

# SSA Griffith Edwards Academic Fellowship Annual Report

**Name:** Dr Jamie Brown

**Title:** Principal Research Fellow

**Year:** October 2016

## **Summary**

The fellowship aimed “to assess and mitigate the impact of excessive alcohol consumption on public health in England” and includes two related projects, i) investigating national patterns of behaviour related to alcohol consumption and ii) developing and evaluating a new smartphone application to reduce excessive consumption. The first project has involved establishing the Alcohol Toolkit Study (ATS) in collaboration with colleagues funded by NIHR’s School for Public Health Research. Each month, trained interviewers conduct household interviews of a representative sample of adults in England aged 16+. The survey went into the field in March 2014 and baseline data will be collected on around 20,000 participants each year. All people with higher-risk drinking who consent to be followed up are asked to complete a survey six months later. The ATS is providing timely tracking data on key alcohol-related variables in England, and the study team aim to evaluate how these relate to national and local policies, campaigns and events. The evaluations will focus on trends and impact as a function of major socio-demographic variables. The ATS and the long-established Smoking Toolkit Study (STS; [www.smokinginengland.info](http://www.smokinginengland.info)) involve the same respondents and will thereby allow the assessment of associations between alcohol and tobacco use and corresponding time trends. The second project has begun with a review of the evidence for, and theoretical basis of, the effectiveness of mobile phone apps in changing health behaviour, a formal consensus building method with experts in the fields of alcohol or behaviour change, and a systematic analysis of the availability of existing alcohol reduction apps and the behaviour change techniques they include. On the basis of this systematic development work, an app was constructed around goal-setting for people wishing to reduce their excessive alcohol consumption. The short-term effectiveness and acceptability of five high-priority modules - approach-avoidance training; normative misperceptions; identity change; self-monitoring and feedback; and action-planning – has been evaluated in a factorial design, and results are being written-up for publication.

## **Any comments on adjustments or alterations to intended work-plan/timetable**

No substantial alterations have occurred.

## **Activity over last 12 months in relation to work-plan**

The ATS is now established and I have published six papers (listed below) with a further four under review. I have also submitted and had symposia on the ATS accepted at UKSBM 2014, 2015 & 2016, and presented data at SRNT 2016, and helped to organise an Alcohol Event in conjunction with the CBC at UCL. Through close PhD supervision, the app project has also progressed. We continued and have now completed the systematic review and development work to identify which components will be tested within a factorial design, and published the protocol (listed below). The results are currently being written up for publication. Within UCL’s 2015-16 Senior Promotions Process, I have been promoted from Grade 8 Senior Research Fellow to Grade 9 Principal Research Fellow.

## **Funding applications**

### Principal Investigator Grants

#### Awarded

2014 – 2017 Brown, J., Kotz, D., McNeill, A., Michie, S., Raupach, T., Shahab, L., West, R. The 'real-world' associations between e-cigarette use and smoking cessation: A prospective cohort study. Cancer Research UK Tobacco Advisory Group project award: £249,983.00 [External award and received by UCL].

### Co-Principal Investigator Grants

#### Submitted

2017 – 2022 West, R., Michie, S., Shahab, L., Brown, J. Advancing and integrating population and individual approaches to smoking cessation. Cancer Research UK Population Research Committee programme grant renewal: £3,444,330.92 [External award and, if successful, would be received by UCL].

### Co-Investigator Grants

#### Awarded

2015 – 2018 Holmes, J., Buykx, P., Meier, P., Brennan, A., Michie, S., Brown, J., Beard, E., Lewis, S. The effectiveness of promotional campaigns associated with revised UK drinking guidelines: A prospective evaluation. National Institute for Health Research: Public Health Research Programme: £605,358.24. [External award and received by University of Sheffield and UCL].

2015 – 2017 McNeill, A., Hitchman, S., Brose, L., Brown, J., West, R. Secondary analysis of e-cigarette survey data. Cancer Research UK Tobacco Advisory Group project award: £60,304.05 [External award and received by KCL].

2013 – 2016 Raupach, T., Brown, J. Increasing medication adherence in smoking cessation: a randomised-controlled trial of a smartphone application. Pfizer Global Research Award for Nicotine Dependence (evaluated by an external independent committee): \$163,195.00 [External award and received by University of Goettingen and UCL].

2012 – 2015 Shahab, L., Goniewicz, M., Beard, E., Brown, J., Carvalho, L., McNeill, A., West, R. Exposure to nicotine and tobacco-related toxicants in long-term users of nicotine-containing products. Cancer Research UK Tobacco Advisory Group project award: £49,317.00. [External award and received by UCL].

