technology) LEGO League teams research a real-world problem and are then challenged to develop a solution. They must also design, build and program a robot using LEGO MINDSTORMS technology. This will be the first FIRST Lego League Championship Tournament to be held in Saskatchewan. For more information contact Professor Daryl Hepting at [daryl.hepting@uregina.ca](mailto:daryl.hepting@uregina.ca)

Please join University of Regina President and Vice-Chancellor  
Dr. Vianne Timmons for the 2<sup>nd</sup> annual

## State of the University Address: Economic Impact

Thursday, January 21, 2016 • 11:30 am - 1:00 pm  
Queensbury Centre, Evraz Place • 1700 Elphinstone Street, Regina

Call Jeanette at 306.757.4648 to inquire about special pricing for members of the University community.



University  
of Regina

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