#### Submitted

2017 – 2019 Shahab, L., Brown, J., Brose, L. Development of a reliable and valid self-reported consumption measure for electronic cigarettes. MRC Population & Systems Medicine: £302,840.08 [External award and, if successful, would be received by UCL].

2017 – 2021 Bauld, L., Ferguson, S., McRobbie, H., Naughton, F., Brown, J., Dobbie, F., Bindoff, I., Peterson, G., Schuez, B., Parrott, S., Brennan, A., Courtney, R., Bascomb, S., Thurl, J., Blizzard, L. Quittr: Using social media and serious gaming to promote smoking cessation in young people in the UK and Australia. NIHR HTA: £1,271,773.00 [External award and, if successful, would be received by Stirling & UCL].

#### Collaborator/Named researcher Grants

2016 – 2018 Heller, S. et al. Developing and trialling the DAFNEplus (Dose for Adjustment for Normal Eating) intervention. A lifelong approach to promote effective self- management in adults with type 1 diabetes. NIHR Programme Grant Applied Research Award: £2,725,255.00

2016 – 2018 Brose, L. et al. Improving smoking cessation in smokers with mental health problems (including Smoking Toolkit Study extension on mental health). CRUK fellowship. £356,286.00.

2016 – 2021 Michie, S. et al., NIHR School for Public Health Research – UCL membership renewal. £tbc.

#### Submitted

2017 – 2021 Kotz, D., et al Efficacy and safety of the electronic cigarette in combination with brief behavioural support for smoking cessation in tobacco addicted patients: a double-blind, parallel group, placebo-controlled, randomised trial (ExCITE). BMBF: €1,486,103 [External award and, if successful, would be received by University of Dusseldorf].

#### Collaborations

Within UCL, in addition to being Deputy Director for, and facilitating weekly meetings of, the UCL Tobacco and Alcohol Research Group, I am a member of the Alcohol Research Interest Group, Health Psychology Research Group, Centre for Behaviour Change and eHealth Seminar Series. Beyond UCL, I benefit from national research collaboration (School of Public Health Research; King's College London; London School of Hygiene and Tropical Medicine; Queen Mary University of London; St George's University of London; University of Bristol; University of East Anglia; University of Liverpool; University of Newcastle; University of Nottingham; University of Sheffield and the University of Southampton), in addition to international research collaborations (University of Amsterdam; University of Düsseldorf; University of Goettingen; University of Tasmania; and the University of Maastricht).

The SSA fellows scheme has promoted close contact with Felix Naughton and together we are currently working on a funding application to MRC PHIND.

#### Mentoring

Over the last three years, I have been responsible for managing the advertisement and recruitment of three new grade seven research associates to the group, whom I have subsequently managed and mentored. I have helped our group set up and host visiting

academics, clinicians and students from a variety of countries for discussion (Argentina, Brazil, Netherlands, Malaysia, Saudi Arabia, Sweden and Uruguay).

## **Supervision**

2014-2017 Greg Hartwell (NIHR). Understanding the facilitators and barriers that impact on the attendance of electronic cigarette users at NHS stop smoking services: a mixed methods investigation. External Supervisor (LSHTM).

2014-2017 Abdallaziz Alzahrane (funded by Saudi Arabian Cultural Bureau through a Saudi Scholarship). Development of a smartphone application to promote smoking cessation in Arab smokers. Secondary Supervisor.

2014-2017 Aleksandra Herbec (funded by British Heart Foundation and Pfizer Global Research Award for Nicotine Dependence). Optimising smartphone applications to promote smoking cessation. Tertiary Supervisor.

2013-2016 David Crane (funded by National Institute for Health Research: School of Public Health Research). Development and evaluation of a smartphone app to reduce excessive alcohol consumption: Self-regulatory factors. Secondary Supervisor.

2013-2016 Claire Garnett (funded by UK Centre for Tobacco and Alcohol Studies). Development and evaluation of a smartphone app to reduce excessive alcohol consumption: Motivational factors. Secondary Supervisor.

2012-2015 Ildiko Tombor (funded by Society for Study of Addiction). Development of a smoking cessation smartphone application for pregnant smokers focusing on the role of identity. Submitted in June 2015 and passed viva in July 2015. Tertiary supervisor.

## **Publications**

### **Conference presentations**

EHPS 2015, SRNT 2014, 2015 & 2016, SRNT-E 2014, UKSBM 2014, 2015 & 2016, SSA 2016

### **Published papers**

#### *Books*

1. Michie, S., West, R., Campbell, R., Brown, J., & Gainforth, H. (2014). ABC of Behaviour Change Theories. London: Silverback publishing.

#### *Journal articles, editorials & letters*

2. Beard, E., Michie, S., West, R., Brown, J. (2016). Association between electronic cigarette use and changes in quit attempts, success of quit attempts, use of smoking cessation pharmacotherapy, and use of stop smoking services in England: time series analysis of population trends. *BMJ*;354:i4645 [doi.org/10.1136/bmj.i4645](https://doi.org/10.1136/bmj.i4645)

3. Brown, J. (2016). A gateway to more productive research on e-cigarettes? Commentary on a comprehensive framework for evaluating public health impact. *Addiction* (Abingdon, England).
4. Brown, J., West, R., Beard, E., Brennan, A., Drummond, C., Gillespie, D., . . . Michie, S. (2016). Are recent attempts to quit smoking associated with reduced drinking in England? A cross-sectional population survey. *BMC Public Health*, 16, 535. doi:10.1186/s12889-016-3223-6
5. Kotz, D., Brown, J., & West, R. (2016). Questioning Nicotine Replacement Therapy Without Behavioral Support. *JAMA Internal Medicine*, 176 (6), 863-864.
6. Herold, R., Schiekirka, S., Brown, J., Bobak, A., McEwen, A., & Raupach, T. (2016). Structured Smoking Cessation Training for Medical Students: a prospective study. *Nicotine and Tobacco Research*.
7. de Vocht, F., Brown, J., Beard, E., Angus, C., Brennan, A., Michie, S., . . . Hickman, M. (2016). Temporal patterns of alcohol consumption and attempts to reduce alcohol intake in England. *BMC public health*, 16, 917-?.
8. Beard, E. V., Brown, J., West, R., Angus, C., Brennan, A., Holmes, J., . . . Michie, S. (2016). Deconstructing the Alcohol Harm Paradox: A population based survey of adults in England. *PLoS One*.
9. Garnett, C., Crane, D., Michie, S., West, R., & Brown, J. (2016). Evaluating the effectiveness of a smartphone app to reduce excessive alcohol consumption: protocol for a factorial randomised control trial. *BMC Public Health*, 16, 536. doi:10.1186/s12889-016-3140-8
10. Hummel, K., Brown, J., Willemsen, M. C., West, R., & Kotz, D. (2016). External validation of the Motivation To Stop Scale (MTSS): findings from the International Tobacco Control (ITC) Netherlands Survey. *European journal of public health*.
11. Kaner, E. F., Beyer, F., brown, J., crane, D., garnett, C., hickman, M., . . . de vocht, F. (2016). Personalised digital interventions for reducing hazardous and harmful alcohol consumption in community-dwelling populations. *Cochrane Database of Systematic Reviews*, 10.1002/14651858.CD011479. doi:10.1002/14651858.CD011479
12. West, R., Shahab, L., & Brown, J. (2016). Estimating the population impact of e-cigarettes on smoking cessation in England. *Addiction*, 111 (6), 1118-1119. doi:10.1111/add.13343
13. Kuipers, M. A., Beard, E., Hitchman, S. C., Brown, J., Stronks, K., Kunst, A. E., . . . West, R. (2016). Impact on smoking of England's 2012 partial tobacco point of sale display ban: a repeated cross-sectional national study. *Tobacco control*.
14. Raupach, T., Harendza, S., Anders, S., Schuelper, N., & Brown, J. (2015). How can we improve teaching of ECG interpretation skills Findings from a prospective randomised trial. *Journal of Electrocardiology*. doi:10.1016/j.jelectrocard.2015.10.004
15. Brose, L., Brown, J., Hitchman, S., & McNeill, A. (2015). Perceived relative harm of electronic cigarettes over time and impact on subsequent use. A survey with 1-year and 2-year follow-ups. *Drug and Alcohol Dependence*. doi:10.1016/j.drugaldep.2015.10.014
16. Beard, E., Brown, J., West, R., Acton, C., Brennan, A., Drummond, C., . . . Michie, S. (2015). Protocol for a national monthly survey of alcohol use in England with 6-

- month follow-up: 'The Alcohol Toolkit Study' Health behavior, health promotion and society. *BMC Public Health*, 15(1). doi:10.1186/s12889-015-1542-7
17. Raupach, T., Grefe, C., Brown, J., Meyer, K., Schuelper, N., & Anders, S. (2015). Moving Knowledge Acquisition From the Lecture Hall to the Student Home: A Prospective Intervention Study. *Journal of Medical Internet Research*, 17(9). doi:10.2196/jmir.3814
  18. Raupach, T., Andresen, J. C., Meyer, K., Strobel, L., Koziolk, M., Jung, W., . . . Anders, S. (2016). Test-enhanced learning of clinical reasoning: a crossover randomised trial. *Medical Education*, 50 (7), 711-720. doi:10.1111/medu.13069
  19. Brown, J., Michie, S., Walmsley, M., & West, R. (2015). An online documentary film to motivate quit attempts among smokers in the general population (4Weeks2Freedom): A randomised controlled trial. *Nicotine & tobacco research*. doi:10.1093/ntr/ntv161
  20. Nelson, V. A., Goniewicz, M. L., Beard, E., Brown, J., Sheals, K., West, R., & Shahab, L. (2015). Comparison of the characteristics of long-term users of electronic cigarettes versus nicotine replacement therapy: A cross-sectional survey of English ex-smokers and current smokers. *Drug and Alcohol Dependence*, 153, 300-305. doi:10.1016/j.drugalcdep.2015.05.005
  21. Brown, J., West, R., Angus, C., Beard, E., Brennan, A., Drummond, C., . . . Michie, S. (2015). Comparison of brief interventions in primary care on smoking and excessive alcohol consumption in England: a population survey. *British Journal of General Practice*.
  22. Hitchman, S. C., Brose, L. S., Brown, J., Robson, D., & McNeill, A. (2015). Associations Between E-Cigarette Type, Frequency of Use, and Quitting Smoking: Findings From a Longitudinal Online Panel Survey in Great Britain. *Nicotine & tobacco research*, 17(10), 1187-1194. doi:10.1093/ntr/ntv078
  23. Brown, J., Michie, S., & West, R. (2015). Interpreting internet-based trials: StopAdvisor for smoking cessation--authors' reply. *Lancet Respir Med*, 3(3), e6-e7. doi:10.1016/S2213-2600(15)00025-9
  24. Kotz, D., Brown, J., & West, R. (2015). In reply--Electronic cigarettes are efficacious. *Mayo Clinic proceedings*, 90(3), 417-418. doi:10.1016/j.mayocp.2014.12.018
  25. Crane, D., Garnett, C., Brown, J., West, R., & Michie, S. (2015). Behavior change techniques in popular alcohol reduction apps: Content analysis. *Journal of Medical Internet Research*, 17(5). doi:10.2196/jmir.4060
  26. Tombor, I., Shahab, L., Brown, J., Notley, C., & West, R. (2015). Does non-smoker identity following quitting predict long-term abstinence? Evidence from a population survey in England. *Addictive Behaviors*, 45, 99-103. doi:10.1016/j.addbeh.2015.01.026
  27. Brose, L. S., Hitchman, S. C., McNeill, A., Brown, J., & West, R. (2015). Is the use of electronic cigarettes while smoking associated with smoking cessation attempts, cessation and reduced cigarette consumption? A survey with a 1-year follow-up. *Addiction*. doi:10.1111/add.12917
  28. Ferguson, S. G., Brown, J., Frandsen, M., & West, R. (2015). Associations between use of pharmacological aids in a smoking cessation attempt and subsequent quitting activity: a population study. *Addiction*, 110(3), 513-518. doi:10.1111/add.12795

29. Garnett, C., Crane, D., West, R., Michie, S., Brown, J., & Winstock, A. (2015). Normative misperceptions about alcohol use in the general population of drinkers: A cross-sectional survey. *Addictive Behaviors*, 42(C), 203-206. doi:10.1016/j.addbeh.2014.11.010
30. Beard, E., Bruguera, C., McNeill, A., Brown, J., & West, R. (2015). Association of amount and duration of NRT use in smokers with cigarette consumption and motivation to stop smoking: a national survey of smokers in England. *Addict Behav*, 40, 33-38. doi:10.1016/j.addbeh.2014.08.008
31. Brown, J. (2015). A positive view on e-cigarettes. *BMJ*, 351(ARTN h3864). doi:10.1136/bmj.h3864
32. Beard, E., Brown, J., McNeill, A., Michie, S., & West, R. (2015). Has growth in electronic cigarette use by smokers been responsible for the decline in use of licensed nicotine products? Findings from repeated cross-sectional surveys. *Thorax*. doi:10.1136/thoraxjnl-2015-206801
33. Garnett, C., Crane, D., West, R., Brown, J., & Michie, S. (2015). Identification of Behavior Change Techniques and Engagement Strategies to Design a Smartphone App to Reduce Alcohol Consumption Using a Formal Consensus Method. *JMIR mHealth and uHealth*, 3(2), e73. doi:10.2196/mhealth.3895
34. Kotz, D., Brown, J., & West, R. (2014). Prospective cohort study of the effectiveness of smoking cessation treatments used in the "real world". *Mayo Clin Proc*, 89(10), 1360-1367. doi:10.1016/j.mayocp.2014.07.004
35. Brown, J., Michie, S., Geraghty, A. W., Yardley, L., Gardner, B., Shahab, L., . . . West, R. (2014). Internet-based intervention for smoking cessation (StopAdvisor) in people with low and high socioeconomic status: a randomised controlled trial. *Lancet Respir Med*, 2(12), 997-1006. doi:10.1016/S2213-2600(14)70195-X
36. West, R., & Brown, J. (2014). Electronic cigarettes: fact and faction. *Br J Gen Pract*, 64(626), 442-443. doi:10.3399/bjgp14X681253
37. Brown, J., Michie, S., Raupach, T., & West, R. (2014). Animal Farm must give way to doublethink when studying addiction. *Addiction*, 109(7), 1214-1215. doi:10.1111/add.12553
38. Brown, J., Beard, E., Kotz, D., Michie, S., & West, R. (2014). Real-world effectiveness of e-cigarettes when used to aid smoking cessation: a cross-sectional population study. *Addiction*, 109(9), 1531-1540. doi:10.1111/add.12623
39. Herbec, A., Brown, J., Tombor, I., Michie, S., & West, R. (2014). Pilot randomized controlled trial of an internet-based smoking cessation intervention for pregnant smokers ('MumsQuit'). *Drug Alcohol Depend*, 140, 130-136. doi:10.1016/j.drugalcdep.2014.04.010
40. Brown, J., West, R., Beard, E., Michie, S., Shahab, L., & McNeill, A. (2014). Prevalence and characteristics of e-cigarette users in Great Britain: Findings from a general population survey of smokers. *Addict Behav*, 39(6), 1120-1125. doi:10.1016/j.addbeh.2014.03.009
41. Brown, J., Jarvis, M., & West, R. (2014). Is it a premature to announce that smoking prevalence in England is below 20%? Reply. *BMJ*, 348(ARTN g1946). doi:10.1136/bmj.g1946
42. Brown, J., & West, R. (2014). Smoking prevalence in England is below 20% for the first time in 80 years. *BMJ*, 348(feb11 9), g1378-g1378. doi:10.1136/bmj.g1378

43. Brown, J., Vangeli, E., Fidler, J. A., Raupach, T., & West, R. (2014). Quitting Without Reporting Having Tried: Findings From a National Survey. *Journal of Smoking Cessation*, 1-5. doi:10.1017/jsc.2013.41
44. Shahab, L., Beard, E., Brown, J., & West, R. (2014). Prevalence of NRT use and associated nicotine intake in smokers, recent ex-smokers and longer-term ex-smokers. *PLoS One*. doi:10.1371/journal.pone.0113045
45. Kotz, D., Brown, J., & West, R. (2014). Prospective cohort study of the effectiveness of varenicline versus nicotine replacement therapy for smoking cessation in the "real world". *BMC Public Health*, 14(1), 1163-1163. doi:10.1186/1471-2458-14-1163
46. Shahab, L., Brown, J., Gardner, B., & Smith, S. G. (2014). Seeking health-related information and support online – does it differ as a function of engagement in risky health behaviours? Evidence from the Health Information National Trends Survey. *Journal of Medical Internet Research*. doi:10.2196/jmir.3368
47. Herbec, A., Beard, E., Brown, J., Gardner, B., Tombor, I., & West, R. (2014). The needs and preferences of pregnant smokers regarding tailored Internet-based smoking cessation interventions: a qualitative interview study. *BMC Public Health*, 14(1), 1070-1070. doi:10.1186/1471-2458-14-1070
48. Brown, J., Kotz, D., Michie, S., Stapleton, J., Walmsley, M., & West, R. (2014). How effective and cost-effective was the national mass media smoking cessation campaign 'Stoptober'? *Drug Alcohol Depend*, 135, 52-58. doi:10.1016/j.drugalcdep.2013.11.003
49. Beard, E., Brose, L. S., Brown, J., West, R., & McEwen, A. (2014). How are the English Stop Smoking Services responding to growth in use of electronic cigarettes? *Patient Education and Counseling*, 94(2), 276-281. doi:10.1016/j.pec.2013.10.022
50. Raupach, T., Krampe, H., & Brown, J. (2014). Does research into medical education on tobacco and alcohol get the respect it deserves? *Addiction*, 109(2), 173-174. doi:10.1111/add.12357
51. Ussher, M., Brown, J., Rajamanoharan, A., & West, R. (2014). How Do Prompts for Attempts to Quit Smoking Relate to Method of Quitting and Quit Success? *Annals of Behavioral Medicine*, 47(3), 358-368. doi:10.1007/s12160-013-9545-z
52. Brown, J., Michie, S., Raupach, T., & West, R. (2014). Should public health bodies stop commissioning research from market research companies that serve the tobacco industry? *Addiction*, 109(1), 1-2. doi:10.1111/add.12302
53. Raupach, T., Brown, J., Herbec, A., Brose, L., & West, R. (2014). A systematic review of studies assessing the association between adherence to smoking cessation medication and treatment success. *Addiction*, 109(1), 35-43. doi:10.1111/add.12319
54. Kotz, D., Brown, J., & West, R. (2014). Effectiveness of varenicline versus nicotine replacement therapy for smoking cessation with minimal professional support: evidence from an English population study. *Psychopharmacology (Berl)*, 231(1), 37-42. doi:10.1007/s00213-013-3202-x
55. Beard, E., Brown, J., & West, R. (2014). Does smoking reduction make smokers happier? Evidence from a cross-sectional survey. *Journal of Smoking Cessation*, 9(01), 1-5. doi:10.1017/jsc.2013.14



### **Submitted papers**

Beard, E., Brown, J., Kaner, E., West, R., & Michie, S. (under review). Predictors of and reasons for attempts to reduce alcohol intake: a population survey of adults in England. PLOS ONE.

Beard, E., Brown, J., Michie, S., Kaner, E., Angus, C., & West, R. (under review). Is the emergence of a healthier central England replacing the traditional North-South Divide? Analysis of national survey data on smoking and high-risk drinking. BMJ open.

Beard, E., Brown, J., Michie, S., Kaner, E., Meier, P., & West, R. (under second review). Use of aids for smoking cessation and/or alcohol reduction: A population survey of adults in England. BMC Public Health.

Shahab, L., Meads, C., Brown, J., Hagger-Johnson, G., & West, R. (under review) Sexual orientation and tobacco and hazardous alcohol use – findings from a cross-sectional representative population survey.

### **Prepared papers/in preparation**

Buykx, P., Gillespie, D., Brown, J., Beard, E., Michie, S., Brennan, A. other authors TBC, (in prep) Estimating the proportion of people with alcohol dependence who would be amendable to specialist alcohol treatment in England using the Alcohol Toolkit Survey.

Kimergard, A., Brown, J., Beard, E., Michie, S., Drummond, C. (in prep) Alcohol Screening and Brief Intervention and Help Seeking by Alcohol Use Disorder Identification Test (AUDIT) severity

Brown, J., Michie, S., Angus, C., Beard, E., Hickman, M., Holmes, J., Kaner, E., West, R. (in prep) Is the use of varenicline during an attempt to quit smoking prospectively associated with reduced consumption in heavy drinkers? Findings from a population survey.

Beard, E., Brown, J., West, R., & Michie, S. (in prep). Association between smoking prevalence, motivation to quit and attempts to quit with prevalence of high-risk drinking, motivation to reduce and attempts to reduction: A time series analysis.

Beard, E., Brown, J., West, R., & Michie, S. (in prep). Analysis of time series data: An example using the Alcohol Toolkit Study.

Beard, E., Brown, J., West, R., & Michie, S. (in prep). Strength and frequency of urges to smoke as a measure of severity of alcohol dependence: comparison with the dependence component of the Alcohol Use Disorders Identification Test.

Garnett, C., Crane, D., Michie, S., West, R., & Brown, J. (in prep). The effectiveness of a smartphone app to reduce excessive alcohol consumption: a factorial randomised control trial.

**Plans for the next 12 months**

- To apply for a senior lectureship at UCL
- To co-lead a five-year CRUK programme beginning in April 2017